

How to use this Pocket Guide: This pocket guide includes recommendations for connecting Veterans with evidence-based falls prevention programs and information on available resources and support that can help Veterans remain falls-free.

1. **Customize it:** This guide is fully customizable. Add local resources, update evidence-based falls prevention program options to reflect programs available in your area, and make any other edits needed so it best fits your community.
2. **Share it:** Provide this guide to professionals and providers who work with Veterans at risk for falls. Encourage them to keep a printed copy at their desk or a digital version on their phone so they’re ready to connect any Veteran with the right services.

FP 2A: Pocket Guide for organizations serving veterans/areas with a high population of veterans (Part of A New Mission Series: Veteran Focused Resource)

Introduction
<p>Older veterans' experience falls more often than their civilian peers, due in part to higher rates of disability, mental health challenges, social isolation, and chronic health conditions. Evidence-based falls prevention programs (EBFPP) can help older Veterans stay active, independent, and safe. Connecting Veterans with programs that match their unique needs and promoting these programs in a personalized way can boost participation. Veterans also have access to a range of additional benefits and resources. When combined with participation in an EBFPP, these supports can play a critical role in targeting Veteran’s multifactorial falls risk and helping our nation’s service members remain falls-free as they age.</p>

Evidence Based Falls Prevention Programs for Veterans		
Veteran Presents With	Best Falls Prevention Evidence-Based Programs and Why It Fits	How to “Sell” It to Veterans (Military Aligned Messaging)
Fear of falling, low confidence, recent fall injury or non-injurious fall	A brief, one-on-one evidence-based conversation that builds awareness and confidence. Ideal for Veterans who hesitate to join groups.	“Quick tactical coaching to keep you steady and mission ready, no class required.”
Prefers structure and misses team camaraderie	EnhanceFitness. Provides structured weekly strength, cardio, and balance training in a supportive group setting that feels like a unit.	“Your weekly training session. Stay strong, stay sharp, and stay independent with a squad behind you.”
Needs balance and strength training and/or prefers an online option	Stay Active and Independent for Life (SAIL). Strength and balance training offered in person or online. EnhanceFitness. Many licensed sites offer virtual or hybrid classes. Healthy Steps in Motion. Includes approved remote adaptations. FallsTalk. Designed for phone or video delivery.	“Train from anywhere. Stay active and independent, no matter your location.”

Chronic pain or limited mobility and prefers a gentle start	Healthy Steps for Older Adults or Healthy Steps in Motion . Low impact, progressive programs that encourages safe movement and builds confidence.	“Start slow, build safely. Steady progress without overdoing it.”
Unsafe home environment (i.e. trip hazards, clutter, poor lighting)	CAPABLE and Home Hazard Removal Program (HARP) plus home safety guidance. EBPs improve physical stability, and home safety reduces environmental risk.	“Your home is your base of operations. Small upgrades plus training help keep you safe and independent.”
Uses an assistive device (i.e. cane or walker) and/or has an unsteady gait	SAIL or Healthy Steps in Motion both improve gait mechanics, posture, and safe transitions.	“Build strength and stability so your equipment works with you, not against you.”
Medication-related dizziness, fatigue, or blood pressure drops	FallsTalk or Healthy Steps for Older Adults Supports awareness of medication related fall risks and encourages provider follow up.	“Let’s make sure your training and medications work together for your safety, not against it.”
Foot pain or improper footwear	Any EBP plus footwear guidance . Proper footwear enhances progress and reduces slips.	“Your footing is your foundation. The right gear keeps you steady.”
Social isolation; missing camaraderie and purpose	EnhanceFitness or SAIL in group settings. Provides connection, routine, and a sense of mission.	“Train with a squad. No Veteran strengthens alone.”
Not ready for a class; prefers small steps first	Bingocize , Tai Chi or A Matter of Balance . Low barrier entry that builds confidence and prepares Veterans for future programs.	“A quick, private conversation to get you started. No pressure, just practical steps.”

Resources and Supports that Enable Veterans to Stay Falls Free	
Agency/Organization	How they help veterans stay falls free
Certified Community Behavioral Health Clinics	A designated provider that delivers comprehensive mental health and substance use disorder services. CCBHCs can help Veterans address key risk factors such as medication management, mental health, and physical health through integrated, community-based care.
National Resource Center on Supportive Housing & Home Modification	Provides home modification and repair resources (such as featured programs, funding, service providers, and consumer materials) for each state.
Elizabeth Dole Foundation	Supports older, wounded, or ill veterans primarily by empowering their caregivers through the Hidden Heroes campaign. Provides financial grants for home modifications via the Hope Fund and offers respite care services (e.g., companionship, mobility assistance, medication reminders) to ensure safety at home.
Armed Forces Wellness Center (AFWC)	Provides specialized, free, and holistic preventative services that reduce fall risks, including personalized exercise prescriptions, strength training, balance assessments, health coaching, and chronic disease management.
Disabled American Veterans (DAV)	Offers free claims assistance, specialized caregiver resources, and a national transportation network for medical appointments.

[State Falls Prevention Coalition](#)

Coalitions bring together a range of stakeholders and provide an important structure for coordinating efforts to reduce falls. Connect with your state falls prevention coalition to learn more about resources and supports available to Veterans at risk for falls in your area!

Local Resources for Veterans

Resources and supports for veterans are also offered by community-based organizations, which can vary widely from one community to another. Use this space to list the local services available to Veterans in your service area.

Not sure what's available? Use [Patriot Link](#), connect with your county's [Veteran Service Officer](#), or join the [VetResources Community Network](#) to learn more about community resources for Veterans in your area!