Objective 14: Decrease Fall-Related Deaths

Maryland SHIP Vision Area 3: Healthy Physical Environments
Tools, Resources, and Promising Practices
updated March 2013

Tool Intended Audience

General Public *Clinicians* *Planners*

Information, Facts, and Figures

CDC Elderly Maltreatment Resources	Provides information and resources to prevent violence and maltreatment against the elderly.
National Institutes of Health, Division of Related Bone Diseases, National Center	Series of quick facts to aid the understanding of how falls occur and how to prevent falls from occurring.
Falls Among Older Adults	Provides a general overview of how falls affect older adults.
Prevent Falls	Information about falls and how related injuries can be prevented.
Fall Prevention Center of Excellence	The center identifies best practices in fall prevention and help communities offer fall prevention programs to older people who are at risk of falls.
Fall Prevention	The AGS Foundation for Health in Aging provides valuable information about falls and what can be done to prevent injuries.

Maryland Services and Hotlines

Maryland Falls Prevention Advisory Group	Information about the efforts of leaders in Maryland who are invested in fall prevention.
Falls in Maryland	Provides information about the importance of fall prevention in the state of Maryland. This resource also highlights Maryland's current initiatives and ongoing programs.
Falls Prevention Resource List	Provides an extensive listing of resources in Maryland and other areas related to preventing falls.

Promising Practices

Stepping On	Program that empowers older adults to adopt health behaviors that reduce the risk of falls.
A Matter of Balance	A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.
Tai Chi – Moving for Better Balance	Studies show that this program can improve balance and decrease falls among older adults.