

References



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Additional Resources ...

The National Council on Aging publication, *Partnering to Promote Health Aging: Creative Best Practice Community Partnerships*

www.healthyagingprograms.org/content.asp?sectionid=92&ElementID=160

- This manual describes ways to build partnerships at the state and local level between aging services, community health, and public health services that promote healthy aging.

Falls Free: A National Falls Prevention Action Plan, *National Falls Prevention Action Plan*

<http://www.healthyagingprograms.org/content.asp?sectionid=69&ElementID=220>

- A collaboration between The National Council on the Aging (NCOA), the Archstone Foundation and the Home Safety Council that describes specific goals and strategies to reduce falls among older adults to maximize their quality of life and independence.

California Blueprint For Falls Prevention, *Preventing Falls in Older Californians: State of the Art*

www.archstone.org/publications2292/publications_show.htm?doc_id=246660

- This a white paper that describes state-of-the-art approaches to reduce the falls risk. It highlights the challenges of implementing fall prevention programs in California. The intent of the white paper and accompanying documents is to provide the building blocks for a long-term collaborative effort to reduce falls among California's older population.

Queensland, Australia Statewide Action Plan: *Falls Prevention in Older People 2002–2006*

<http://www.health.qld.gov.au/stayonyourfeet/documents/13693.pdf>

- The action plan lays out a five-year framework and coordinated plan on how Queensland, Australia can address falls among older adults. The plan addresses this topic because older adult falls have been identified as a significant risk to health in Queensland.

Washington State Department of Health Report-*Falls Among Older Adults: Strategies for Prevention*

<http://www.doh.wa.gov/portals/1/Documents/2900/FallsAmongOlderAdults.pdf>

- This report includes a discussion about the problem of older adult falls in the State of Washington and provides strategies and best practices for preventing them. It also describes strategies for program evaluation.

Community Toolbox for Public Health Partnerships

<http://ctb.ku.edu/en/default.aspx>

- The Community Toolbox is a free global resource providing information and guidance about essential skills for building healthy communities. The toolbox promotes community health and development by connecting people, ideas, and resources. It was developed and is managed by the [Work Group for Community Health and Development at the University of Kansas](#)

Partnership Self-assessment Tool

<http://partnershiptool.net/>

- This tool was created by the Center for Advancement of Collaborative Strategies in Health and was designed to help partnerships assess how well their collaborative processes are working and to identify specific areas in which to focus to enhance their collaborations.

Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control (NCIPC)

<http://www.cdc.gov/injury/about/index.html>

- NCIPC focuses on preventing injuries and violence and reducing their consequences. The Division of Unintentional Injury Prevention is a center within NCIPC and is involved in preventing home and recreational injuries, including older adult falls. This site provides information about other CDC-funded fall prevention programs such as *Stepping On*, and *Tai chi: Moving for Better Balance*. The NCIPC site also contains statistics and information about injuries and injury prevention.

Preventing Falls: What Works -A CDC Compendium of Effective Community-based Interventions from Around the World (2010)

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/preventfalls.html#Compendium>

- The compendium was developed to help health practitioners effectively address the problem of older adult falls. It describes fall interventions that have scientific evidence supporting their effectiveness and includes information for practitioners and senior service providers who would like to implement fall prevention programs.

The American Geriatrics Society

<http://www.americangeriatrics.org/>

- The American Geriatrics Society (AGS) is a non-profit organization devoted to improving the health, quality of life, and independence of older adults by implementing and advocating for programs revolving around patient care, public policy, research, and professional and public education. The AGS/British Geriatrics Society Clinical Practice Guideline was developed for clinicians and provides recommendations about how to address older adult falls and fall prevention.

Thomas S, Macintosh, and Halbert J. *Does the 'Otago Exercise Programme' Reduce Mortality and Falls in Older Adults?: A Systematic Review and Meta-analysis*

<http://ageing.oxfordjournals.org/content/39/6/681.abstract>

- Reviewers evaluated the effect of the Otago Exercise Programme (OEP), older adult fall rates and the risk of death, and explored the effect of differing levels of compliance with the program. The authors concluded that the OEP significantly reduced the risk of falling and death among older adults living in the community.

Davis JC, Robertson MC, Ashe MC, Liu-Ambrose T, Khan KM, Marra CA. *Does a home based strength and balance programme in people aged ≥ 80 years provide the best value for money to prevent falls?: A systematic review of economic analyses of falls prevention interventions*

<http://bjsm.bmj.com/content/early/2009/08/06/bjsm.2009.060988.abstract>

- This review investigated the monetary value of different strategies to prevent falls among community-dwelling older adults through a systematic review of relevant peer-reviewed journal articles. The authors concluded that the best value was single factor interventions such as the Otago Exercise Programme.

Campbell AJ and Robertson MC. *A comprehensive approach to fall prevention on a national level: New Zealand*

<http://www.sciencedirect.com/science/article/pii/S0749069010000522>

- This article includes a discussion about the importance of individual assessment and treatment for older adults who are at high risk of falling and the benefits of fall prevention programs. It also describes two successful New Zealand interventions: 1) the Otago Exercise Programme, and 2) community Tai chi classes.

American Board of Physical Therapy Specialists

<http://www.abpts.org/About/>

- The American Board of Physical Therapy Specialists (ABPTS) oversees the certification and recertification of clinical specialists, including geriatric certified specialists and neurologic certified specialists. This site provides information about the certification process, including eligibility requirements and the application, along with additional resources and describes how to check on your application status.