3.2: Videos

**YouTube – “Living well: A Chronic Disease Self-Management Program”**

A look at an evidence-based program that helps senior learn better management of their health and chronic conditions.

A YouTube element has been excluded from this version of the text. You can view it online here: [http://pb.libretexts.org/older/?p=44](http://pb.libretexts.org/older/?p=44)

**National Council on Aging – “Falls Prevention Resources”**

NCOA’s [National Falls Prevention Resource Center](https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Care_Navigation_of_Older_Adults/03%3A_Aging_and_Chronic_Co...) supports the implementation of evidence-based falls prevention programs and serves as a national clearinghouse of tools and best practices. Explore materials related to falls prevention in the [Resources Library](https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Care_Navigation_of_Older_Adults/03%3A_Aging_and_Chronic_Co...).
You Have the Power to Prevent a Fall from National Council on Aging on Vimeo.