MV Falls Prevention Coalition Fall Session 2026

November 2026

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Agenda

- Welcome & Introductions
- Review of 2026 Plan
- Homes & Spaces Updates
- Movement & Exercise Updates
- Education & Outreach
- Wrap-up and Action Items

Welcome & Introductions

- Name
- Organization/Role
- What are your graested concerns about falls on the Island?

Falls Prevention Coalition Plan 2026

Focus Areas

Homes & Spaces: Support older adults through home safety modifications and access to safe community environments.

Movement & Exercise: Increase participation in exercise and balance programs such as Matter of Balance and other local fitness classes.

Education & Outreach: Raise awareness about falls prevention through events, resource guides, and distribution of materials across the community.

Measurement & Evaluation: Improve tracking of program effectiveness, including surveys and collaboration with professional organizations.

Homes & Spaces
Items of Discussion

Home Safety Modification

- Program updates
- Funding Updates
- Presented to Board of Health (October)

WE CAN-- the Community Access Network

- New initiative lead by The Dukes County Associate Commissioner for Disabilities
- Call for volunteers

Home Safety Modification Pilot Program Metrics

November 2020 – December 2025

For more information contact:
Cindy Trish
ctrish@hamv.org (508) 954-0357

Program Metrics – Client Overview

Program Metrics	Since Inception
Number of application received	260
Number of completed projects	220
Average age of clients & range	79 average age (61-102)
Median income	$53,527
Location of clients	Aquinnah - 4 Chilmark - 10 Edgartown - 67 Oak Bluffs - 38 Tisbury - 58 West Tisbury - 43
Household size	1-97; 2-117; 3-4; 4-1; 5-1
% who qualified for full subsidy (100%)	67%
% who qualified for partial subsidy (paid 10% of total)	10%
% who qualified for partial subsidy (20% of total)	12%
% who paid 100%	11%
Other (funding from other sources)	<1

Program Metrics – Program Status

	Since Inception
Work completed	214*
Work to-be-completed	6 (on hold or in process)
Modifications fall outside program scope and referred to other programs	4 referrals
Average project cost and range	$2,002 ($120 - $7,500)
Average time to complete work (from application to complete)	1 month (3 days - 6 months)
Average age of home	50 years

* Includes additional projects for former clients

Funding and Grants

Awarded:FY2026/2027

- $20,000 MVBCF
- $35,000 MHV
- $25,000 West Chop

Submitted:FY2027/2028

- October 16 – Rockland Trust for $5,000
- October 30 – Farm Neck for $7,500
- October 28 - West Chop, $50,000

Program metrics – Modification types

Type of modification (completed projects)	% of participants since inception
Grab bars	87%
Stairwell Banisters	59%
Outdoor Railings	65%
Lighting	12%
Smoke/fire detectors	14%
Taping down rugs	13%
Other*	53%
% who had outside work completed (includes railings)	92%

* includes: secure bookshelves to wall, build terraced walkway with handrails, secure wheelchair ramp, non-skid stair strips, install metal wheelchair ramp, build short/straight ramps, install bench in outside shower, install hand-held shower, replaced rotten decking, replaced leaking pipe and repaired ceiling.

Program metrics- Client Survey results*

Post Modification Survey results – Since Inception (n=93)	% of participants
Reported falls on property before modification completed	64%
Reported falls on property since modification completed	16%
Ever treated for a fall either as an outpatient or hospitalized	53%
Experience with project (strongly agree with the following statements)	
-I was kept informed	98%
-I was treated with respect by everyone	99%
-Modifications made to my home have increased my safety	99%
-I believe these modifications will allow me to stay in my home as I age	98%
-I would recommend this program to my friends and homeowners who are 65 and older	99%

*Multi-year survey program for beyond post modification is underway but data not included here

WE CAN-- the Community Access Network

Initiative lead by The Dukes County Associate Commissioner for Disabilities.

Goals of this initiative:

1. To inspect every public building/space in each town to make sure it follows ADA requirements.
2. To inspect privately owned buildings that are open to the public to ensure ADA requirements are followed

Site visits will occur with building inspectors, a representative from Dukes County and volunteers from each town.

To volunteer email Sue Silk, susan.silk@comcast.net

Movement & Exercise
Items of Discussion

A Matter of Balance Summer 2026

- 13 people sign up
- 5-6 people attend regularly
- 1 person fully completed the class.
- A lot of scheduling issues due to summer
- Planning a winter session to start in January at the Oak Bluff COA. - Thank you Rose

Keeping the Balance

- Taught at the Up Island COA by Marni Lipke.
- I would like to see this class being taught at other COA's.
- Oak Bluffs has expressed interest.

Certificate of Completion

This is to certify that

MaineHealth

Lauren Bagnall

Has successfully completed the 20 hours of training required to become

Master Trainer

A Matter of Balance Volunteer Lay Leader Model

Training Dates: June 22-25, 2026

Barb Nelson - Lead Trainer

Ann O'Sullivan - Lead Trainer

HAMV is Now the Licensing Holder for the Island!

HAMV

Education & Outreach
Items of Discussion

Healthy Agers Day

- Scheduled for Jan 28
  - Time frame TBD
- Call for Participating Agencies/Speakers
  - Who do we want to invite?
  - Who was there last year?
- Call for planning and day of volunteers.

Healthy Agers Community Event:
Get healthy. Stay healthy. Live your best life.

Thursday, October 16, 2025
9:00 AM - 2:00 PM
At the YMCA of Martha's Vineyard

Complimentary Healthy Snacks

FREE EVENT!!

Event Includes:

- **Attend an Exercise Class** - *YMCA of MV*
- **Explore what MV Councils on Aging have to offer**
- **Fall-Risk Screenings** - *Vineyard Complementary Medicine*
- **Balance Screenings** - *Martha's Vineyard Hospital Physical Therapy*
- **Ask a Tech Pro!** - *HAMV and YMCA*
- **Cardiac Rehabilitation Information** - *Martha's Vineyard Hospital*
- **Learn about the Produce Prescription Program** - *Island Health Care*

Featured Presentations:

- **11:30am - Let's Talk Exercise & Nutrition!** - *Betsy Corsiglia*
- **12:30pm - Opening Doors to Nature: Accessible Beaches & Trails on Martha's Vineyard** - *Richard Cohen*
- **1:30pm - "Excercising as We Age, Making the Most of It!"** - *Robert Laskowski, MD - Healthy Aging MV Board Chair*

Try a New Exercise Experience:

- **9:00 AM - Aqua Aerobics** - *YMCA*
- **9:00 AM - 12:00 PM drop-in ping pong** - *MV Table Tennis Group*
- **10:15 AM - Better for You (low-impact, full-body workout)** - *YMCA*
- **10:00am - Pool Volleyball and Water Polo for Beginners** - *YMCA*
- **11:15 AM - Sit 2B Fit** - *YMCA*

YMCA OF MARTHA'S VINEYARD

Healthy Aging MARTHA'S VINEYARD

Wrap-up and Discussion

- Recap of key takeaways
- Q&A, comments, ideas
- Next meeting will be scheduled in February.

Thank you for being part of this coalition!