

## Patient Resources: Other

### Falls

Falls Prevention animation (CSP)

<https://vimeo.com/232010084/56c5778dcd>

### Balance retraining

Online resource to help retrain balance and reduce vestibular related dizziness (Balance Retraining)

<https://balance.lifeguidehealth.org/player/play/balance>

### Stop Smoking

Stop smoking website (NHS)

<https://www.nhs.uk/smokefree>