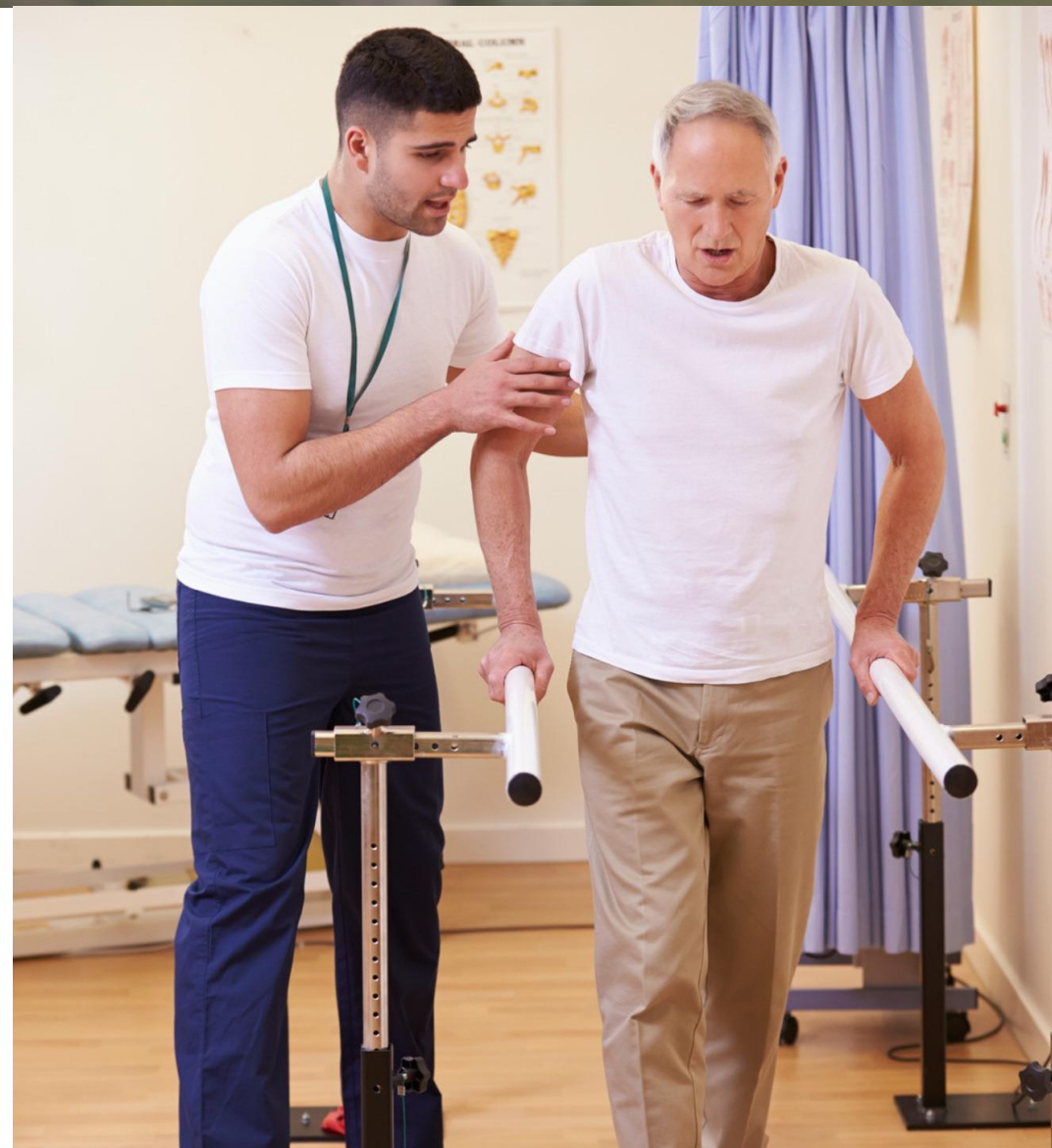
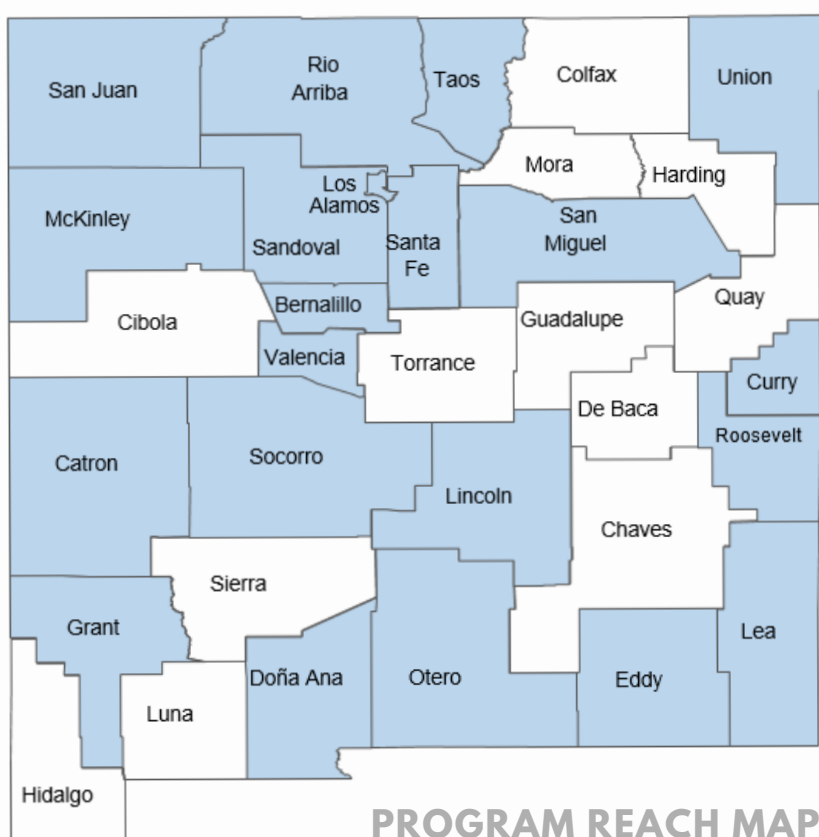


# STEADI



## WHAT IS STEADI?

The **ST**opping **E**lderly **A**ccidents **D**eaths, & **I**njuries Toolkit was developed by the Centers for Disease Control and Prevention Injury Center. The **STEADI** Toolkit is intended for any setting that provides service to community-based older adults both in healthcare and public health. The resources can be used to screen for fall risk, and provide education and referral to address identified risk factors. The target population for this intervention includes providers, caregivers, and older adults. More information on the toolkit can be found at [CDC.gov/STEADI](http://CDC.gov/STEADI).



## MEET THE INSTRUCTOR

### JANET POPP

Janet Popp is a Physical Therapist and Gerontologist working in home healthcare, policy, program development, and advocacy for older adults. She is adjunct faculty at UNM Health Sciences Center Division of Physical Therapy and chair of the New Mexico Adult Falls Prevention Coalition. She is a certified instructor in two evidence-based fall prevention programs; A Matter of Balance and Tai Ji Quan. Janet's primary focus is advancing wellness programs and prevention services for older adults. She lectures on adult falls and supports the issue's inclusion in the NM Aging and Disability Resource Center database. As a member of the evaluation subcommittee, she holds an appointment on the annual NM Conference on Aging planning committee. Janet seeks to advance geriatric competency and attract new individuals to support the adult falls issue.

## THE TOOLKIT INCLUDES:



1. Fall-Risk Testing
2. Vitamin D Testing
3. Medication Review
4. Vision Testing
5. Home Safety Checks
6. Older Adult Education



**OVER 485**  
INDIVIDUALS  
HAVE BEEN  
TRAINED ON THE  
STEADI TOOLKIT



**ADULT FALLS PREVENTION**  
NEW MEXICO'S EVIDENCE-BASED INTERVENTIONS  
[WWW.NMHEALTH.ORG/ABOUT/ERD/IBEB/OAFP](http://WWW.NMHEALTH.ORG/ABOUT/ERD/IBEB/OAFP)