

# **Steps to Better Balance and Falls Prevention**

Senior Planet Events Hub, October 27 and 28, 2026

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Thank you for attending. Here is a compilation of resources addressed in the presentation:

**National Council on Aging – 18 Steps to Fall Proofing Your Home**

<https://www.ncoa.org/article/18-steps-to-fall-proofing-your-home>

**Best Medical Alert Systems – Consumer Reports**

<https://www.consumerreports.org/health/medical-alert-systems/best-medical-alert-systems-a1136054281/>

**Be Car Ready Feet Steady**

[www.health.ny.gov/publications/6514.pdf](http://www.health.ny.gov/publications/6514.pdf)

**Stay Independent: Learn More About Fall Prevention**

**(Check Your Risk for Falling)**

[www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf](http://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf)

**\*Keep On Your Feet – Preventing Older Adult Falls**

(statistics, What You Can Do, other resources)

<https://www.cdc.gov/injury/features/older-adult-falls/index.html>

**AARP Home Safety Checklist**

<https://www.aarp.org/home-family/your-home/info-2021/aging-in-place-checklist.html>

**AARP HomeFit Guide**

<https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>

## **Certified Aging in Place Specialist**

<https://www.aarp.org/livable-communities/info-2014/using-an-OT-or-CAPS.html>

## **Home Safety Tips and Tools** (Download the guide for individuals)

<https://createthegood.aarp.org/volunteer-guides/home-safety-tips-tools.html>

## **Nordic Walking Resources:**

<https://www.health.harvard.edu/exercise-and-fitness/fitness-trend-nordic-walking>

<https://www.healthline.com/health/fitness/nordic-walking>

<https://ava.org/>

## **The Health Benefits of Tai Chi**

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

## **Why the ancient art of tai chi is modern science's gold standard for balance training**

<https://health.yahoo.com/wellness/fitness/exercise/articles/why-ancient-art-tai-chi-100000429.html>

## **Senior Planet – Easy-to-Follow Tai Chi**

Mondays & Wednesdays, 1:00 – 1:45pm ET (Josy)

<https://seniorplanet.org/event/easy-to-follow-tai-chi-2/2023-06-07/>

**Book recommendation:** *Better Balance for Life – Banish the Fear of Falling with Simple Activities Added to Your Everyday Routine*, by Carol Clements