**Resources for PPTA Falls Prevention Awareness Day 2019 Advocacy and Event Planning**

**APTA** (APTA members only):

* Link to Arthritis Exercise Programs – locator: <http://www.moveforwardpt.com/Resources/Detail/Community-Based-Physical-Activity-Programs-Arthrit>
* Link to Patient handouts: <http://www.apta.org/PRMarketing/Consumers/PatientHandouts/>
* Toolkit resources:
* Balance Problems: consumer info/handout from Move Forward PT
* Falls: Physical Therapy and Falls: consumer info/handout from Move Forward PT
* Walking Aids: consumer info/handout from Move Forward PT

**Academy of Geriatric PT (AGPT)** (AGPT members only)

* Toolkit resources:
* Consumer Presentation on Balance and Falls (adapted) – power point with speakers notes included in toolkit (about 30 minutes or less to deliver)
* Consumer presentation on Physical Activity – power point with speakers notes included in toolkit (30-45 minutes to deliver)

**PA Department of Aging (PA - DOA)**

* Link to “Your Local Resources”: <https://www.aging.pa.gov/local-resources/Pages/default.aspx>
* links and contact information for Area Agencies on Aging for each county, Adult Day Centers, and Senior Community Centers
* Information source for:
* programs currently being offered (Area Agencies on Aging)
* potential locations for fall prevention advocacy events/activities
* infrastructure for fall prevention across a continuum with community partners
* Information about Healthy Steps for Older Adults (HSOA): <https://www.aging.pa.gov/aging-services/health-wellness/Healthy%20StepsFallPrevention/Pages/default.aspx>
* Information about Healthy Steps in Motion (HSIM): <https://www.aging.pa.gov/aging-services/health-wellness/HealthyStepsinMotion/Pages/default.aspx>

**CDC/STEADI** (STEADI = Stopping Elderly Accidents, Deaths, and Injuries) <https://www.cdc.gov/steadi/>

* Toolkit resources:
* For Consumer: Stay Independent (brochure and self-assessment survey for fall risk)
* For Consumer: What YOU Can Do to Prevent Falls (brochure)
* For Consumer: Check for Safety: A Home Fall Prevention Checklist for Older Adults (brochure and checklist)
* For Clinician: Talking about fall prevention with your patients (written for physician providers, but most of the information is pertinent to physical therapists guiding behavior change around fall prevention as well)

**National Council on Aging (NCOA)**

* FPAD info link: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>
* Toolkit resources:
	+ Marketing tool: FPAD Event Flyer Template
	+ Marketing tool: FPAD Logo
	+ Marketing tool: FPAD Press Release Template
	+ Consumer Presentation: Prevent Falls –AOTA-APTA (about 60 minutes to deliver)
	+ For Clinician: Infographic: Falls Prevention Programs – Saving Lives, Saving Money
	+ For Consumer: Infographic: Take Control of Your Health - 6 Steps to Prevent a Fall
	+ For Clinician: Pennsylvania Falls Prevention Data Profile