



**STEPS TO SAFETY**  
PREVENT FIRE & FALLS AT HOME

# OLDER ADULT HEALTH AND SAFETY RESOURCES



The National Fire Protection Association® (NFPA®) has compiled this list of additional US resources for information, collaboration, training, and support for older adult health and safety.\* For more information from NFPA on older adult fire and fall prevention programs, visit [nfpa.org/stepstosafety](https://nfpa.org/stepstosafety).

## Alzheimer's Association®

Formed in 1980, the [Alzheimer's Association](#) is the leading voluntary health organization in Alzheimer's care, support, and research.

- 24/7 Helpline, 800-272-3900
- [Alzheimer's Safety Topics](#)
- [Approaching Alzheimer's: First Responder Training](#)—This is a self-paced, free online training is used to help prepare emergency services professionals to respond to common calls involving a person with dementia.

## Area Agencies on Aging (AAAs)

An [AAA](#) is a public or private non-profit agency designated by the state to address the needs and concerns of all older persons at the regional and local levels. AAAs coordinate and offer services that help older adults remain in their homes—if that is their preference—aided by services such as Meals-on-Wheels, homemaker assistance, and whatever else it may take to make independent living a viable option.

## Centers for Disease Control and Prevention (CDC)

A division of the US Department of Health and Human Services, the CDC is the leading science-based, data-driven service organization that protects the public's health. Visit the CDC's [Older Adult Falls Data and Resources](#) webpage for more falls information.

## National Council on Aging (NCOA)

NCOA is a national organization focused on equitable aging and championing the needs of every person as they age to ensure their economic, health, and social well-being.

- [Evidence-Based Programs for Falls Prevention](#)—Each of these programs meets the Administration for Community Living's (ACL's) [criteria for evidence-based programs](#), specifically for falls prevention.
- [Evidence-Based Programs for Senior Fitness](#)—These are fun and evidence-based exercise and training programs to keep seniors active.



## National Institutes on Aging (NIA)

NIA is one of the institutes of the National Institutes of Health (NIH) and leads the federal government research on aging and Alzheimer's and related diseases. Visit the NIA [Falls Prevention Information](#) webpage for fall prevention resources.

## USDA National Institute of Food and Agriculture (NIFA)

The Land-Grant University and Cooperative Extension System of NIFA is responsible for the development of many programs that contribute to the quality of life of older Americans. Refer to the NIFA [Aging-Related Programs Developed and/or Delivered by Extension](#) webpage for a list of programs.

## YMCA

YMCA is a nonprofit committed to improving the health and well-being of people of all ages. Many YMCAs have fitness and wellness programs designed for older adults. [Find my YMCA](#).

## Other State and Local Resources

- Councils on Aging
- Department of Elder Affairs
- Department of Public Health Injury Prevention Programs
- Fitness centers for seniors
- Occupational therapy
- Physical therapy
- Senior centers