Falls Prevention Resources

- **National Council on Aging**

- **Falls Free® Initiative**:
  - Provides resources and evidence-based practice to reduce fall-related injuries and death among older adults

- **American Geriatrics/British Geriatrics Society Clinical Practice Guideline: Prevention of Falls in Older Persons**

- **CDC STEADI**
  - Provides flowchart, fall prevention patient resources, screening videos, etc.
  - [http://www.cdc.gov/steadi/](http://www.cdc.gov/steadi/)

- **AOTA & APTA Fall Prevention Toolkit**
  - [http://www.apta.org/PTinMotion/NewsNow/?blogid=10737418615&id=10737424795](http://www.apta.org/PTinMotion/NewsNow/?blogid=10737418615&id=10737424795)

- **U. S. Department of Health & Human Services Administration for Community Living (ACL)**
  - [www.aoa.acl.gov/AoA_Programs/HPW/index.aspx](http://www.aoa.acl.gov/AoA_Programs/HPW/index.aspx)

- **Aging and Technology Research Center**
  - Provides evidence-based studies for home modification; Provides home modification resources; Provides home assessment checklist for older adult and health care professionals; Provides falls prevention resources
  - [http://agingresearch.buffalo.edu/hssat/](http://agingresearch.buffalo.edu/hssat/)

- **AARP Livable Communities**
  - [AARP Home Fit A workshop and consumer guide for how to make a home age-friendly](http://www.aarp.org/homefit/)
  - [Sidewalks & Streets Survey](http://www.aarp.org/homefit/)
  - [Advanced Streets & Sidewalks](http://www.aarp.org/homefit/)
  - [AARP Network of Age-Friendly Communities](http://www.aarp.org/homefit/)
  - [How-To's, Tool Kits and Guides](http://www.aarp.org/homefit/)
  - [The 8 Domains of Livability](http://www.aarp.org/homefit/)

- **National Association of Home Builders: Certification Aging in Place Specialists**
Fall Related Assessments/Scales:

- **Occupational Therapy Assessments**
  - Vision:
    - MARS Sensitivity

- **Fear of Falling Assessments**
  - Falls Efficacy Scale – International (FES-I)
  - Short Form Falls Efficacy Scale - International
  - Activities-Specific Balance Confidence Scale (ABC)
  - Survey of Activities and Fear of Falling in the Elderly (SAFFE)

- **Depression Scales**
  - Geriatric Depression Scale Long Form
  - Geriatric Depression Scale Short Form
  - Beck Depression Scale II
  - Best Depression Fast Scale
  - Center for Epidemiologic Studies Depression Rating Scale (CES-D
  - Hamilton Rating Scale for Depression (HAM-D)
  - Hospital Anxiety & Depression Scale (HADS)
  - Patient Health Questionnaire-2 & 9 (PHQ-2; PHQ-9)

- **Anxiety Scales**
  - Generalized Anxiety Disorder-7 (GAD-7)
  - Hospital Anxiety & Depression Scale (HADS)
  - Hamilton Anxiety Rating Scale (HAM-A)

- **Cognitive Scales**
  - Mini-Mental State Exam (MMSE)
  - St. Louis University Mental Status (SLUMS)
  - Montreal Cognitive Assessment (MOCA)
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