



Be Safe: Prevent Falls

There are actions you can take to protect yourself and those you love from harm.

- Be Safe: Prevent Falls
https://www.prevention.va.gov/Healthy_Living/Be_Safe_Prevent_Falls.asp
- Be Safe: Preventing Falls Whiteboard Video
<https://www.youtube.com/watch?v=CQqPA4pHaw>

Veterans Health Library

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

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in plain language. VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Be Safe: Injury Prevention:

- Preventing Falls: Make Your Health a Priority:
http://www.veteranshealthlibrary.org/Search/142,89339_VA
- Search on falls:
<http://www.veteranshealthlibrary.org/Search/SearchResults.pg?SearchPhrase=falls&SearchType=keyword&SearchOperator=And>

VHA National Center for Patient Safety (NCPS)

NCPS Falls Prevention Toolkit

A variety of resources for staff that includes educating patients, family and staff on falls and fall-injury prevention.

<http://www.patientsafety.va.gov/professionals/onthejob/falls.asp>

Federal Government Resources

(you are leaving the Department of Veterans Affairs web site.)

US Department of Health and Human Services

Agency for Healthcare Research and Quality (AHRQ)

U.S. Preventive Services Task Force Recommendation

Falls Prevention in Community-Dwelling Older Adults: Interventions, April 2018

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/falls-prevention-in-older-adults-interventions1>



Centers for Disease Control and Prevention

National Center for Injury Prevention and Control

Older Adult Falls

Home and Recreational Safety

<https://www.cdc.gov/HomeandRecreationalSafety/Falls/index.html>

STEADI (Stopping Elderly Accidents, Deaths & Injuries) Toolkit for Health Care Providers

<https://www.cdc.gov/steady/index.html>

Find brochures and fact sheets about falls prevention

<https://www.cdc.gov/steady/patient.html>

Healthfinder®

Healthfinder.gov is a website provided by the US Department of Health and Human Services. This website has a wide range of health topics selected from over 1,600 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

<http://www.healthfinder.gov/>

Specific information related to lowering your risk for falls can be found here:

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=17>

Non-Federal Government Resources

(The Non-Federal Resources listed below do not have the endorsement of the US Veterans Health Administration.)

The Joint Commission

Sentinel Event Alert, Issue 55: Preventing falls and fall-related injuries in health care facilities
September 28, 2015.

https://www.jointcommission.org/assets/1/18/SEA_55.pdf