Falls Prevention for Older Adults Resource List

Maryland Fall Prevention Programs in Action

Chesapeake Safety Council (http://www.chesapeakesc.org) provides safety training and education to business and individuals in Maryland.

H & J Weinberg Foundation (http://www.hjweinbergfoundation.org) provides funding to Department of Aging and local area agency on aging to implement Chronic Disease Self-Management and A Matter of Balance programs.

IWIF (http://www.iwif.com) has a specialized team of risk management professionals dedicated exclusively to improving workplace safety at Maryland's state agencies.

Maryland Department of Aging (http://www.mdoa.state.md.us/programs.html) provides funding to local area agencies on aging to implement Chronic Disease Self-Management, A Matter of Balance, and Active Living Everyday programs.

Maryland Department of Health and Mental Hygiene (http://fha.dhmh.maryland.gov/ohpetup/SitePages/eip_falls.aspx) provides funding to local health departments and area agency on aging for fall prevention programs aimed at adults age 65 and older.

Maryland Department of Labor, Licensing and Regulation, Maryland Occupational Safety and Health (MOSH) (http://dllr.maryland.gov/labor/takefive/fall.shtml) provides educational resources, including training programs and audiovisual materials for fall protection (http://dllr.maryland.gov/labor/av/moshavcatalog.pdf).

Maryland Falls Prevention Advisory Group (http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/state-coalitions-map/maryland.html) A group formed under the Partnership for a Safer Maryland with a goal to reduce falls and fall related injuries among priority populations to improve quality of life. The group has developed marketing plan to promote fall prevention awareness and strategic plan to reduce falls.

Partnership for a Safer Maryland (http://www.safermaryland.org/) is the state's Injury Community Planning Group (ICPG) through the Core Injury Prevention program, provides free membership to individuals and organizations interested in injury prevention in Maryland. Members receive monthly newsletters on injury topics, events and resources.

Evidence-based Fall Prevention Programs

A Matter of Balance (http://www.mainehealth.org)

Active Choices (http://www.activeforlife.info)

Active Living Every Day (http://www.activeliving.info)

Chronic Disease Self-Management Program
(http://patienteducation.stanford.edu/programs/cdsmp.html)

Enhance Fitness: (http://www.projectenhance.org)

Stepping On (http://www.steppingon.com**)**

Strong for Life
(http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1508501/pdf/amjph00001-0068.pdf)

Tai Chi – Moving for Better Balance (http://projects.ori.org/taichi)

Links to Other National/State Organizations:

CDC Funded Programs by State provides you the descriptions and links of all injury programs funded by CDC in each state.
(http://www.cdc.gov/injury/FundedPrograms/states.html)

Stopfalls.org is a service of the Fall Prevention Center of Excellence created by the California Fall Prevention Consortium (CFPC). It provides resources and research on balance and mobility, environmental management, and medical management for services providers, individuals and families, and researchers and educators.
(http://www.stopfalls.org)

Home Safety Council provides home injury prevention publications and resources. An Expert Network professional also receives home injury prevention education tools and services at no cost.
(http://www.homesafetycouncil.org/SafetyGuide/sg_checklistgenerator_w001.asp)

National Center for Injury Prevention and Control (CDC) provides information on funded program in the states, resources, publication, and popular links on various injury topics. Web site: (http://www.cdc.gov/features/OlderAmericans)

National Council on Aging Center for Healthy Aging provides resources to those interested in healthy aging programs that deal with falls prevention. Web site: (http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-prevention-awareness.html)

Safe States Alliance (formally Stipda) provides technical assistance, resources and publications to professionals in injury prevention field. (http://www.safestates.org)