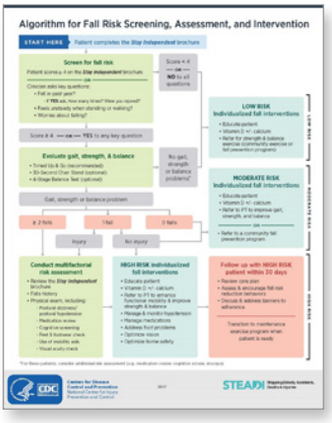
STEADI Toolkit: Provider Tools and Resources

STEADI

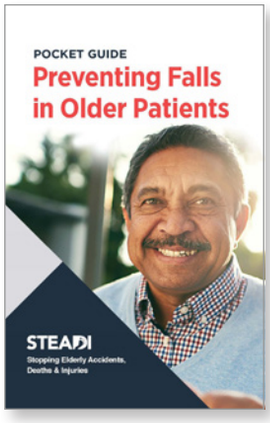
CDC's Stopping Elderly Accidents Deaths and Injuries (STEADI) initiative is an evidence-based older adult fall prevention strategy. STEADI consists of three core elements: **screen** patients for fall risk, **assess** a patient's risk factors, and **intervene** to reduce risk by giving older adults tailored interventions.

To help healthcare providers screen, assess, and intervene, CDC has recently refreshed the provider tools and resources. Many of these tools can be integrated into your electronic health record (EHR) system. Check with your EHR provider to see what may already be available to you.

Provider Resources

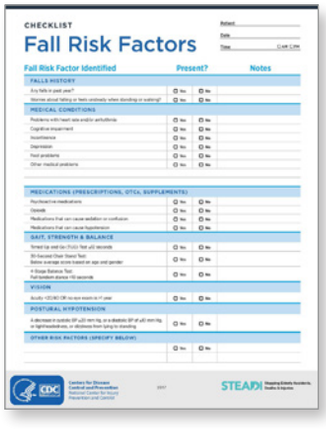


Algorithm
Flow chart for fall risk screening, assessment, and intervention



Pocket Guide
A provider's guide for preventing falls in older patients

Screening and Assessments
Directions on how to screen and how to conduct standardized functional assessments



Fall Facts
Information about falls and fall risk factors

Medication Management
Information on medication risk factors and management

Wall Chart
Integrating Fall Prevention into Practice

Provider Resources continued

REFERRAL FORM

Fall Prevention Patient Referral

PATIENT INFORMATION

TYPE OF REFERRAL

REASON FOR REFERRAL

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Forms

Checklists and forms for referrals and recommendations

FACT SHEET

Talking about Fall Prevention with Your Patients

Many fall prevention strategies call for patients to change their behaviors by:

The Stages of Change model is used to assess an individual's readiness to act on a new, healthier behavior. Research on the change process depicts patients as always being in one of the five "stages" of change.

Behavior change is seen as a dynamic process involving both cognition and behavior that moves a patient from being uninterested, unaware, or unwilling to make a change (precontemplation), to considering a change (contemplation), to deciding and preparing to make a change (preparation), to changing behavior in the short term (action), and to continuing the new behavior for at least 6 months (maintenance).

The Stages of Change model has been validated and applied to a variety of behaviors, including:

Stages of Change Model

STAGE OF CHANGE	PATIENT COGNITION AND BEHAVIOR
Precontemplation	Does not think about change, is resigned or fatalistic Does not believe in, or downplays personal susceptibility
Contemplation	Weighs benefits vs. costs of proposed behavior change
Preparation	Experiments with small changes
Action	Takes definitive action to change
Maintenance	Maintains new behavior over time

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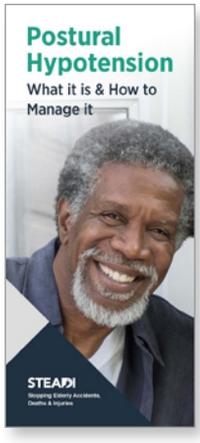
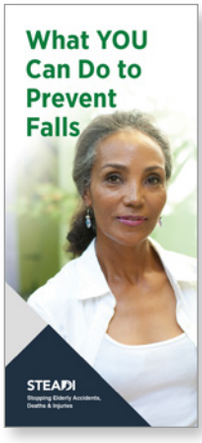
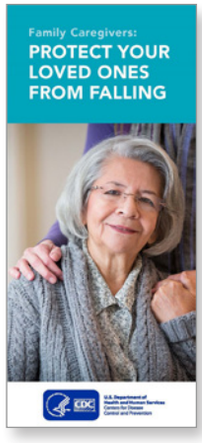
Patient Encounters

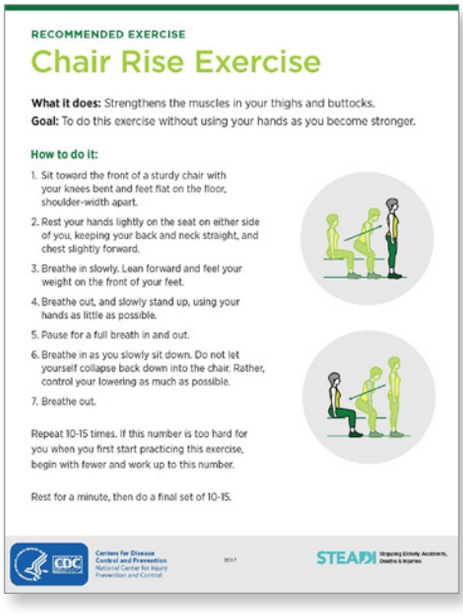
Guidance on talking about fall prevention with patients, including three case studies

Patient and Caregiver Education Materials








RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.
Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.

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- **Stay Independent:** A validated self-risk assessment brochure
- **Postural Hypotension:** What it is and how to manage it
- **What YOU Can Do to Prevent Falls:** Proven strategies to prevent falls
- **Check for Safety:** A home safety brochure
- **Family Caregivers:** Protect your loved ones from falling
- **Chair Rise Exercise:** One-page instructional handout

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CDC