

North Carolina

Observance

The North Carolina Falls Prevention Coalition observed two full months of FPAD activities in 2018, reaching approximately 37,887 individuals across the state. These activities reached a diverse group of residents, including Asian, Hispanic, African American, American Indian or Alaska Native, and White populations. Additionally, special populations reached included family caregivers, homeless individuals, individuals with disabilities, individuals with mental health disorders, individuals with substance abuse disorders, LGBTQ+ individuals, low-income housing residents, Medicaid recipients, older adults with cognitive impairment, dementia, or Alzheimer's Disease, refugees, rural populations, Veterans, and older adults living in long-term care facilities.

Key Successes

Strong partnerships between a variety of organizations contributed to successful events across the state and helped to increase the number of people reached. For example, clinical-community partnerships to hold falls prevention screening and educational events, i.e. a YMCA provided a MBB demonstration for schools, families and staff through a pharmacy partnership; a senior center partnered with a pharmacy to hold flu clinics and falls prevention activities; Annual Falls Prevention workshop to train health care professionals on evidence-based falls prevention techniques.

Awareness and Education Activities

A number of activities helped raise awareness and education across the state. These activities included a written and distributed press release, providing falls prevention presentations for caregivers and older adults, as well as health and aging network professionals, the distribution of falls prevention information, NCPTA Falls Prevention Challenge, participation in a health fair, and conducting falls risk screening events. Both traditional and social media outlets were utilized to raise awareness. A small article was published on fall prevention facts and also let public know of Tai Chi Class that is offered. Additionally, full page ads in local print media were published, as well as information posted on Facebook and Twitter.

Fall Prevention Programs/Workshops

- A Matter of Balance
- Otago Exercise Program
- Tai Chi for Arthritis
- EnhanceFitness
- Fit & Strong!
- YMCA Moving for Better Balance
- Healthy Steps for Older Adults
- Healthy Steps in Motion

Fall Risk Screenings

- Balance screening
- Home safety checks

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- Vision screening
- Hearing screening
- Medication reviews/screening
- Blood pressure checks
- Multifactorial screening
- STEADI screening or assessment
- Podiatric/foot-related screening
- Osteoporosis/Bone density screening
- Strength testing
- Assistive device review

Advocacy Activities

Advocacy activities included a Governor's and local proclamations, as well as conducting evidence-based falls prevention demonstrations for elected officials. Some coalition members invited the local PCP's staff to attend to learn the STEADI assessment tools. Others provided information and education to seniors on fall prevention, to encourage senior advocacy so that they could take the information home to their churches to make presentations and educate members.

Coalition Partners

- Area Agencies on Aging
- State/local health departments
- EMS and/or fire departments
- Senior centers
- Hospitals/Trauma centers
- Pharmacies
- Senior housing
- Universities or colleges
- Rehabilitation centers
- Health care systems
- Veterans Administration
- Local VFW
- YMCA Home Health Agencies
- Local churches
- Local non-profits
- Libraries
- NC Baptist Aging Ministry Council on Aging, Union County NC

Student Involvement

Students from several disciplines assisted with falls risk screenings, educational workshops, participated in falls prevention programs, and the research and development of FPAD materials. Disciplines represented included:

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- Physical Therapy
- Occupational Therapy
- Pharmacy
- Nursing
- Public Health
- Gerontology
- Social Work
- Optometry/Ophthalmology
- Medical Office Assistant
- Health Department Health Educator

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Summarized by National Council on Aging based on the Falls Prevention Awareness Week survey completed by coalition members.

Learn more about what you can do to prevent falls across North Carolina. Ncfallsprevention.org