

The video starts with a blue screen balancing out into two shades of blue. An older adult couple walking their dog and the www.cdc.gov logo appear on the screen.

We hear the narrator speak: “The key to health is often balance, especially when it comes to reducing older adult falls.”

On screen, the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo appears.

Narrator: “That’s where the CDC’s STEADI initiative comes in.”

A healthcare provider appears on screen with various clinical icons in the background.

Narrator: “STEADI helps healthcare providers implement clinical fall prevention.”

Four older adults appear on screen smiling. One of the adults stops smiling and has a sad face.

Narrator: “That’s because one out of four adults 65 or older will fall at least once this year.”

Text on screen appears “36 million falls a year” with 12 calendar icons beside it.

Narrator: “That’s over 36 million falls every year.”

Bar chart appears on screen showing 36 million falls in 2018 and projected 52 million falls in 2030.

Narrator: “And projections show that falls are on the rise.”

Older adult appears back on screen, smiling as he talks to the healthcare provider.

Narrator: “The good news is that falls are preventable. An annual visit or any time a patient suffers a fall is a good time to talk about reducing fall risk.”

Three icons appear on screen with the words “Screen”, “Assess”, and “Intervene”.

Narrator: “STEADI has resources to help you screen, assess, and intervene to help patients.”

A healthcare provider icon is isolated on the screen with the words on screen reading:

Step 1 – Screen

Key Questions to Ask Patient

- Feeling unsteady?
- Worried about falls?
- Fell in the past year?

Narrator: “Fall prevention starts with screening all patients 65 and up for fall risk.”

On screen text changes to:

Step 1 – Screen

If screened not at risk:

- Educate about fall prevention
- Assess vitamin D intake
- Refer to exercise program
- Reassess yearly or as needed

Narrator: “If a patient isn’t at risk for a fall, you can still do a few things to help them stay healthy and active.”

The icon on the screen changes to a clipboard. On screen text changes to:

Step 2 – Assess

Evaluate Risk Factors

- Gait, strength & balance
- Vision
- Medications
- Home hazards

Narrator: “If the patient is at risk, then it’s time to assess the patient’s modifiable risk factors and fall history.”

The icon on the screen changes to a message box. On screen text changes to:

Step 3 – Intervene

Effective Strategies

- Refer to physical therapy
- Refer to an eye doctor to evaluate vision impairment
- Optimize medications
- Refer to occupational therapist to evaluate home safety

Narrator: “After the assessment, that's when it's important to intervene to reduce the identified fall risk using effective strategies. This could be a referral for physical therapy, a referral to an eye doctor to evaluate vision impairment, optimizing medications, or referring to an occupational therapist who evaluates home safety.”

On screen changes to four icons, each corresponding to text on the screen: “Algorithm”, “screening materials”, “fact sheets”, “case studies”. Below is the website: www.cdc.gov/steady

Narrator: “STEADI offers tools you can use to help older patients.”

On screen text changes to the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo, with websites below: www.cdc.gov/steady and www.cdc.gov

Narrator: "Visit the STEADI website to learn how to keep your older patients safe, active, and independent longer by preventing falls."