

Falls Prevention Coalition Plan 2025–2026

Goals & Focus Areas

- **Homes and 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.

Coalition Meetings

- Quarterly or Semi-Annual Meetings (every 3–6 months, depending on coalition preference).
- Standard agenda: updates on programs, review of outreach, progress on evaluation, and shared learning.

Planned Dates (Tentative):

- **Tuesday, September 16, 2025 – 9:00 AM (In person or on Zoom?)**
 - Review resource guide content
 - Discuss falls prevention metrics
 - Identify distribution sites for resources
- **January 2026** – Coalition meeting
- **May 2026** – Coalition meeting
- **September 2026** – Coalition meeting

Ongoing Activities

- **Home Safety Modification Program** – Continue implementation, expand reach, and share outcomes.
- **Resource Directory Development** – Compile exercise classes, Matter of Balance information, home safety services, etc... into a comprehensive guide (digital & print).

- **Program Promotion** – Increase awareness of existing Matter of Balance and other exercise programs through community channels.
- **Measurement** – Develop simple feedback tools (surveys, follow-up calls) and explore integration of STRIDE or other data.

Outreach & Awareness Activities

- **Falls Prevention Awareness (October 2025)**
 - Partner with YMCA to host a community event (pending renovations)
 - Free access day, equipment demos, resource tables, financial assistance info
 - Launch and distribute *Falls Prevention Resource Guide*
 - Distribute educational materials at:
 - Libraries
 - Churches/faith communities
 - Medical facilities & pharmacies
 - COAs and housing sites
- **Community Education (Year-Round)**
 - Maintain ongoing distribution of educational materials.
 - Share program updates in community newsletters and on social media.
 - Present to professional organizations and service providers.

Program Activities

- **Matter of Balance (Fall 2025)**
 - Host a class at the YMCA.
 - Promote widely through coalition partners, referral networks, and outreach materials.
- **Exercise & Movement Programs**
 - Continue promoting all available classes/programs.

Proposed Timeline (2025–2026)

Date	Activity
September 1-10 2025	Coalition members send resources to HAMV for directory compilation.
September 16, 2025	Coalition Meeting (review draft resource guide, finalize FP Awareness plans).
October 2025	Falls Prevention Awareness: - Community event at YMCA (if feasible)- Launch/distribute FP Resource Guide- Distribute educational materials through partner sites.
Fall 2025	Matter of Balance class at YMCA.
November–December 2025	Collect feedback from FP Month activities and classes. Begin planning for 2026.
January 2026	Coalition meeting – review evaluation data and discuss ongoing program promotion.
Spring 2026	Community education push (newsletter articles, presentations, resource distribution).
May 2026	Coalition meeting – assess mid-year progress, refine outreach strategies.
Summer 2026	Prep for next FP Month (update resource guide, connect with YMCA/partners).
September 2026	Coalition meeting – finalize October FP Month activities.
October 2026	Falls Prevention Awareness Month activities repeat/enhance based on lessons learned.