**Online Resources with more information on Falls Prevention -**

Pennsylvania Department of Aging - Healthy Steps in Motion - Strength & Balance

<https://www.aging.pa.gov/aging-services/health-wellness/HealthyStepsinMotion/Pages/default.aspx>

Area Agency on Aging Locator

<https://www.aging.pa.gov/local-resources/Pages/AAA.aspx>

Go 4 life - from the National Institute on Aging at NIH

<https://go4life.nia.nih.gov/>

U.S. Department of Health and Human Services / National Institute on Aging FREE PUBLICATIONS

<https://order.nia.nih.gov/>

Talking with Your Doctor: A Guide for Older People

<https://order.nia.nih.gov/sites/default/files/2017-07/TWYD_508.pdf>

National Council on Aging - Evidence-Based Falls Prevention Programs

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/>

* [A Matter of Balance](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav1) (mentioned in MindMatters video)
* [Bingocize](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav2)
* [CAPABLE](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav3)
* [Enhance Fitness](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav4)
* [FallsTalk](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav5)
* [FallScape](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav6)
* [Fit & Strong!](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav7)
* [Healthy Steps for Older Adults](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav8) (mentioned in MindMatters video)
* [Healthy Steps in Motion](https://www.aging.pa.gov/aging-services/health-wellness/HealthyStepsinMotion/Pages/default.aspx)
* [The Otago Exercise Program](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav10)
* [Stay Active and Independent for Life (SAIL)](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav11)
* [Stepping On](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav12)
* [Tai Chi for Arthritis](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav13)
* [Tai Ji Quan: Moving for Better Balance](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav14) (mentioned in MindMatters video)
* [YMCA Moving for Better Balance](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav15)
* [Evidence-Based Community Falls Prevention Programs Review Council](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav16)
* [Current Procedural Code (CPT) Code Flyer](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/#intraPageNav17)

The Annual Falls Prevention Awareness Day

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

The American Trauma Society, Pennsylvania Division (ATSPA)

<https://www.atspa.org/about>