



Iowa Falls Prevention Coalition Fall Screening Recommendations



Thanks for participating in this Iowa fall screening initiative. Regular screening and preventive actions are strongly encouraged to reduce risks of falling. The information below provides a summary of your results and recommendations for acting.

- STEADI Total Score (Sum of items on the Stay Independent Survey): _____ (values range from 0 to 14)
- STEADI Functional Scores (Sum of Risks from Tests): _____ (values range from 0 to 3)
- Overall Risk Score (Weighted risk score based on history, survey and functional scores): _____ (values range from 0 to 44)

	Recommendations	Available Local Programs / Referral Options	Location / Contact Information
<input type="checkbox"/> Minimal Risk Level	Adopt and maintain regular physical activity to continue to keep risk low.	<u>Silver Sneakers</u> : This fun program guides participants through exercises designed to increase muscular strength, range of motion, and activity for daily living.	Lifetime Fitness Center (Story City). <u>Contacts</u> : 515-733-4029 www.mgmc.org/lfc
<input type="checkbox"/> Moderate Risk	Take preventive action by taking steps to improve balance and function to reduce risk.	<u>Walk With Ease</u> : This evidence-based program guides participants through a 6-week progressive walking and exercise program. Local program is led by ISU faculty/students but there is a virtual option.	Ames Community Center, Story City Fitness Center and ISU. <u>Contacts</u> : walkwitheaseISU.org , walkwithease@iastate.edu
<input type="checkbox"/> High Risk Level	Consider scheduling an appointment with a Physical Therapist to address risks.	<u>Physical Therapy</u> : A physical therapy evaluation would help to identify areas of need and enable the development of individualized exercise and treatments to reduce fall risk.	Mary Greeley Rehab & Wellness Ames: 515-239-6770 Mary Greeley Rehab & Wellness Story City: 515-733-5129

The guidelines for fall risks are based on guidelines from the Centers for Disease Control and Prevention (CDC) as part of their "STEADI" initiative. The recommendations and referrals are provided as suggestions based on your screening visit. For additional information visit the following CDC web page (<https://www.cdc.gov/falls>) and also consult with your physician.

Additional Recommendations
<input type="checkbox"/> See a physical therapist <input type="checkbox"/> Participate in the Walk with Ease program <input type="checkbox"/> Participate in a community exercise program <input type="checkbox"/> See a pharmacist about medications <input type="checkbox"/> See an eye doctor for vision screening <input type="checkbox"/> Get feet inspected by a foot clinic <input type="checkbox"/> Consult your physician/primary care provider

