

Special Emphasis Report:

Falls in Older Adults

UNDERSTANDING FALLS IN
OLDER ADULTS

Impact and Magnitude of Falls in Older Adults

Falls in Older Adults by Age and Sex

Risk Factors for Falls in Older Adults

For Healthcare Providers: *Make CDC's STEADI Part of Every Medical Practice.*

STEADI (Stopping Elderly Accidents, Deaths, and Injuries) is an initiative to encourage healthcare providers to screen older adults for fall risk at least once a year, assess at risk patients for modifiable fall risk factors, and to intervene to reduce identified risk using effective clinical and community strategies (e.g., physical therapy, medication management, and tai chi). STEADI resources are available for inpatient, outpatient, and pharmacy settings. Learn more at www.cdc.gov/STEADI.

For Older Adults and Caregivers: *Learn how to age without injury with CDC's Still Going Strong campaign.*

Still Going Strong is a new campaign to educate adults aged 65 and older, and those who care for them, about common injuries (e.g., falls, motor vehicle crashes, brain injuries) that can be prevented as they age and specific steps they can take to reduce their risk of injury. Still Going Strong empowers older adults to stay safe without sacrificing their favorite hobbies and activities. It is possible to age without injury and maintain a good quality of life. Campaign resources are available for older adults, caregivers, healthcare providers, and fall prevention partners at www.cdc.gov/stillgoingstrong.

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Older Adults Fall Prevention Activities in Massachusetts