



APRIL 22, 2024

About STEADI

KEY POINTS

- Health care providers play an important role in caring for older adults ages 65 and older.
- The CDC's Stopping Elderly Accidents, Deaths & Injuries (STEADI) Initiative comprises three core elements: Screen, Assess, and Intervene
- STEADI offers educational brochures and resources for patients and caregivers.



Overview

CDC's Injury Center created this initiative, expressly for you—healthcare providers who treat older adults who are at risk of falling, or who may have fallen in the past.

As a healthcare provider, you are already aware that falls are a serious threat to the health and well-being of your older patients. More than one out of four people 65 and older falls each year, and over 3 million are treated in emergency departments annually for fall injuries. You play an important role in caring for older adults and you can help reduce these devastating injuries.

How it works



Image of STEADI logo and core components.

The STEADI Initiative offers a coordinated approach to implementing the [American and British Geriatrics Societies' Clinical Practice Guideline](#) for fall prevention. STEADI consists of three core elements:

- **Screen** patients for fall risk,
- **Assess** modifiable risk factors,
- **Intervene** to reduce fall risk by using effective strategies.

Combined, these elements can have a substantial impact on reducing falls, improving health outcomes, and reducing healthcare expenditures.

STEADI includes a suite of tools and resources. These resources include basic information about:

- Falls
- Screening options
- Medications linked to falls
- Standardized gait and balance assessment tests
- Online trainings that offer continuing education

There are educational brochures about fall prevention specifically designed for your patients and their caregivers.

We worked with early adopters to develop guidance on how to implement and evaluate a STEADI-based fall prevention program in your clinical practice. In addition, we highlight the successes of some of these early adopters.

We hope that the STEADI Initiative will help you incorporate fall prevention into your clinical practice and enhance your older patients’ ability to stay healthy and independent.

Videos

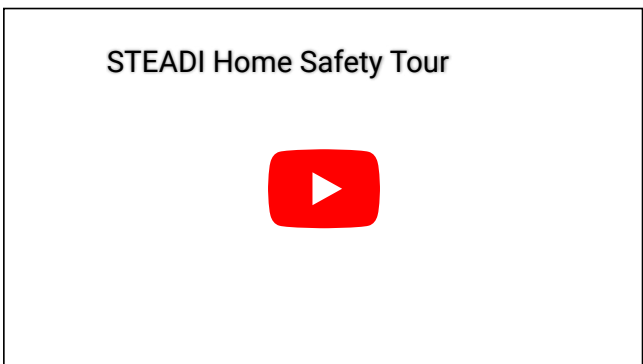
STEADI for Health Care Providers Video



STEADI for Older Adults Video



STEADI Home Safety Tour Video



CONTENT SOURCE:

[National Center for Injury Prevention and Control](#)