



NC Falls Prevention Coalition Meeting

November 9, 2015

Agenda

Time	Topic	Leader(s)
12:45-1:00	Networking	All
1:00-1:15	Welcome, Introductions, Housekeeping	Sharon Rhyne NC Division of Public Health
1:15-1:30	Otago: Successful Models for Implementation	Tiffany Shubert UNC-CH
1:30-1:45	NC Administration for Community Living Grant Update	Nicolle Miller, NC Division of Aging and Adult Services
1:45-2:15	NC Falls Prevention Hub Update	Laurie Stradley, UNC-A
2:15-2:30	YMCA: Moving for Better Balance/Silver and Fit as a Reimbursement Mechanism	Diane Saccone, YMCA of Western NC
2:30-2:45	Break	
2:45-2:55	BEAUTY Project Update	Carrissa Dixon, UNC
2:55-3:05	Falls Prevention Awareness Week Review	All
3:05-3:25	Discussion: What should we focus on during the next year?	All
3:25-3:30	Next Meeting	Sharon Rhyne, NC Division of Public Health

Sharon Rhyne, NC Division of Public Health, welcomed everyone to the meeting.

Otago: Successful Models for Implementation (Tiffany Shubert, UNC-CH)

Tiffany reported that we have four Programs for All Inclusive Care of the Elderly (PACE) sites in NC that are actively implementing Otago. We have preliminary data on first 50 patients, and outcomes are very positive thus far. The four PACE sites are as follows

- Pittsboro, NC—going well. 20 patients.
- Hickory—going the best. They hired an exercise physiologist who is doing a great job documenting outcomes. 17 patients.
- Asheville—9 patients. They are having some difficulties working with patients with cognitive impairment.
- Charlotte—just starting.

Biota just trained 30 PTs in Otago, representing Raleigh, Greensboro, and Winston-Salem. They want to engage NC as a pilot state.

Pam Duncan's Compass project will be promoting Otago as an intervention. There is considerable leverage in the state.

In OR, they have an interesting model where AAAs are collaborating with PTs to do Otago. The AAAs implementing Otago are using case management dollars. One AAA is getting Medicaid to incorporate Otago. They are doing initial screening, pulling in PTs, and streamlining the whole process. We are finding that it's a win-win, and the outcomes have been phenomenal. It seems to be the "sweet spot of clinical-community connection."

Approximately 3,000 people have been trained through the online Otago training.

There is a lot of variability of PACE sites in the state.

The messaging for Otago is being changed. It originally lasted one year, but that did not work well with Medicare and PT's model of business. Now it has changed to 5 PT visits over 8 weeks; after that, patients are discharged to the self-management phase. There is follow up with phone calls. The PT conducts the initial evaluation, but a PT assistant can conduct the next 4 visits.

Otago is now on the Title IIID funding list.

NC Administration for Community Living Grant Update (Nicolle Miller, NC Division of Aging and Adult Services)

The hub grant was finally awarded to UNC-Asheville Center for Health and Wellness.

For the grant, we need help in reaching the disabilities community. Nicolle worked with Chris Mackey at the Center for Independent Living to try to implement falls prevention programming there.

Unfortunately, falls prevention programming has not been implemented at the Center for Independent Living, but the Chronic Disease Self-Management Program is going well there.

Another challenge has been trying to get a contract with YMCA of the Triangle; some language in the contract did not work there. Nicolle would like to disseminate the YMCA: Moving for Better Balance program at another location besides Western NC.

Tiffany stated that Debbie Thorp at UNC and Vickie Tilley can help identify with people with disabilities.

Laurie had some ideas for the low vision population.

Centralina and Eastern NC are implementing Tai Chi, so Nicolle will connect with them.

NC Falls Prevention Hub Update (Laurie Stradley, UNC-Asheville)

The UNC-A Center for Health and Wellness received the grant from the NC Division of Aging and Adult Services for the hub. They are hoping to hire someone soon to help manage the database and associated tasks.

As background for the hub, several years ago, Laurie worked for Be Active on the backbone for MOB. Be Active closed its doors. Funding was given to Prevention Partners, but they had no experience in healthy aging. So, Prevention Partners issued an RFP, which Laurie worked on through UNC-A. They conducted several focus groups and kept hearing that there was no way to connect with peers doing falls prevention work, and people were not sure how to connect with clinicians. Nicolle and Audrey used that information to apply for Administration for Community Living grant funding. One of the pieces of that grant was to establish a statewide implementation hub. It will provide the opportunity for interconnectivity and evidence-based programming, including the availability of programming across the state.

They have a website, based on the feedback from the original survey. They created the original website with Blue Cross Foundation money. The website/database was created to be able to hand off to someone else if necessary since they were not sure who would eventually manage the database.

Online registration for classes is available on the website. They plan to post events that may not necessarily be associated with classes. Data collection, analysis and reporting are now available, too, and they will be able to generate more reports more quickly.

UNC-A will be purchasing software called "Workshop Wizard", which was created in Colorado with ACL funding. The software will provide limited levels of access.

They will be able to pilot how physicians use the data, and will be talking with health insurance companies, clinicians, and others to build sustainability for the hub.

UNC-A will be creating a falls prevention continuum of care toolkit.

UNC-A also recently was awarded an ACL grant to disseminate CDSME. They will integrate and align CDSME with the falls hub. In addition to UNC-A, CDSME funded partners include the Land of Skye Area Agency on Aging, Centralia AAA, and a Federally Qualified Health Center based in Asheville. Non-funded partners include the NC Office on Disability and Health, Minority Health, and DAAS (co-facilitators). Over

the next 2 years, they will learn more. They will gather more information if there are things that are missing; there may be pockets of need for other pieces.

They are going to try to find out the best method for getting the classes entered into the hub. They are asking for classes and any other pertinent data that people are willing to share.

Laurie asked coalition members to consider joining the advisory committee, and to use and refer to the website.

Laurie linked to the website during the meeting and explored the various screens.

YMCA: Moving for Better Balance/Silver and Fit as a Reimbursement Mechanism (Diane Saccone, YMCA of Western NC)

More and more community dwelling sites want YMCA: MBB, and they are expanding outside of the Y to other sites, including underserved, rural, and intercity communities. Diane is feeling very confident that they will reach the 17 sessions required for the grant.

The Henderson Council on Aging has created a new falls prevention coalition in Henderson County. They have many organizations around the table and are excited about moving it forward.

The YMCA has been offering the YMCA version of Moving for Better Balance since 2012. Diane's position has changed, and she is transitioning some of her responsibilities to other staff.

YMCA of Western NC is off to a great start working with Silver and Fit; 74 people have enrolled so far without any advertisement or big push. They plan to hold a January promotion; given New Year's resolutions, they feel they will be very successful.

One obstacle with Silver and Fit thus far: If you are a federal retiree with BCBS or United Health Care (such as retired teachers), or retired military with BCBS you are not eligible for the program. Diane is not sure who is making this rule; Medicare Advantage Plans can change every year. Their COO is looking into it. BCBS approved Silver and Fit for Medicare Advantage clients. The Y cannot depend on only grant funding and is looking for other sources of funding to sustain staff needed.

Diane spent some time explaining how Silver and Fit reimbursement works for Y programs. Clients are asked about whether they have supplemental insurance. Then they call to make sure it is covered. Clients are charged a \$50 maintenance fee, which gives free membership to the Y. Silver and Fit is paying money per client, not reimbursement per visit.

If you have Silver and Fit, you can go to any Y in NC or in any Y in any state in bordering states to NC. Reimbursement goes to the Western Y. Reciprocity is a new benefit.

Sheree Vodika will be presenting at the State Health Director's meeting and will be discussing the way the Ys can connect with local health departments.

CDC BEAUTY Is A Balancing Act Project (Carrissa Dixon, UNC-CH)

The official kickoff for the “Beauty is a Balancing Act” grant was held at the Friday Center in Chapel Hill on September 21, the first day of fall. The event was attended by salon owners enrolled in the grant. Tiffany and Ellen gave a great overview of FPAW. Carrissa reviewed the goals of the grant and recruitment plan, and Tiffany gave a great presentation on functional balance tests. It was an eye-opening event for salon owners and stylists.

The bulk of salons (77%) recruited for the grant are from Alamance, Guilford, and Durham Co. A few more are from Orange and Wake. October 8th was the soft launch in Greensboro. So far, the team has visited 11 of 22 salons. They will likely have to revisit them to get older clients recruited. Recruitment ends in December. The Healthy Finance and Healthy Balance programs will launch in January and will need help from coalition members for referrals to programs in the areas. Carrissa is open to being one of the first to help with the HUB review/feedback since she is really interested in the referral process.

Falls Prevention Awareness Week (Ellen Schneider, UNC-CH)

Ellen asked everyone who participated in Falls Prevention Awareness Week in any way to complete the survey. We need to report the results to the national level, and the report gets considerable attention, particularly from funders.

Local/Regional Coalition Reports:

Eastern – The Tai Chi in the Park event was held for the first time. Twelve vendors attended from the Coalition, and a total of 55 people attended. Half of people who attended were new to Tai Chi, and they directly increased the registrants (19) to their program held after the event. They also did a few presentations and reached about 100 total through the Tai Chi and presentations.

Western North Carolina (Diane Saccone) –The Western Y held an event with 200-300 people and 30 vendors. Glucose screeners ran out of strips. It was a very successful event, and each day had a different theme. Each day well attended. The event was co-sponsored by Medicaid Made Easy. Building Better Balance screenings were also held – they didn’t get as much reach as they wanted to, but plan on being more organized with it next year.

Land of Sky, Madison County, and Y, and Smokey Mt. Mental Health held screenings for Better Balance. An educator did a talk on Rx safety related to falls safety with partnership with their Substance Abuse coalition work. They had a hard time getting interest even with high levels of screening for high risk for falls. LGTBQ advocates did a social media social on how to navigate social media accounts for active aging.

Buncombe Co. Council on Aging wants to do a combo with Active Aging week to promote events. It’s building and growing and getting better every year.

Mary Hall, Eastern NC– will still be doing Healthy Aging Fair in May 2016 to celebrate older Americans month. No event was held in 2015.

On behalf of the NC Falls Prevention Coalition, Ellen Schneider obtained a Governor's Proclamation for Falls Prevention Awareness Week again this year.

What do we want to focus on for the next year?

NC DPH will be conducting Strategic Planning and CORE Injury Grant in Spring 2016. They will be looking for input from the Coalition for both. Until DPH sees what the CORE injury grant is asking for, it is hard to predict what the objectives will be. There may be an emphasis on TBI; since falls are the leading cause of falls for older adults, there may be a way to link.

Other areas of focus for 2016:

1. Focus on Home Health/Safety
2. Advancement of partnership with EMS and community paramedics programs who are doing home visits and working directly with patients who can then refer them to programs. Ex. Gang busters in Orange County and leveraging their EMT training program. New Hanover also has community paramedic program.
3. HUB--let's do anything we can do to support its success.
4. Sustainability beyond Year 2 of the ACL falls prevention grant.
5. Engage medical practitioners with falls prevention – PTs, OTs, providers after discharge from rehab situation.
6. Monitor Pam Duncan's COMPASS grant/program.
7. Remembering When, fire, falls, and home safety – can be tied into evidenced-based programs and integrated. For the recent Remembering When training in Orlando, 10 teams applied for scholarships in NC and 3 went, including Dare County and Pitt County.
8. During the last two years, DPH was able to support the Falls Prevention Summit. DPH is currently looking at the carry-over funds they have available and will try and put into the budget for next year if the Coalition wants it.
9. UNC Gerontology program is opening a satellite program at UNC-A. Laurie is looking for ways to partner.

Next meeting: The Steering Committee will be better next year about setting dates at the beginning of the year. Suggestion to host at least one meeting at UNC-A where the HUB is being hosted. There was a suggestion for Monday afternoon or Friday mornings. We need quarterly meetings, but one will be a conference call. Second month of the quarter perhaps – February, May (Healthy Aging month), August, November.

Attendees all voiced support for meeting at the NC IOM due to its convenient location and the availability of great technology.

Loanne "Louie" Mobley from AARP would be a possible speaker at a coalition meeting or at the Summit on home safety.