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”.

Contact us at: **CDC-INFO@cdc.gov**

Learn more at: **cdc.gov/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.

**Online clinical training & Instructional videos**

**Clinical screening algorithm**

**STEADI** materials include:

- **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).

Learn more at: [cdc.gov/steadi](http://cdc.gov/steadi), or contact us at: [CDC-INFO@cdc.gov](mailto:CDC-INFO@cdc.gov).