
In-home fall prevention resources

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The information at the links provided below can help you lower your risk of falling at home.

The Centers for Disease Control ([CDC](#)) [STEADI](#) Program

The [STEADI program](#) was developed by the CDC. It offers ways to help older adults prevent falls.

Suggested [STEADI](#) resources:

- [Stay Independent is an online checklist](#) to determine your risk of falling.
- [Check for Safety is an online list](#) of possible hazards in your home that could make you fall. It includes how to fix them.
- The [Footwear Fact Sheet](#) provides help on foot care. It also suggests shoes for people at risk of falling.
- The [Chair Rise Exercise online guide](#) shows how to get stronger to prevent a fall.

National Council on Aging [online falls checkup](#)

The National Council on Aging [online falls check-up](#) is a free online checklist. It helps you learn your risk of falling.

You can get this document in other languages, large print, braille or a format you prefer free of charge. Send an email to centralaps@odhs.oregon.gov or call 503-400-5671. We accept all relay calls.