

Join CDC's Effort to Prevent Older Adult Falls: Help Save Lives and Health Care Costs



Every 20 minutes an older adult dies from a fall in the United States. Many more are injured. But falls are not an inevitable part of aging.

Integrating fall prevention into routine clinical care can help safeguard the health of older Americans, so they can stay **healthy, active, & independent longer**.

To help, CDC created the STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative. STEADI includes materials developed specifically for primary care providers. Materials include established clinical guidelines and tested interventions that are designed to help health care providers integrate falls screening, assessment, and referral (such as to community-based fall prevention programs) into their daily practice.



CDC's STEADI tools and materials are available at no cost and include:

- Screening and clinical decision support tools;
- Instructional videos and online trainings;
- Case studies and tips for talking with patients; and
- Educational materials for patients, their friends and family.



You Can Help Save Lives and Health Care Costs.

If 5,000 health care providers adopt STEADI, over a 5-year period as many as:

- **6.3 million** more patients could be screened;
- **1.4 million** more falls could be prevented; and
- **\$3.6 billion** more in direct medical costs could be saved.

Here are a few ways you can get involved:



Implementation:

- Connect with state and local affiliates or chapters to help integrate STEADI clinical decision support tools into their health systems and practices.
- Talk to your electronic health record (EHR) vendor about adding STEADI modules on fall risk screening, assessment, and management into your system.



Education and Training:

- Integrate STEADI into your organization's education and training programs.
- Incorporate fall prevention in medical school and residency training curricula.
- Host webinars and/or encourage members to present at Grand Rounds on older adult fall prevention & include references to STEADI materials.



Promotion and Dissemination:

- Customize STEADI materials with your organization's logo and post them as a resource on your website.
- Promote STEADI messages and materials through all of your regular communication channels.
 - **Email announcements**
 - **Newsletters and magazines**
- Spotlight older adult fall prevention and CDC's STEADI materials at conferences and/or events with health care providers.
- Spread the word on social media. Post messages on older adult fall prevention and STEADI on Facebook and Twitter, using **#GetSTEADI**.

Learn more at: www.cdc.gov/STEADI or
Contact CDC at CDC-INFO@cdc.gov.

STEADI Stopping Elderly
Accidents, Deaths & Injuries

