

TAKE STEPS TO PREVENT OLDER ADULT FALLS

A Common Concern:

IN 2014:



An older adult falls every second of every day. But, less than half talk to their doctor about their fall.



Totalling
29 M
older adult falls.



24%

of those falls required medical treatment or restricted activity for at least a day.

A Preventable Problem:

Take steps to prevent falls and help your patients stay healthy, active, and independent longer.

The CDC STEADI initiative provides resources that can help your healthcare team make fall prevention part of routine care. STEADI includes a clinical algorithm, screening tools, educational materials, continuing education, and clinical decision support for clinician's electronic health record systems.

Start preventing falls with these 3 steps:

1.

SCREEN

Screen for fall risk using these 3 questions:

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

2.

REVIEW

Review and manage medications linked to falls.

3.

RECOMMEND

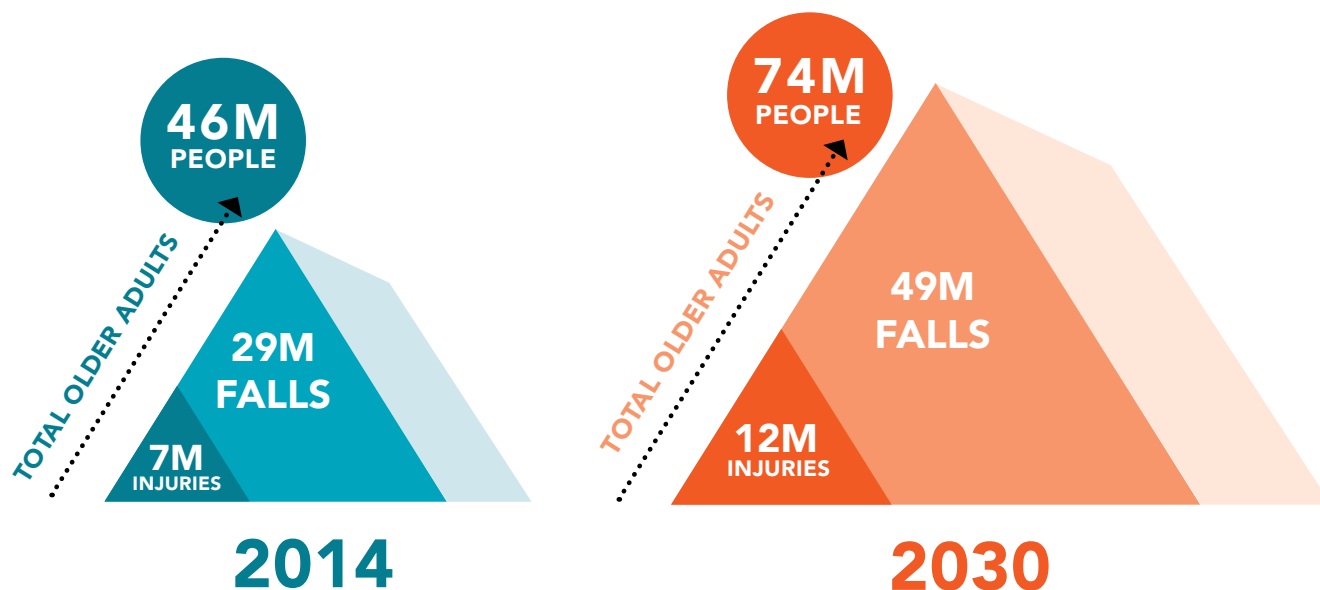
Recommend vitamin D for improved bone, muscle, and nerve health.

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A Growing Burden:

Over 10,000 people in the U.S. turn 65 every day.

Falls and fall injuries are increasing in the U.S. Annual medical expenses for older adult falls cost over **\$31 billion**, these costs will surge unless preventive measures are adopted.



Did You Know?

The Centers for Medicare and Medicaid Services (CMS):

- Requires and reimburses falls screening in the
 - "Welcome to Medicare Visit"
 - "Medicare Annual Wellness Visit"
- Includes quality measures for falls.

Incorporate STEADI to make fall screening and prevention part of your routine care for older adult patients.

RESOURCES

STEADI: Older Adult Fall Prevention
cdc.gov/steadi

STEADI Online Training
cdc.train.org



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention