

The video starts with an older adult couple walking with shopping bags, and the www.cdc.gov logo is at the bottom of the screen.

We hear the narrator speak: "Life is all about balance. And so is fall prevention."

Narrator: "That's where STEADI comes in. STEADI is a CDC effort to help older adults prevent falls."

On screen, there is the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo, the www.cdc.gov logo, and an image of older adults and health care providers.

Narrator: "You can reduce your risk of falling by taking some simple proven steps."

Four images appear on screen to show various steps older adults can take to reduce their risk of falling. One image is an older adult exercising. One image is a pair of glasses. One image shows a person tying their sneaker. One image shows an older adult reading a prescription bottle.

Narrator: "Start with strength and balance exercises."

Words appear on screen: "1. Focus on Strength & Balance", along with an image of an older adult woman stretching.

Narrator: "These are activities that help you improve your balance and make your legs stronger, like Tai Chi."

An image of an older adult woman practicing Tai Chi appears on screen.

Narrator: "You can do these activities at home, in the gym, or even in community centers."

On screen, two more older adult adults appear, and the background changes three times to represent a home, a gym, and then a community center.

Narrator: "There are other things you can do to stay safe, healthy, and independent."

The words "Safe, Healthy, Independent" appear on screen.

Narrator: "It could be something as simple as making sure you're wearing the right shoes."

The screen changes to say, "2. Wear Proper Footwear" and shows an image of a person holding a pair of sneakers.

Narrator: "You may need to consult with your doctor or a specialist about which footwear is best for you."

The screen still has the image of a person holding a pair of sneakers, and the text on screen reads: "Make sure your shoes: Fit properly, Have good traction".

Narrator: "How about your medications?"

The screen has an image of an older adult's hand holding a medication bottle, and the text on screen reads: "3. Have Your Medications Reviewed".

Narrator: "When's the last time you talked to your doctor or pharmacist about all the medications you're taking?"

Narrator: "Remember to include supplements, any over-the-counter medications, and any possible side effects you're experiencing."

Screen changes to show three different types of medications.

Narrator: "The way our bodies process medications can change as we age. This can result in side effects that make us more likely to fall."

Screen changes to show a healthcare provider talking to an older adult man about medications.

Narrator: "When's the last time you had your vision checked?"

The screen changes to show a pair of glasses, and the text on screen reads: "4. Get an Annual Eye Exam".

Narrator: "Poor eyesight can increase your risk of falling. Getting an annual eye exam is a good way to find and fix any issues."

The glasses move to the center of the screen with blurry words that clear to show the word "Glaucoma" and the word "Cataracts".

Narrator: "What about safety around your house?"

The screen changes to show an image of an older adult and a healthcare provider reviewing information on an electronic tablet together, and the text on screen reads: "5. Make Your Home Safer".

Narrator: "You can use CDC's checklist to find and fix home hazards, like removing clutter and throw rugs and by adding non-slip mats and handrails in bathrooms."

The screen changes to shows an image of CDC's checklist, along with the words:

Fix Home Hazards:

- Remove clutter

- Remove throw rugs
- Add non-slip mats
- Add handrails

Narrator: "Above all else, it's important to talk to your healthcare provider."

The screen changes to show an image of a healthcare provider, and the text on screen reads: "6. Talk to Your Healthcare Provider".

Narrator: "If you feel unsteady, have had a recent fall, or are worried about falling, bring it up. Your provider can help you stay safe and independent longer."

An image of an older adult's hand appears on screen, then a handrail appears, and the hand grabs onto the handrail.

Narrator: "You are in control. The most important thing to remember is that falls are preventable."

An image of a group of smiling older adults appears on screen.

Narrator: "Visit CDC's STEADI website for more information and helpful tips on staying safe, healthy, and independent."

The website www.cdc.gov/steady appears on screen with the www.cdc.gov logo.

The STEADI: Stopping Elderly Accidents, Deaths & Injuries logo appears on screen.