OREGON DEPARTMENT OF Human Services
Aging and People with Disabilities

Provider Alert

Date: Sep. 22, 2026

To: APD Adult Foster Home Providers

From: Safety, Oversight and Quality Unit

Subject: CDC's STEADI Fall Prevention Resources

Fall Prevention Awareness Week is a nationwide effort to raise awareness about the risk of falls among older adults and to promote actions that can reduce those risks. This year it takes place September 21-25, 2026. Falls are a leading cause of injury in older adults, but many can be prevented with simple precautions. This alert shares STEADI, a free set of fall prevention resources from the Centers for Disease Control and Prevention (CDC). These include free training videos and online courses that can be used by staff across all shifts to build fall prevention into everyday care. Together, they help identify and reduce a resident's risk of falling.

Why Falls Matter

According to CDC:

- More than one in four adults age 65 and older fall each year.
- Fewer than half of those who fall report it to their doctor.
- Falling once doubles the likelihood of falling again.

Falls are not a normal part of aging. Many of the factors that contribute to them can be identified and addressed.

What is STEADI?

STEADI – Stopping Elderly Accidents, Deaths & Injuries is CDC's framework for preventing falls among older adults. It consists of three steps.

Step 1: Screen

CDC recommends that each resident age 65 and older be screened for fall risk annually, and again after any fall, hospitalization, or change in condition. Staff can do this quick screen on any shift using these three questions:

- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?
- Do you worry about falling?

A "yes" response to any of these questions indicates increased fall risk. Residents and families can also screen on their own: CDC's Stay Independent Brochure and the Falls Free Checkup online are free, and the results can be printed and shared at the next medical appointment.

These three questions are a starting point, not a full clinical fall risk assessment. When a resident screens positive for a fall risk, encourage them and their family to ask their primary care provider for a complete assessment. Providers who want the full clinical tool can use CDC's STEADI Algorithm (see Resources), which walks through screening, assessment, and intervention step by step.

Step 2: Assess

For residents who screen at increased risk, coordinate with their health care team to identify the factors that can be modified. STEADI offers practical resources administrators and staff can use directly. Training tools and free online continuing education, printable checklists, education on common risk factors, and screening tips to build fall prevention into everyday care.

The factors below are commonly assessed with actions facility staff can take for each:

- **Lower body strength, balance, gait** – offer or refer residents to balance and strengthening activities and evidence-based exercise programs.
- **Blood pressure changes on standing (orthostatic hypotension)** – monitor and document blood pressure while lying and standing, and report significant changes to the prescriber.

- Medications – document medication concerns and report them to the prescriber or pharmacist (see the companion alert on medication review).
- Vision, foot health, and footwear – support access to eye and foot care and ensure residents have well-fitting, non-slip footwear.
- Vitamin D status – ensure the resident's vitamin D status is reviewed with their provider.
- Environmental hazards – identify and eliminate common hazards such as throw rugs, poor lighting, clutter, wet floors, and unsecured cords.

Step 3: Intervene

Fall prevention is most effective when several risk factors are addressed together. Interventions should target the specific risk factors identified in Step 2. Common approaches include:

- Weakness or impaired balance: a referral to physical therapy (which requires a provider order), or an evidence-based programs such as Tai Chi, Otago, or Stepping on.
- Medications: a medication review by a prescriber or pharmacist.
- Dizziness on standing: notify the prescriber, encourage adequate hydration, and assist residents in rising gradually.
- Vision or foot concerns: an eye examination or podiatry referral as appropriate, current corrective lenses, and supportive non-slip footwear.
- Environmental hazards: clear walkways, adequate lighting, grab bars, non-slip mats, and secured floor coverings.

Document the findings and the interventions in the resident's care plan and establish a date for reassessment.

Suggested Activities for Fall Prevention Awareness Week

- Review the three screening questions with staff on all shifts.
- Screen any resident who has not been screened within the past year.
- Review fall incident reports from the past year to identify patterns.

- Conduct a walkthrough of resident rooms during evening hours to identify potential fall hazards under low-light conditions.

Resources

- CDC STEADI Algorithm and Provider Pocket Guide
- CDC STEADI Online Training – free continuing education
- CDC Patient and Caregiver Resources – brochures in English and Spanish
- Check for Safety: A Home Fall Prevention Checklist - CDC
- NCOA Falls Prevention Awareness Week and the promotional toolkit
- CDC Facts About Falls
- STAND STEADI Video Series

This alert is informational and is provided to support your existing fall prevention efforts. For questions, please contact APD's population health team at APD.PopulationHealth@odhsoha.oregon.gov. For any other questions about this alert, please contact the policy team at APD.AFHTeam@odhs.oregon.gov.