Talking With Your Patients About Falls

- Help patients understand their own unique fall risk.
- Educate patients on their modifiable risk factors and corresponding fall prevention strategies.
- Emphasize that fall prevention can help them remain independent.
- Discuss with patients which strategies they might be willing to do.
- Work with patients and caregivers to develop a plan for fall prevention.

STEADI Resources for Your Patients

Available patient-friendly brochures:

- Stay Independent
- Postural Hypotension:
 What it is & How to Manage it
- Check for Safety
- · What YOU Can Do to Prevent Falls

Key Facts About Falls

- One in four older adults age 65+ falls every year.
- Falls are the leading cause of injury deaths for older adults.
- Many patients who have fallen do not bring it up at medical appointments, so providers need to ask.

Each year, ask your older patients:

- Have you fallen in the past year?
- Do you feel **unsteady** when standing or walking?
- Do you worry about falling?

For more patient and provider resources, visit www.cdc.gov/steadi.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

POCKET GUIDE

Preventing Falls in Older Patients



STEADI Algorithm for Fall Risk Screening, Assessment, and Intervention among Community-Dwelling Adults 65 years and older



SCREENED NOT AT RISK

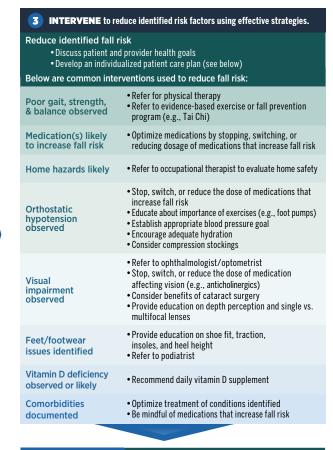
PREVENT future risk by recommending effective prevention strategies.

- Educate patient on fall prevention
- Assess vitamin D intake

If deficient, recommend daily vitamin D supplement

- Refer to community exercise or fall prevention program
- Reassess yearly, or any time patient presents with an acute fall





FOLLOW UP with patient in 30-90 days.

Discuss ways to improve patient receptiveness to the care plan and address barrier(s)