



MV Falls Prevention Coalition 2022

April 26, 2022

Falls Prevention Month Work
Group meeting

ctrish@hamv.org

508 693-7900 ext.455

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Agenda:

- Kick-off meeting - Planning for Falls Prevention Month 2022
- A review of what we did last year and our assets
- What other communities have done
- What do we want Falls Prevention 2022 to look like?
- Next steps

Goal #5: Planning for Falls Prevention Month (with a goal of increasing impact) and getting our assets out

Actions we have Identified

- Review current assets, what else do we need
- What have other communities done?
- Plan calendar/schedule for September)

FP work group: Cindy T will coordinate

Michele LeBlanc (MVCS)

Susan Sanford (VCM)(nominated)

Alexis Babaian (IHC)

Lila Fisher (IHC)

Joyce Stiles-Tucker (Tisbury COA)

Megan Panek (Elder Services)

Lewis Laskaris (retired pharmacist, MVH)

Sue Merrill (Up Island COA)

Our September 2021 Calendar of Activities

Action/Event	When	How
Distribute printed material: Falls Prevention Brochure Home Safety Modification Falls Self-Assessment Exercise cards	Sept 7 -30	COAs, MVH, VCM, Island Health Care, Vineyard Health Care Access, VNA, Meals on Wheels, Elder Services, Food Pantry, VNA, MVCS, C4L, YMCA, libraries, Opticians
PSAs on MVTV	All month	MVTV
10 Myths of Falling PSAs	All month	MVY Radio
Awareness/Educational Advertising Campaign	All month	MV Times/Gazette
Education/information sessions	Sept 20-24 (Falls Prevention Week)	Zoom sessions: What to do when you fall (Catie Blake/Tisbury COA) Balance exercises to prevent a fall (Natasha Snowden/YMCA Healthy Agers) Fall Prevention Exercises (VCM)
VCM Pain Free screening	Sept 22 (Falls Prevention Day)	Free 20 minute evaluation that is open to the public. Screenings can be conducted in their clinic, in their outside clinic room and by Tele-health. Visit https://vcmppt.com/upcoming-events/ or call 508-693-3800 to schedule your screening
55+ MV Times article	Sept 30	Feature article in this section
Interview on MVY Radio	SUNDAY, OCTOBER 3rd at 7pm SUNDAY October 10th at 11pm	Nightcasts

Our Coalition Assets (found on HAMV website)

Fall Prevention Month Assets	Purpose	Distribution
Updated Falls Prevention Brochure (printed)	Awareness Education Empowerment	Available for all Coalition members to distribute
NCOA Myths One pager (printed) and other social media assets	Awareness Education	Reprinted copies from NCOA available for all Coalition members to distribute; content can be used for PSA's, newsletter articles, websites etc.
Public Service Announcements-MVTV	Awareness Education Empowerment	Links will be available to PSAs
Home Safety Modification Brochure (printed)	Empowerment	Available for all Coalition members to distribute
Assessment of Fall risk checklist (printed)	Education Empowerment	Available for all Coalition members to distribute
Exercise cards to prevent falling	Education Empowerment	Available for all Coalition members to distribute
Pain-free Screening (VCM provided)	Education Empowerment	Available for all Coalition members to distribute
Zoom recording on what to do if you fall (getting up from a fall)	Education Empowerment	Information on these zoom sessions will be provided on a 1 pager for you to distribute
Zoom recording on balance assessment/prevent falls	Education Empowerment	
MVY radio interview	Education Empowerment	Links will be available to show

Goal #5: What have other communities done?

Falls Prevention 2021 Impact Report (NCO)

- 98% communities involved in education, 50% providing fall risk screenings, 31% participated in advocacy activities (Grassroots reach total = 294 respondents, 44 states, 5.9 Million adults reached)
- Engaging Fire Department and Emergency Medical Services in Falls Prevention
 - EMS/FD provide home safety modification audits/home repairs
 - EMS/FD contact when they observe a fall for follow up education/screening
- Engaging Tribal Communities
- Introducing Falls Prevention programs (demonstrating *Bingocize* in Elderly housing, Matter of Balance and Walk with Ease)
- Falls Free Check-up (provided by NCOA)
- Enlisting support of local partners (AAA, AARP, town elected officials, hospital, outreach/nursing)
- Coordinating in person-events (at state fair, health care event etc)

Dates to keep in mind

- Falls Prevention Month – September 2022
- Falls Prevention Week – Sept 18 – 24
- Falls Prevention Day – Sept 22

HOW TO OBSERVE FALLS PREVENTION AWARENESS DAY

[HTTPS://NATIONALTODAY.COM/FALLS-PREVENTION-AWARENESS-DAY](https://nationaltoday.com/falls-prevention-awareness-day)

- **Spend time with the elderly**
 - Spend some time with an elderly person that you know and let them know that you're there for them. Senior citizens can often feel like they're a burden to their family and friends. Remind them that you're there if they need anything and ensure that they're taking care of themselves.
- **Celebrate with education-based activities**
 - There are state and national activities that you can take part in. The National Council on Aging (NCOA) celebrates Falls Prevention Awareness Day with screening education, advocacy activities, and community-based falls prevention programs. Get informed and get active to spread awareness.
- **Become an activist for the elderly**
 - There are small yet important things that can make life easier for the elderly. Look around your home and community and consider how they can be affected by the environment. Check for stairs without handrails, slippery bathtubs that could use mats, and uneven floors and bring them up to the proper parties to provide a safer space.

Listening to the experts

- Can someone register/attend a seminar planning for 2022 Falls Prevention Month?
<https://connect.ncoa.org/products/get-ready-for-falls-prevention-awareness-week-2022>
 - Learn about our new resources and strengthen community connections to maximize your impact for the 2022 observation of Falls Prevention Awareness Week, September 18-24. Guest speakers from Centers for Disease Control and Prevention will join to share findings used to re-design the Falls Free Checkup, including dissemination efforts.

Our 2022 Goals

- Getting into the community more frequently (awareness)
- Exploring the need and opportunity for new Evidence based programs such as Matter of Balance (education)
- Taking the Home Modification Program to the next level
- Moving forward the Store Safety Modification Program (?)
- Increasing the impact of Falls Prevention month & re(using) assets
- Continue to develop our metrics

Discussion

- What do we want to keep doing?
- What do we want to stop doing?
- What do we want to add?
- What resources do we need?
- Next steps/Timeline

To-Do's and Timeline

Task	To Be Completed	Who is leaning in

Goal #4: Moving the Store Safety Modification Pilot Program Forward

- Conducted a walking audit with an Edgartown Older Adult (Feb, 2022)
- 30+ entrances are high risk for falls
- Common problems are lack of handrails, steep and uneven stairs, and uneven thresholds (both going in and out), lack of grab bars



Goal #4: Moving the Store Safety Modification Pilot Program Forward

- Need to tell this story
- Connect with board of trades and building owners
- Edgartown – test case



Current Falls Prevention Coalition Members*



Broad representation from island organizations but always room for more!

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