



# MV Falls Prevention Coalition 2023

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## Agenda

- Reviewing our mission
  - Accomplishments of 2022
  - Where we fell short 2022
  - Objectives for 2023
  - Implementation Strategy
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## Our 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.

## Our 2022 Goals - How did we do?

- ✓ 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

## We want to broaden our audience

We have discussed on how we can expand our audience in 2023 as well as expanding our programs/outreach beyond Falls Prevention Month (Sept). Suggestions include:

- libraries - a channel to reach Older Adults who don't visit a COA
- lunch n' learn (offer food) at the COAs - we discussed funding a lunch at a COA
- piggyback on more popular events or regularly scheduled events
- making sessions interactive when possible
- YMCA has raised their hand to host any event (as they did with the hospital on the Balance program)
- Public health nurses monthly visit to the COAs and libraries - could we partner/piggyback on these wellness clinics?

# Setting Our 2023 Goals – What Stays and Goes? Additions?

- ✓ 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

## Looking Back

Are these still the right Focus Areas/WorkGroups?

# We've identified our focus areas for 2021

- Education/Prevention
- Strengthening healthcare connection
- Improving safety in homes and our communities
- Digital access
- Metrics of Success

....and the work groups as well!



# Education/Prevention Focus Area



## Community education

- Identifying the right content (and do we want to update our current brochure?)
- Defining the audience
- Communications campaign - frequency of messaging
- Delivery Methods (print, digital TV, radio)
- Falls Prevention Month (Sept) - how do we want to participate?

## Prevention

- An audit -what prevention programs currently exist on the island?
- Investigation of evidence-based programs (including Matter of Balance which has gone quiet)
- Selection and implementation of a prevention programs (if identified as a need)





# Strengthening Healthcare Connections Focus Area



Purpose: Leveraging the strengths and talents of all island organizations and increase the visibility of coalition

- Map the connection points between different organizations for falls prevention/recovery (as an example, hospital care for a fall followed up by participation in a YMCA program)
- Communicate and raise awareness of these connection points and coalition's role
- Use this knowledge to identify gaps and where the coalition can "lean in"



# Improving Safety in our homes and communities focus area



## Advocacy, Awareness and Facilitation

- Advocate for those who have a need for falls prevention efforts
- Create awareness for programs/information to increase safety
- Facilitation – bringing together different organizations to provide an integrated approach to improving safety (look for overlap with Disabilities Coalition)
  
- Identify programs for the home – e.g. home audits
- Look for “low hanging” fruit in the community



# Digital Access Focus Area



Dedicated to improving safe, accessible, affordable digital access to Fall Prevention training, information, resources for older adults

- Identify hardware and software needs and local resources available
- Create local, (e.g. Disabilities Coalition and schools), state and national partnerships sharing this vision
- Explore funding sources/implementation



# Metrics of Success Focus Area



## Create an annual message/story to demonstrate effectiveness

- Stories (qualitative) of impact of falls prevention on community members
- 1-2 standard metric (quantitative) tracked at the state level (TBD)
- Economic savings from falls prevention (TBD)
- Multiple modes of delivery (video, press releases, newspaper articles)

## Identified Sources of information – a starting list

- Screening data from the hospital (collected during wellness visits, falling history/likelihood of falling)
- Home Safety Modification Program pre/post survey data
- Older Adult 2020 Survey data, EMS data, what else?



# We need to refresh our work groups

Education/ Prevention (Falls Prevention Month) -updated	Strengthening Healthcare Connection	Improving Safety in our Homes and Communities	Digital Access	Metrics of Success
Lead: Cindy Trish	Lead: Thaddeus Thompson	Lead: Megan Panek	Lead: Betty Robie	Lead: Ian Campbell
Joyce Stiles-Tucker	Cindy Doyle	Catie Blake	Lorna Andrade	Bob Laskowski
Sue Merrill	Lori Perry	Cheryl Kram	Anne McDonough	Kathleen Samways
Michele LeBlanc	Marina Lent	Victoria Haeselbarth	Cindy Trish	Cindy Trish
Lila Fischer	Lisa Hollander	Michele LeBlanc		
Lewis Laskaris				
Sue Sanford				
Alexis Babaian				



# Current Falls Prevention Coalition Members\*



Broad representation from island organizations but always room for more!

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