

Published on *SeniorNavigator* (<https://seniornavigator.org>)

How to Prevent Falls [Aging Well with a Physical Disability Factsheet Series]

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based Factsheet Series on a variety of topics related to aging well with a physical disability. [How to Prevent Falls](#) explores fall risks, exercise, managing the home environment, preventing falls when out and about, and improving safety.

Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

Source URL

<http://agerrtc.washington.edu>

Last Reviewed

Wednesday, December 16, 2020