

PROJECT ECHO HANDOUT

4/2/15

STEADI Toolkit

Available at the website for the CDCP (www.cdc.gov)

Algorithm to help primary care providers determine fall risk & interventions required

Includes screening tools and how to perform them

Exercise & Physical Activity (Your Everyday Guide from the National Institute on Aging – Go4Life)

Book of exercises with how to information

Booklet with just the exercises

DVD with a personal trainer guiding a class in performing the exercises

www.nia.nih.gov

Home Safety Assessment

Throw rugs

Electrical cords

Lighting

Steps

Use of railings

No standing on chairs etc

Other Sources for Physical Activity and Exercise for Older Adults

Am Acad of Family Physicians (www.familydoctor.org)

Am Acad of Orthopaedic Surgeons (www.aaos.org)

Am Physical Therapy Assn (www.apta.org)