Make Older Adult Fall Prevention Part of Your Clinical Practice

Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured.

1 out of **every 3** older adults age 65 and older falls each year. Yet *less than half* tell their doctor about it.

Falls **ARE NOT** an inevitable part of aging. There are specific things you can do as a health care provider to reduce falls.

Help your older patients stay healthy, active, and independent longer.

CDC's STEADI (Stopping Elderly Accidents Deaths & Injuries) initiative uses established clinical guidelines and tested interventions to help you:

- ☑ **Screen** patients for fall risk. Ask if they've fallen in the past year, feel unsteady, or worry about falling.

- ☑ **Review** medications and stop, switch, or reduce drugs that increase fall risk.

- ☑ **Recommend** daily vitamin D supplements of at least 800 IU/day with calcium.

STEADI continuing education is available for the whole health care team.
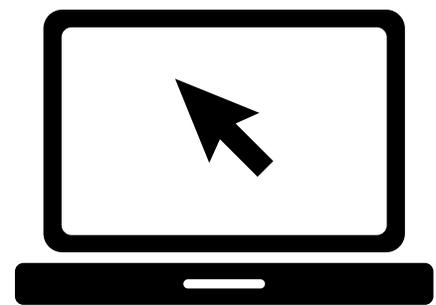
Log in at **cdc.train.org**, then search for "STEADI".

STEADI is available for the whole health care team

For every **5,000 health care providers** who adopt STEADI, over a 5-year period as many as:

6 million more patients could be screened,

1 million falls could be prevented,

$3.5 billion more in direct medical costs could be saved.

Customize STEADI patient materials and post them as a resource on your website, or as handouts.

STEADI materials include:

Online clinical training & Instructional videos

Clinical screening algorithm

Case studies

Educational materials for patients, their friends and family

COMING SOON

Clinical decision support modules for electronic health record systems (Epic and GE Centricity).