

Slides 1) Title

- Insert your hospital's or organization's logo on all of the slides

Slide 2) Disclosures

- All images were open sourced or generated by AI

Slide 3) Course Goals

- Increase awareness of fall prevention
 - Community (all age groups)
 - Healthcare providers
 - Caretakers
- Incorporation of fall prevention practices
 - Exercise
 - Diet
 - Medicine
 - Physical barriers
- Provide community resources
 - Exercise groups
 - Community support
 - Emergency services
- Prevent falls and injuries in the:
 - Home
 - Community
 - Hospital
- References
 - OpenAI. (2025). *Black and white clipart of a person falling with a prohibition symbol* [AI-generated image]. ChatGPT. <https://chat.openai.com/>

Slide 4) Agenda

- Patient Story
- The Impact of Falls
- Emergency Response for Falls
- Medications and Effects of Falls
- Geriatrician Perspective
- Senior Resources and Social Services
- Tai Chi for Fall Prevention

Slide 5) Patient Story

- Provide -a personal or patient story about a fall resulting in injuries
- Outline the factors leading up to the fall event
 - Personal history
 - Medical history
- Describe the injuries and complications from the fall
- Discuss the recuperation after the fall
 - Lifestyle alterations
 - Resource availability

- References
 - “Older adult sitting in a park with their back towards the camera,” image generated by Canva's Text to Image, May 18, 2025.

Slide 6) Impact of Falls: Statistics

- Each year in the US:
 - 14 million older adults fall
 - 1 million fall-related hospitalizations among older adults happen
 - Most falls occur in the home
- References
 - <https://www.cdc.gov/falls/data-research/index.html>
 - <https://www.cdc.gov/mmwr/volumes/72/wr/mm7235a1.htm>
 - Shaver AL, Mahnken JD, Pahor M, Kritchevsky SB, Colón-Emeric C, Whitson HE. Polypharmacy and fall-related injury in older adults: a nationally representative study. *BMC Geriatr*. 2021;21(1):658. doi:10.1186/s12877-021-02632-4. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8669898/>
 - “Simple clipart of a home,” image generated by Canva's Text to Image, May 20, 2025.

Slide 7) Impact of Falls: Statistics

- About 40% of falls result in injury
- 10-11% of falls result in major injuries
 - Major injuries are those that can lead to short- and long-term disabilities that can reduce one's quality of life and even death
- Falls are NOT a normal part of aging
 - Falls impact patient health, the healthcare system, and the economy
- References
 - Centers for Disease Control and Prevention. *Important Facts about Falls*. Updated September 2023. <https://www.cdc.gov/falls/data-research/facts-stats/index.html>
 - Vaishya, R., & Vaish, A. (2020). Falls in Older Adults are Serious. *Indian journal of orthopaedics*, 54(1), 69–74. <https://doi.org/10.1007/s43465-019-00037-x>

Slide 8) Impact of Falls: Statistics

- According to the CDC, unintentional injuries (which include falls) are among the top 10 leading causes of death in the United States
- References
 - <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>

Slide 9) Impact of Falls: ACS Statement

- Falls are the leading cause of both fatal and nonfatal injuries for older adults.
- One out of four older adults falls each year. Of these individuals, less than half talk to their health care providers about it.

- Many people who fall, even if they are not injured, develop a fear of falling, which may cause them to limit activities, leading to reduced mobility, loss of physical fitness, and, in turn, increased risk of falling.
- A person who has fallen once is two to three times more likely to fall again within a year.
- References
 - <https://www.facs.org/about-acf/statements/older-adult-falls-and-falls-prevention/>

Slide 10) Emergency Response for Falls

- Contact emergency medical services
- Assess the person who has fallen
- Evaluate the environment
- References
 - OpenAI. (2025). *Simple clipart of a home* [AI-generated image]. ChatGPT. <https://openai.com/chatgpt>

Slide 11) Emergency Response for Falls: Contact

- Call 9-1-1
 - Communicate location details to EMS
 - Text to 9-1-1 available in certain locations¹⁹⁸²
- Medical alert bracelets
 - Wearable alert systems that are used to alert emergency services
 - Can contain some medical information (e.g. medications and allergies)
- Community
 - Family, friends, or neighbors can be crucial to rapidly alerting EMS about a fall
- References
 - OpenAI. (2025). *Digital illustration of a smartphone showing a 9-1-1 call* [AI-generated image]. ChatGPT. <https://openai.com/chatgpt>

Slide 12) Emergency Response for Falls: Assess

- Patient assessment
 - Bleeding, airway, breathing, circulation
 - Consciousness
 - Witnessed fall
 - Time patient is down
 - Signs of injury
- Hospital transport
 - Based on patient's condition and consent
- References
 - OpenAI. (2025). *A line drawing of a hospital* [AI-generated image]. ChatGPT. <https://chat.openai.com/>

Slide 13) Emergency Response for Falls: Evaluate

- Remove physical barriers and slippery items
 - Boxes, carpets, loose clothing
- Store commonly used items within reach
 - Place items on lower shelves or on the counter

- Maintain good lighting throughout the home
 - Avoid tripping or falling
- Install bathroom bars and walking aids
 - Can help prevent falls in the shower
 - Include wall grips and anti-slipping mats
- Disseminate home evaluation information to the patient or caretaker
- References
 - OpenAI. (2025). *2D digital illustration of a clipboard* [AI-generated image]. ChatGPT. <https://chat.openai.com/>

Slide 14) Geriatrician Perspective: Comorbidities

- Many older adults may have coexisting comorbidities that can put them at greater risk of experiencing a fall or complicate a fall injury
 - Heart disease
 - Diabetes
 - Movement disorders
 - High blood pressure
 - Lung disease
 - Dementia
 - Malnutrition
 - Hearing loss
 - Vision problems

Slide 15) Geriatrician Perspective: Vision and Hearing

- Only 46% of Americans get the recommended minimum annual vision and hearing exam
- Vision and hearing loss can increase fall risk
- Vision exams are useful for
 - Identifying the need for a new prescription
 - Monitoring for cataracts
 - Screening for glaucoma
 - Preventing further vision deterioration
- Hearing exams
 - Can be conducted online
 - Some hearing aids can be sold over the counter
 - Prevent further hearing deterioration

Slide 16) Geriatrician Perspective: Nutrition

- Presented by nutritionist, if available
- Fruits and vegetables
 - Spinach, broccoli, blueberries, apples
 - Source of vitamins
- Protein
 - Fish, chicken, eggs
 - Proper servings can prevent muscle wasting
- Dairy
 - Low-fat milk, yogurt, cheese

- Essential for bone growth
- Grains
 - Oats, brown rice, cereals
 - Assists with maintaining balanced blood sugar
- Calcium
 - Dairy
- References
 - OpenAI. (2025). *Clip art of a plate divided into food groups: half fruits and vegetables, one-quarter cereals and grains, one-quarter protein and dairy* [AI-generated image]. ChatGPT. <https://chat.openai.com/>
 - <https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-21-Healthy-Eating-For-Older-Adults.pdf>
 - <https://www.jevshumanservices.org/5-fruits-and-vegetables-for-senior-diets/>
 - <https://incredicare.com/5-healthy-whole-grains-seniors-should-be-eating/>

Slide 17) Geriatrician Perspective: Nutrition

- Proper nutrition is necessary for
 - Maintaining proper cognitive functioning
 - Keeping muscles and bones healthy
 - Supporting the immune system
 - Preventing the development and progression of disease
- Food assistance
 - Fill in with local resources that may offer food assistance to older adults
- References
 - OpenAI. (2025). *Clip art of an African American senior citizen eating a healthy meal* [AI-generated image]. ChatGPT. <https://chat.openai.com/>

Slide 18) Geriatrician Perspective: Activity

- Stretching
- Seated exercises
- Standing exercises
- Local programs
 - Fill in with local resources that offer exercise classes for older adults
- References
 - OpenAI. (2025). *AI-generated clip art of older adults exercising* [Digital image]. ChatGPT. <https://chat.openai.com/>

Slide 19) Geriatrician Perspective: Assistive Walking Devices

- Use of assistive walking devices can help prevent falls
- Requires knowledge of how to properly use these devices to be most effective
- References
 - <https://www.youtube.com/watch?v=5jvtk8ZZUv8>
 - https://www.youtube.com/watch?v=zJ_oSjriB3k
 - OpenAI. (2025). *Clip art of a walking cane* [Digital image]. ChatGPT. <https://chat.openai.com/>
 - OpenAI. (2025). *Clip art of a walker* [Digital image]. ChatGPT. <https://chat.openai.com/>

Slide 20) How to Fall (Volume is low. I wonder if there is a way to enhance the volume prior to imbedding into the slide?)

- **Keep your knees and elbows bent:** If you feel yourself falling, keep your knees and elbows bent to soften the impact. Don't let your body stiffen or get rigid.
- **Protect your head:** Protect your head by either turning your face to the side (if falling forward) and tucking your chin (if falling backwards).
- **Land on muscle not bone!:** Try to land on the muscles of your back, thighs, or buttocks to avoid breaking bone.
- **Continue to fall and try to roll to spread the impact:** Try to spread the impact of the fall to your whole body to avoid concentrating in one area. "The more you roll with the fall, the safer you will be."

- References

AARP. (n.d.). *Falling safely: How to fall to prevent injury*. AARP.
<https://www.aarp.org/health/conditions-treatments/how-to-fall-safely/>

- More Life Health Seniors. (2020, May 27). *How to fall safely for seniors* [Video]. YouTube. <https://www.youtube.com/watch?v=saevjhoOrHI>

Slide 21) Medications and Effects on Falls (If bullet points are worded as such, the study title should be placed on slide, therefore making the presenter acknowledge the study, authors, & journal it was published. Also, what is the consequence of 4 high-risk medications per patient in the study? This slide should follow slide 23, since slide 23 defines high-risk medications)

- 97% of patients were on ≥ 1 high-risk medication
- 46% of patients were on ≥ 5 high-risk medications
- 4 high-risk medications per patient
- References

Slide 22) Medications and Effects on Falls: Polypharmacy

- Polypharmacy is the simultaneous use of medications
- Expensive
 - Medication costs can add up
- Cognitive impairment
 - Use of multiple medications can lead to drug-drug interactions that can affect memory, attention, and cognition
- Difficult to manage
 - Keeping track of timing and dosage of multiple medications can be confusing and dangerous if not well managed
- References
 - OpenAI. (2025). *AI-generated icon depicting cognitive impairment* [AI-generated image]. ChatGPT. <https://chat.openai.com/>
 - OpenAI. (2025). *AI-generated clip art of a spiral notebook with pen* [Digital image]. ChatGPT. <https://chat.openai.com/>

- OpenAI. (2025). *AI-generated clip art of stacked banknotes and coins* [Digital image]. ChatGPT. <https://chat.openai.com/>

Slide 23) Medications and Effects on Falls: High-Risk Meds (This slide should be followed by slide 21, as it describes the study with percentages of high-risk medications effects)

- Some medications can increase one's risk of falls
- Pain medications
 - Can cause drowsiness and dizziness
- Allergy medications
 - Can cause drowsiness, dizziness, and confusion
- Antidepressants
 - Can cause drowsiness
- Blood pressure medications
 - Can lower blood pressure, causing dizziness
- Sleeping medications
 - Can cause drowsiness, dizziness, and impaired coordination
- References
 - OpenAI. (2025). *AI-generated image of assorted pills* [AI-generated image]. ChatGPT. <https://chat.openai.com/>

Slide 24) Medications and Effects on Falls: Side Effects

- Again, these side effects include:
 - Low blood pressure
 - Daytime drowsiness
 - Dizziness
 - Coordination difficulty
 - Balance issues
 - Cognitive impairment
- References
 - OpenAI. (2025). *Pill bottle spilling pills* [AI-generated image]. DALL·E. Retrieved from ChatGPT.

Slide 25) Medications and Effect on Falls: Tips for Success

- Review medication lists regularly with your clinician
- Identify unnecessary medications with your clinician
- Involve family, caregivers, and clinicians with management
- Maintain an updated and organized list of medications
- References
 - “Clip art of a pencil,” image generated by Canva's Text to Image, May 18, 2025.

Slide 26) Senior Resources and Social Services: Driving (Animate each section, since it is quite wordy. This way, the audience doesn't get lost in the text)

- Department of Motor Vehicles (DMV) Driver Improvement Program
 - Provides instructions on defensive driving and updates on the rules of the road
- American Association of Retired Persons (AARP) Smart Driver Online Course
 - Online course that is self-paced

- Teaches on driving skills and strategies, defensive driving techniques to deal with aggressive drivers, local laws and traffic rules, vehicle maintenance tips
- CarFit
 - Educational program developed by the American Association of Retired Persons (AARP), American Automobile Association (AAA), and the American Occupational Therapy Association (AOTA)
 - “The CarFit program consists of free safety education on in-vehicle safety features, explaining how they work and how to find the safest adjustment for the tallest to the smallest individual driver. The program supports drivers by focusing on the driver's comfort, safety, and fit within their vehicle.”
- Department of Motor Vehicles Mature Driver Improvement Program
 - Designed for drivers ≥55 years
 - Provides instructions on defensive driving, California motor vehicle laws, updates on road rules and regulations, the effects of medication, fatigue, alcohol, and visual or auditory limitations on a person's driving ability
- References
 - https://www.aarp.org/lp/driversafetycourse/?cmp=6T2L920MAS&gad_source=1&gad_campaignid=21000623910&gbraid=0AAAAAC1RszuPzCdWXT6L9I1hDvy2S7hh-&gclid=CjwKCAjwrvavBBhBjEiwA1r30VE1w1PYV5MWdorDtZSx8rwg2mbMgUHMb8Fw45Wlfp1LnNNz35LgH4RoCQKMQAvD_BwE&gclsrc=aw.ds
 - <https://www.aota.org/practice/clinical-topics/driving-community-mobility/carfit>
 - <https://www.dmv.ca.gov/portal/vehicle-industry-services/occupational-licensing/occupational-licenses/mature-driver-improvement-program/>

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Slide 27) Senior Resources and Social Services: Transportation

- Fill in with local transportation options
- References
 - “Clip art of shuttle bus simple,” -image generated by Canva's Text to Image, May 20, 2025.

Slide 28) Senior Resources and Social Services: In Home

- Fill in with local ~~in-home~~in-home services for seniors
- References
 - “Assisted living,” image generated by Canva's Text to Image, May 22, 2025.

Slide 29) Tai Chi for Fall Prevention: What is Tai Chi?

- Tai Chi is an ancient Chinese martial art, characterized by slow, intentional movements focused on mindfulness, balance, meditative breathing, and imagery.
- Tai Chi is described as meditation in motion, and can be performed standing or seated in a chair.

Slide 30) Tai Chi for Fall Prevention: Data

- One study found that Tai Chi can lead to better balance and mobility amongst community dwelling adults, including those with chronic health conditions, such as stroke survivors.
- Another study found that ~~community-based~~community-based implementation of Tai Chi programs in older adults lead to a 49% reduction in the number of falls.

- References
 - Yan G et al. Effects of Tai Chi on Balance and Gait in Stroke Survivors: A Systematic Meta-Analysis of Randomized Controlled Trials. *J Rehabil Med.* 2018;50:582-588
 - Li F et al. Implementing an Evidence-Based Fall Prevention Intervention in Community Senior Centers. *Am J Public Health.* 2016;106(11):2026-31
 - OpenAI. (2025). *Cartoon of a diverse older group of people practicing Tai Chi* [Digital image]. ChatGPT. <https://chat.openai.com/>

Slide 31) Tai Chi for Fall Prevention: Data

- Participating in Tai Chi 3 to 6 times per week decreases the overall number of falls, the risk of falling, and the fear of falling in elderly populations.
- Tai Chi improves balance and physical performance while also having cognitive benefits.
- Endorsed by the Centers for Disease Control and Prevention for fall prevention
- Endorsed by the National Center for Complementary and Integrative Health/National Institute of Aging to maintain and improve health and as a complement to therapies for chronic conditions
- References
 - Lee K et al. A Tai Chi for Arthritis and Fall Prevention Program for Older Adults during COVID-19
 - Li, F., Harmer, P., Fisher, K. J., McAuley, E., Chaumeton, N., Eckstrom, E., & Wilson, N. L. (2005). Tai Chi and fall reductions in older adults: a randomized controlled trial. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 60(2), 187–194. <https://doi.org/10.1093/gerona/60.2.187>
 - OpenAI. (2025). *Cartoon of a diverse older group of people practicing Tai Chi in a different pose* [Digital image]. ChatGPT. <https://chat.openai.com/>
 - Stevens J et al. CDC Compendium of effective fall interventions: what works for community-dwelling older adults. 3rd ed. Atlanta (GA): Division of Unintentional Injury Prevention, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. 2015.
 - National Center for Complementary and Integrative Health. Tai Chi and Qi Gong: In Depth 2020. Available at: [Tai Chi: What You Need To Know | NCCIH \(nih.gov\)](https://nccih.nih.gov/health/tai-chi/)

Slide 32) Tai Chi for Fall Prevention: Exercises

- Posted by The National Council of Aging
- References
 - <https://www.ncoa.org/article/the-health-benefits-of-tai-chi-and-how-to-get-started/>
 - <https://www.ncoa.org/article/evidence-based-program-tai-chi-prime/>

Slide 33) Assess Your Fall Risk

- Remember that falls are not a normal part of aging
- Assess your fall risk using a survey tool provided by The National Council of Aging
- References
 - <https://www.ncoa.org/tools/falls-free-checkup/>

- OpenAI. (2025). *Clip art of a healthy older woman* [Digital illustration]. ChatGPT. <https://chat.openai.com/>
- OpenAI. (2025). *Clip art of a healthy older man* [Digital illustration]. ChatGPT. <https://chat.openai.com/>

Slide 34) Summary

1. Falls are common, but not a normal part of aging!
2. Falls are the #1 cause of unintentional injuries, hospital admissions, and death in the elderly!
3. If you or your loved one falls, call or text 911 to get help! It's important to let your clinician know about your fall. ▸
4. Assess your home for potential fall hazards (cords, throw rugs, slippery surfaces)
5. Poor vision and hearing can increase your risk of falls! Get an eye and hearing exam annually!
6. Proper nutrition and exercise can decrease your risk of falls. Eat healthy, **well balanced** meals to keep your bones and muscles strong. Stay hydrated and monitor your alcohol intake.
7. Certain medications can increase your risk of falls! Taking too many medications (polypharmacy) can also increase your risk of falls. Talk to your clinician about your medications and mention any side effects you may feel.
8. Tai Chi can help promote balance, improve mentation, and reduce your fall risk!

Slide 35) References

1. **OpenAI.** Black and white clipart of a person falling with a prohibition symbol [AI-generated image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
2. **Canva.** Older adult sitting in a park with their back towards the camera [AI-generated image]. Text to Image. Generated May 18, 2025.
3. **Centers for Disease Control and Prevention.** Older adult falls data. 2023. Available from: <https://www.cdc.gov/falls/data-research/index.html>
4. **Centers for Disease Control and Prevention.** Nonfatal and fatal falls among adults aged ≥65 years. *MMWR Morb Mortal Wkly Rep.* 2023;72(35):933–939. Available from: <https://www.cdc.gov/mmwr/volumes/72/wr/mm7235a1.htm>
5. **Shaver AL, Mahnken JD, Pahor M, Kritchevsky SB, Colón-Emeric C, Whitson HE.** Polypharmacy and fall-related injury in older adults: a nationally representative study. *BMC Geriatr.* 2021;21(1):658. doi:10.1186/s12877-021-02632-4. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8669898/>

6. **Canva.** Simple clipart of a home [AI-generated image]. Text to Image. Generated May 20, 2025.
7. **Centers for Disease Control and Prevention.** Important facts about falls. 2023. Available from: <https://www.cdc.gov/falls/data-research/facts-stats/index.html>
8. **Vaishya R, Vaish A.** Falls in older adults are serious. *Indian J Orthop.* 2020;54(1):69–74. doi:10.1007/s43465-019-00037-x
9. **Centers for Disease Control and Prevention.** Leading causes of death. 2023. Available from: <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
10. **American College of Surgeons.** Older adult falls and falls prevention. 2019. Available from: <https://www.facs.org/about-acsc/statements/older-adult-falls-and-falls-prevention/>
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16. **U.S. Department of Agriculture.** Healthy eating for older adults. MyPlate. 2024. Available from: <https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-21-Healthy-Eating-For-Older-Adults.pdf>
17. **JEVS Human Services.** 5 fruits and vegetables for senior diets. 2024. Available from: <https://www.jevshumanservices.org/5-fruits-and-vegetables-for-senior-diets/>
18. **Incredicare.** 5 healthy whole grains seniors should be eating. 2024. Available from: <https://incredicare.com/5-healthy-whole-grains-seniors-should-be-eating/>
19. **OpenAI.** Clip art of an African American senior citizen eating a healthy meal [AI-generated image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
20. **OpenAI.** AI-generated clip art of older adults exercising [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>

- 21. More Life Health Seniors.** How to fall safely for seniors [Video]. YouTube. 2020 May 27. Available from: <https://www.youtube.com/watch?v=saevjhoOrHI>
- 22. OpenAI.** Clip art of a walking cane [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 23. OpenAI.** Clip art of a walker [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 24. AARP.** Falling safely: How to fall to prevent injury. Available from: <https://www.aarp.org/health/conditions-treatments/how-to-fall-safely/>
- 25. OpenAI.** AI-generated icon depicting cognitive impairment [AI-generated image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 26. OpenAI.** AI-generated clip art of a spiral notebook with pen [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 27. OpenAI.** AI-generated clip art of stacked banknotes and coins [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 28. OpenAI.** AI-generated image of assorted pills [AI-generated image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
- 29. OpenAI.** Pill bottle spilling pills [AI-generated image]. DALL·E. 2025. Retrieved from ChatGPT.
- 30. Canva.** Clip art of a pencil [AI-generated image]. Text to Image. Generated May 18, 2025.
- 31. AARP.** Driver safety course. Available from: <https://www.aarp.org/lp/driversafetycourse/>
- 32. American Occupational Therapy Association.** CarFit. Available from: <https://www.aota.org/practice/clinical-topics/driving-community-mobility/carfit>
- 33. California Department of Motor Vehicles.** Mature driver improvement program. Available from: <https://www.dmv.ca.gov/portal/vehicle-industry-services/occupational-licensing/occupational-licenses/mature-driver-improvement-program/>
- 34. Canva.** Clip art of shuttle bus simple [AI-generated image]. Text to Image. Generated May 20, 2025.
- 35. Canva.** Assisted living [AI-generated image]. Text to Image. Generated May 22, 2025.
- 36. Yan G, et al.** Effects of Tai Chi on balance and gait in stroke survivors: a systematic meta-analysis of randomized controlled trials. J Rehabil Med. 2018;50:582–588.
- 37. Li F, et al.** Implementing an evidence-based fall prevention intervention in community senior centers. Am J Public Health. 2016;106(11):2026–2031.

38. **OpenAI.** Cartoon of a diverse older group of people practicing Tai Chi [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
39. **Lee K, et al.** A Tai Chi for arthritis and fall prevention program for older adults during COVID-19. 2021.
40. **Li F, et al.** Tai Chi and fall reductions in older adults: a randomized controlled trial. *J Gerontol A Biol Sci Med Sci.* 2005;60(2):187–194. doi:10.1093/gerona/60.2.187
41. **OpenAI.** Cartoon of a diverse older group of people practicing Tai Chi in a different pose [Digital image]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
42. **Stevens J, et al.** CDC compendium of effective fall interventions: what works for community-dwelling older adults. 3rd ed. Atlanta (GA): Division of Unintentional Injury Prevention, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2015.
43. **National Center for Complementary and Integrative Health.** Tai Chi and Qi Gong: In Depth. 2020. Available from: <https://www.nccih.nih.gov/health/tai-chi-and-qi-gong-in-depth>
44. **National Council on Aging.** The health benefits of Tai Chi and how to get started. Available from: <https://www.ncoa.org/article/the-health-benefits-of-tai-chi-and-how-to-get-started/>
45. **National Council on Aging.** Evidence-based program: Tai Chi Prime. Available from: <https://www.ncoa.org/article/evidence-based-program-tai-chi-prime/>
46. **National Council on Aging.** Falls free checkup. Available from: <https://www.ncoa.org/tools/falls-free-checkup/>
47. **OpenAI.** Clip art of a healthy older woman [Digital illustration]. ChatGPT. 2025. Available from: <https://chat.openai.com/>
48. **OpenAI.** Clip art of a healthy older man [Digital illustration]. ChatGPT. 2025. Available from: <https://chat.openai.com/>