



MV Falls Prevention Coalition 2023

March 28, 2023

ctrish@hamv.org

508 693-7900 ext.455



Agenda

- New Members
- Updates
- Completing our Action Plans

Introductions & Updates

- New members – Abby Leighton, YMCA & Sue Silk, consumer activist
- MOB update
 - Registration is full for April group
 - Accepting registrations for July 10th workshop (Tisbury Senior Center)
 - YMCA has offered to host future sessions, who else?
 - Lori Perry will be our master trainer who will be able to train coaches
- Store Safety Modification Update
- Home Safety Modification Update
- Technology for Falls Prevention Update



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches.

What the Program Offers

- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

Class Location and Schedule

Classes held at the Tisbury Council on Aging
Mondays 9:30-11:30 am
July 10, 17, 24, 31
August 7, 14, 21, 28
To register: Call Joyce Stiles-Tucker
Phone: 508-696-4205
Email: jstucker@tisburyma.gov

Brought to you by:



Getting Store Safety Pilot off the Ground

1. Identify core team – FPC member, auditors, contractors (Spring/Summer)
2. Conduct a walking audit of Edgartown, Vineyard Haven and Oak Bluffs main streets (and more) – May/June
3. Identify stores/building owners to contact (Summer)
4. Create marketing information about the program (Summer)
5. Raise awareness of the program (Fall)
6. Conduct audits/modifications (Oct-Dec, 2023)

Next Steps for Education & Prevention Group (Group 1) – Timeline and who is responsible?

- Education & Prevention (Oversees falls prevention month and getting into the community more often - MOB and other programs)
 - How can we more effectively share our assets on an ongoing basis, not just Falls Prevention month?
 - Chair with Chair Yoga program at Vineyard Haven Library
 - Partner with Public Health Nurses at their wellness program
 - Review our existing Falls Prevention brochure and potentially revise
 - Raise awareness with PCPs and provide packets of information for those who have been identified as having a fall risk (which of our assets should go into this packet and do we need other assets)?
 - Partner with Mansion House and other exercise facilities (we already work with the Y)
 - MOB and fall risk reduction information - include in the VNA packet
 - There was also a desire to have the "how to recover from falls" program that MVH puts on available on a rolling basis at the COAs and the YMCA during the year.
 - Lew Laskaris will be hosting a medication and falls program at the Oak Bluffs COA.

Group 2 & 4 are combined (Strengthening Healthcare connections & Metrics of Success)- Timeline and who is responsible?

- Identifying information that needs to go to the PCPs when they have identified a person with a fall risk
 - How can we develop an approach where a Dr. sees a patient and provides a referral to PT, MOB, Home Safety Modification? Who at the hospital can help integrate all of these elements?
 - How do these options become part of a discharge plan?
- Metrics -
 - We will create and publicize a one - pager in Falls Prevention month (Sept) or Q4 which showcases what the Falls Prevention Coalition has done and any relevant metrics we can collect (content could cover a narrative of The Impact of Falls on our Community - sharing statistics, costs, stories, and what actions folks can take)
 - Data sources that may be relevant
 - Medi-Alert data (where can we get that?)
 - How many people have we educated in the community?
 - How well people are served via technology options (Apple watches etc.)

Group 3 Home Safety & Store Safety – Timeline and Who is Responsible?

- Store Safety

- need to communicate the power of the pocketbook of Older Adults to businesses to gain their cooperation
- Our program will conduct an audit of store/building entrances, make recommendations for improvement and connect with a contractor (costs to be paid by the building owner directly to the contractor, no funding from us); also provide information on falls prevention
- We could create a doorbell program so that businesses could install at their entrances for individuals who cannot enter the store if there is not an option for a wheelchair, for example)
- put together a group of volunteer site inspectors (all towns but Edgartown) to get us off the ground with data
- utilize the Chamber of Commerce to reach businesses when we have a program in place

- Home Safety

- Need to identify additional sources of funding, now in Year 3
- ADA doors - can we figure out a way to purchase and fund and offer to agencies/businesses?
- Getting the home safety rack cards out into the public
 - Focusing on those who have been identified as having a fall risk

Getting Store Safety Pilot off the Ground

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What a program could look like

Building entrance
audit- referral to
contractors for
improvements

Education on Falls
Prevention
(beyond entrance)

Recognition of
participation in
this program – “I
care”

Doorbell program
how to connect
with those who
can't enter



Appendix

Information



Our 2023 Goals – let's go for straight A's

- ✓ Getting into the community more frequently (awareness)
- ✓ Moving forward the Store Safety Modification Program
- ✓ Increasing the impact of Falls Prevention month & re(using) assets
- ✓ Continue to develop our metrics

In order 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.



We have identified 4 work groups*

Falls Prevention Coalition 2023			
Group 1: Education & Prevention	Group 2: Strengthening Healthcare connections	Group 3: Improving safety in our homes and communities	Group 4: Metrics of Success
Oversees falls prevention month and getting into the community more often: MOB and other programs	How well we are working with healthcare providers, awareness of our work/programs	Includes Home Safety Modification/Store Safety Modification, evaluating technology options	How do we determine success? What are the metrics we can use?
Members			
Leslie Clapp, MVC4L	Lorna Andrade, NAACP Healthy Equity	Carolina Cooney, Chamber of Commerce	Ian Campbell, MVH
Rose Cogliano, Oak Bluffs COA	Cheryl Kram, CapeCod Health	Victoria Haeselbarth, Anchors	Alexis Babaian, IHC
Meris Keating, Anchors	Michele LeBlanc, MVCS CORE	Lori Perry, IHC	Marina Lent, BOH Aquinnah
Sue Merrill, UPICOA	Anna McCaffery, BOH Chilmark	Cindy Trish, HAMV	
Joyce Stiles Tucker, Tisbury COA	Susan Sanford, VCM	Allyson Malik, OB library	
Anne McDonough, Vineyard Haven library	Suzanne Robbins, MVH	Sue Silk, Consumer Activist	
Lew Laskaris, MVH Retired	Kathleen Samaways, IHC	Catie Blake, BOH	
Zonica Simpson, MVH			
Abby Leighton, YMCA			

*Note Groups 2 & 4 are combined



2022 Falls Prevention Schedule of Activities

Martha's Vineyard Falls Prevention Coalition

September 2022 Schedule of Events

The Martha's Vineyard Falls Prevention Coalition is proud to announce the following events for the upcoming September Falls Prevention Month. Most of the events, screenings and workshops will be held in-person so our citizens can interact with their community and the speakers.

Presentations will circulate to every Council on aging Center in September. All presentations, workshops and screening are free to the public and all are welcome.

Medication and Falls Risk: *What you should know and what you can do* presented by **Lewis Laskaris**, a retired MVH Pharmacist. The presentation will include topics on prescription and over-the-counter medication side effects, their fall risks to older adults and how to prepare and cope with problems associated with risks. 1 hour

- **Tuesday September 6, 10 AM** at the Edgartown Council on Aging, The Anchors 10 Daggett Street Edgartown (508) 627-4368 Meris Keating
- **Tuesday September 13 2 PM** Tisbury Senior Center 34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker
- **Tuesday September 20, 10 AM** Oak Bluffs Council on Aging at (in-person and zoom) 21 Wamsutta Avenue (508) 693-4509 ext. 3 Rose Cogliano
- **Tuesday September 27 10 AM** at the Up-Island Council on Aging Howes House 1042A State Road West Tisbury (508) 693-2896 Susan Merrill

The Martha's Vineyard Hospital Physical Therapy Department will present **Safety Tips for using and Cane or Walker** *in-person interactive session* on Wednesdays at Island Council on Aging Centers.

- **Wednesday September 7 at 9:30 AM** at the Up-Island Council on Aging Howes House 1042A State Road West Tisbury (508) 693-2896 Susan Merrill
- **Wednesday September 14 at 9:30 AM** at the Tisbury Senior Center 34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker



- Wednesday September 21 at 11 AM** Edgartown Council on Aging, The Anchors 10 Daggett Street Edgartown (508) 627-4368 Meris Keating
- Wednesday September 28 at 10 AM** Oak Bluffs Council on Aging at (in-person and zoom) 21 Wamsutta Avenue (508) 693-4509 ext. 3 Rose Cogliano

Tisbury COA Falls Prevention Day Program September 20
34 Pine Tree Road Vineyard Haven, (508) 696-4205 Joyce Stiles-Tucker



10-11 AM	How to Recover from a Fall w/Catie
11-12 AM	How Poor Vision can Cause a Fall w/ Dr. Shea *
1-2 PM	Home Safety Checks w/ Lila Fischer
2-3 PM	Emergency Alert/ Response System *
	* waiting for confirmation

The Women’s Club of Martha’s Vineyard will host a talk on *Everything you wanted (or didn't want) to know about fall risks and falls prevention*

By Cindy Trish, HAMV September 19 at noon An hour long session to raise awareness of fall risks as we age, how we can minimize our fall risk and recover more quickly. Educate yourself on the myths of falling, exercises to prevent falling, and learn of all the resources we have here on the island to educate and empower each of us when it comes to falling, a natural part of life as we age. If you wish, share your "fall story" with us! St. Andrews Church 51 Winter Street Edgartown

Vineyard Complementary Medicine will provide **Pain-Free Movement and Balance Screening Wednesday, September 28th all day** 9:00am - 7:00pm 238 Edgartown-Vineyard Haven Road, Edgartown for more information info@vcmppt.com or call 508-693-380 **Reservation Required:** <https://vcmppt.com/clinics-screenings/>

A Matter of Balance is an evidence-based interactive program to educate, connect, and support our older adults who have experienced a fall or who are in fear of falling after having fallen. This program is an 8 week course 2 hours per week taught by 2 Coaches trained in A Matter of Balance curriculum. The Edgartown Council on Aging (The Anchors) will be hosting the **first course launching Thursday September 28 – November 17** at 9:30-11:30 AM at the Anchors. Registration required please contact trogers@hamv.org or your Council on Aging for more information.



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

Current Falls Prevention Coalition Members*

Broad representation from island organizations but always room for more!

Lorna Andrade, drlorna.andrade@hotmail.com
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*Updated 3/2023

