STEADI Toolkit: Provider Tools and Resources

STEADI
CDP’s Stopping Elderly Accidents Deaths and Injuries (STEADI) initiative is an evidence-based older adult fall prevention strategy. STEADI consists of three core elements: screen patients for fall risk, assess a patient’s risk factors, and intervene to reduce risk by giving older adults tailored interventions.

To help healthcare providers screen, assess, and intervene, CDC has recently refreshed the provider tools and resources. Many of these tools can be integrated into your electronic health record (EHR) system. Check with your EHR provider to see what may already be available to you.

Provider Resources

- **Algorithm**
  Flow chart for fall risk screening, assessment, and intervention

- **Pocket Guide**
  A provider’s guide for preventing falls in older patients

- **Screening and Assessments**
  Directions on how to screen and how to conduct standardized functional assessments

- **Fall Facts**
  Information about falls and fall risk factors

- **Medication Management**
  Information on medication risk factors and management

- **Wall Chart**
  Integrating Fall Prevention into Practice
Provider Resources continued

Forms
Checklists and forms for referrals and recommendations

Patient Encounters
Guidance on talking about fall prevention with patients, including three case studies

Patient and Caregiver Education Materials

- **Stay Independent**: A validated self-risk assessment brochure
- **Postural Hypotension**: What it is and how to manage it
- **What YOU Can Do to Prevent Falls**: Proven strategies to prevent falls
- **Check for Safety**: A home safety brochure
- **Family Caregivers**: Protect your loved ones from falling
- **Chair Rise Exercise**: One-page instructional handout

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**Check for Safety**

**A Home Fall Prevention Checklist for Older Adults**