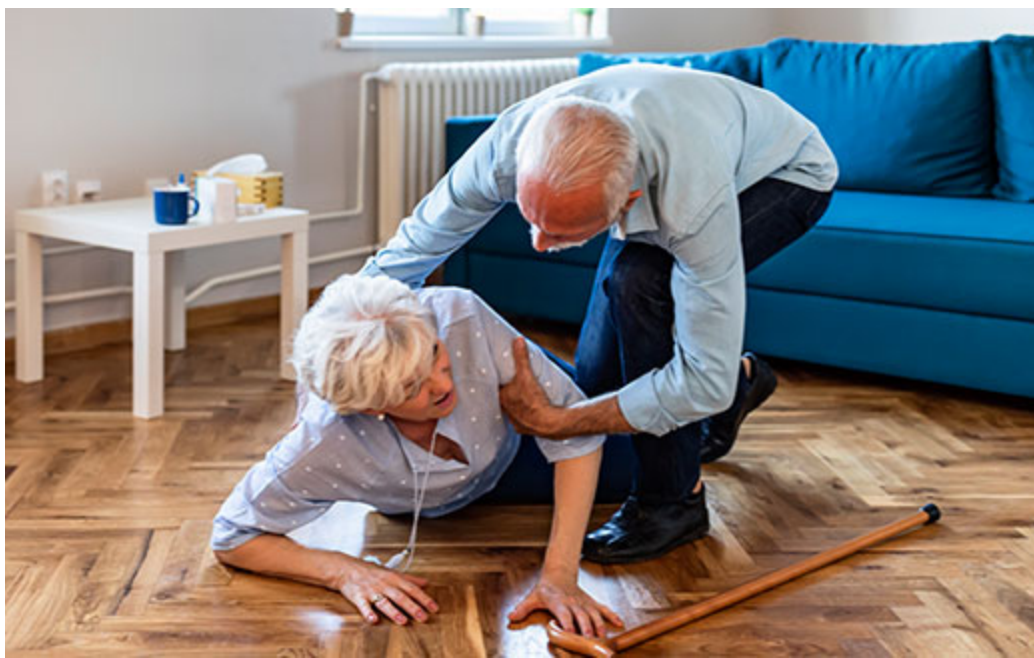


# Help your aging patients reduce the risk for falls

 [pages.azblue.com/Discussing-fall-risk-and-prevention-with-patients---SEPT-2021.html](https://pages.azblue.com/Discussing-fall-risk-and-prevention-with-patients---SEPT-2021.html)

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September 20-24 is Falls Prevention Week—a nationwide effort to raise awareness that falls are preventable. According to the CDC, one out of four people age 65 or older falls each year.<sup>1</sup> No doubt you've seen patients whose once-active lifestyle suddenly becomes sedentary as the result of a fall. But while falls are one of the most common causes of injuries for seniors, they don't have to be an inevitable result of aging.

 [In This Issue](#)

**September is Suicide Prevention Month:  
Mobilize AZ<sup>SM</sup> offers patients and families  
[mental health and support resources](#)**

## Smart steps to keep seniors steady on their feet

Talking with patients and their caregivers about fall risk and prevention is important, as is documenting the discussions in your patients' medical records. The CDC offers [free resources and toolkits](#) through its [STEADI \(Stopping Elderly Accidents, Deaths & Injuries\) initiative](#) that can help you with these conversations. In addition, the program's [STEADI Algorithm for Fall Risk Screening, Assessment, and Intervention](#) recommends identifying medications that increase the risk for falls, and lowering those risks by reducing dosages, stopping the drug(s), or switching medications.

Another way to engage with your patients is to promote the National Council on Aging's [Falls Free CheckUp](#)—a 12-question self-assessment that identifies risks for falling. The instrument is validated and has strong correlation between the questionnaire and clinical evaluation for fall risk.<sup>2</sup> The

assessment engages patients in understating their individual risks. After completing the online questionnaire, patients are sent a personalized report, which they can share with providers, family, and caregivers.

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<sup>1</sup>Source: [CDC, “Keep on Your Feet—Preventing Older Adult Falls”](#)

<sup>2</sup>Source: [PubMed, “Validating an evidence-based, self-rated fall risk questionnaire \(FRQ\) for older adults” \(2011\)](#)

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#### In This Issue:

- [Pfizer booster authorized for high-risk individuals](#)
  - [Quick electronic prior auth for Rx medications](#)
  - [Out-of-network services require prior auth](#)
  - [Webinar: Help patients get behavioral health care](#)
  - [Help reduce LANE visits to the emergency room](#)
  - [Discussing fall risk and prevention with patients](#)
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Our members can take a digital ID card with them wherever they go with the MyBlue AZ<sup>SM</sup> mobile app.

