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

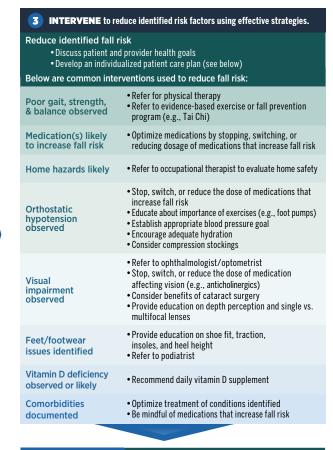
PREVENT future risk by recommending effective prevention strategies.

- 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)