



Martha's Vineyard Falls Prevention Coalition: Reboot!

Meeting Agenda:

- Welcome & Introductions – 10 minutes
- Reflections from coalition member interviews – 15 minutes
- Discussion: New framework for Falls Prevention Coalition – 15 minutes
- Dot Voting – 15 minutes
- Discussion: Voting results, next steps – 20 minutes
- Wrap-up: Q&A, comments – 15 minutes





Introductions

- Name
- Organization/Role
- What's one challenge or opportunity you see around falls prevention on the Island?





Reflections from Member Interviews: What We Heard from You

We asked coalition members the following questions:

1. How successful do you think the Falls Prevention Coalition has been in the last year?
2. What could we have done better?
3. What do you think should be our priorities going forward? What will success look like for 2025 and beyond?
4. How engaged are you willing to be? How should we stay connected? How often?
5. Who else should be in our coalition?





Reflections from Coalition Members





How Successful do you think the Falls Prevention Coalition has been in the last year?

Home Safety
Modification Program is
great!!!

Programs are successful
but engagement in
meetings/new activities
very limited

Matter of Balance and
its spinoff “Keeping Your
Balance”

Hypothesis on low engagement – Falls Prevention is a broad topic, hard to see results, for most coalition members Falls Prevention is not a primary element of their role and/or considered a priority. Some falls prevention activities are occurring individually by coalition members.





What could we have done better?

Promoting and compiling resources re: falls prevention would be a “low hanging fruit”

Create a bridge from PT to general fitness

Invite community members to join

Promote/re-brand to reach younger Older Adults, before a fall.



What do you think should be our priorities going forward? What will success look like for 2025 and beyond?

Marketing and promotion of FP awareness and educational resources

Isolate individual aspects of FP so information does not get diluted

Compiling data and tracking progress: What is available and how can we use that data?

Clarifying what Older Adult audience is our priority – those who have fallen, before a fall etc.



How engaged are you willing to be? How should we stay connected? How often?

Sharing of information
via emails/electronic
communication

Less frequent (1-2/year)
in person meetings

What we did not hear – commitment to move forward new assets/programs and more regular attendance at bimonthly/quarterly zoom meetings





Who else should be in the Falls Prevention Coalition?

Dick Cohen as the
Associate
Commissioner for
Disabilities

Home Health
Aides & EMTs

Community
Members





Moving Forward with Falls Prevention Discussion



A reminder of our Mission Statement

FALLS PREVENTION

Mission Statement

The Falls Prevention Coalition mission is to collectively raise island-wide awareness of the risk of falling as one ages, to educate Older Adults on fall prevention strategies, and to empower Older Adults to take action to reduce their fall risk and, when they do fall, recover more quickly.



Is this still relevant?





A Reminder - The Risk Factors for Falling

Physical:

- Age
- Physical Fitness
- Physical disabilities
- Obesity
- Bone health
- Cardio-pulmonary disease
- Peripheral neuropathy

Cognitive:

- Medication
- Fear of falling
- Dementia
- Mental health
- Substance use

Unsafe living conditions:

- Home (including yard)
- Common spaces (stores, medical centers)
- Inadequate footwear, walking aids, etc....

Previous fall: Possible strong predictor of future falls



Possible Domains for Falls Prevention Framework

Public Spaces

- Island Infrastructure
- Natural Assets

Homes

- Preventing falls (before they happen)
- Addressing safety issues after falls

Movement

- Reducing the likelihood of falling
- Life after falling

How would you prioritize these domains relative to the need and potential impact on our Island?



Discussion – For Each Domain

- What are we doing today – collectively or individually
- What should we do more of and less of?
- What could we do in the future?





Dot Voting: Identification of Possible Focus Areas

- Allocate your dots to reflect the priorities of proposed domains
- Allocate your dots against the specific ideas we have come up with
- You can place more than one dot on topics that matter most to you





Dot Voting: Results and Discussion

How do we approach these identified focus areas?

- Workgroups?
- Identification of existing resources
- Identification of individuals who may be able to support a focus area
- Other ideas?





Structure & Next Steps

- How often should we meet?
- In-person vs. Zoom?
- Interest in smaller workgroups?
- How should we stay connected and share resources?





Wrap-up and Discussion

- Recap of key takeaways
- Q&A, comments, ideas

Thank you for being part of this coalition
reboot!

