

**Falls Prevention Month Assets & To-Do’s**

**Sponsored by the Falls Prevention Coalition**

**September 2021**

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| **Asset** | **Purpose** | **Distribution** | **To-do’s** |
| Updated Falls Prevention Brochure (printed) | Awareness  Education  Empowerment | Available for all Coalition members to distribute | 1)HAMV & VNA will update brochure, 2)circulate for review and approval (8/27);  3)HAMV will print |
| 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. | Document can be found:  https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit. |
| Public Service Announcements-MVTV | Awareness  Education  Empowerment | Can link to MVTV | Ann Bassett of MVTV will schedule existing PSAs for regular viewing on MVTV and create a new video/slide |
| Home Safety Modification Brochure (printed) | Empowerment | Available for all Coalition members to distribute | HAMV will deliver with other brochures to you |
| Assessment of Fall risk checklist  (printed) | Education  Empowerment | Available for all Coalition members to distribute | Victoria/workgroup to finalize; HAMV will deliver to you |
| Exercise cards to prevent falling | Education  Empowerment | Available for all Coalition members to distribute | VCM to provide, HAMV will deliver to you |
| Pain-free Screening | Education  Empowerment | Available for all Coalition members to distribute | VCM to provide printed information with sign up information |
| 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 | Tisbury COA will be hosting this session with Catie Blake and we will make a recording available |
| Zoom recording on balance assessment | Education  Empowerment |  | Healthy Agers YMCA will make a recording available with Natasha Snowden |
| Zoom recording on Exercises to prevent falls | Education  Empowerment |  | Susan Sanford of VCM will conduct a zoom session and recording will be available |



**Falls Prevention Month Calendar**

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| **Action/Event** | **When** | **How** |
| Distribute printed material:  Falls Prevention  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://vcmpt.com/upcoming-events/> or call 508-693-3800 to schedule your screening |
| 55+ MV Times article | Sept 30 | Feature article in this section |