

**Letter to your Provider**

I recently completed an online screen to determine my risk of falls. The falls risk screen is a checklist from the CDC’s Stopping Elderly Accidents, Deaths and Injuries (STEADI) Initiative “Stay Independent” brochure. The screen consists of 12 questions and I scored out of 12.

Since I answered “yes” to 4 or more questions, I may be at risk for falling and injury. I understand that falls **are not** part of aging and that there are steps I can take to reduce my chances of falling and experiencing an injury. I want to talk to you about the questions I answered yes to and what we can do to reduce my risk of falls.