

Triangle Falls Prevention Coalition

Meeting Minutes 8/27/19

I. Introductions and Falls Prevention Awareness Week Plans

In Person Participants:

- Rebecca Freeman: NC Division of Aging and Adult Services, Healthy Aging Specialist
- Ingrid Bou-Saada: NC Division of Public Health Injury and Violence Prevention Branch
- Shirley Nicolas: DHA community member and Matter of Balance participant
- Dr. Ron Wilder: retired rheumatologist, Searstone resident
- Helen Tripp: Durham County EMS, doing Ready, Steady, Balance (RSB) Expo with Tricia Smar
- Sean Gibson: Duke Trauma Center
- Joyce Briggs: Family Self Sufficiency Coordinator with DHA, serves residents who are aging
- Tricia Smar: Duke Trauma Center Injury Prevention Coordinator, partnering on Ready, Steady, Balance Expo (2nd annual) with Durham Center for Senior Life
- Cris Henage: UNC Division of Geriatrics, manages the Geriatric Workforce Enhancement Program. Working on rewriting the Otago Program in the next year, but nothing specific for FPAW
- Tish Oakley: Tai Chi, Xi Quong and Reiki instructor/provider
- Jordan Moore: Duke Health Physical Therapist, partnering with Tricia and doing functional screenings, Durham RSB Expo
- Mary Martin: Rex In-Patient Rehab Physical Therapist
- Sydney Breslow: Alliance of Disability Advocates
- Lauren Waits: ElderFit Physical Therapist; partnering with RSB Expo to provide assessments, hoping to help increase participant numbers.
- Geri Kanne: Duke Family Nurse Practitioner; participating on RSB Expo; on 9/23 is coordinating a FPAD Twitter feed for the Geriatric Advanced Practice Nurses Association
- Marie Dagger: Orange County Department of Aging Occupational Therapist; working with Lindsay Bailey on Stay Safe on the Move event that will include pharmacy students (med reviews), physical therapists, occupational therapists, EMS. Doing falls risk assessments.
- Louise Keefer: Chapel Hill YMCA Coordinator for Evidence-Based Programs (Moving for Better Balance and Tai Chi): Described a partnership between the YMCA and Blue Cross Blue Shield of NC to offer medical memberships for individuals with a doctor's referral (see flyer). This provides a Y membership, care coordination with a health coach, falls prevention classes, and more. Currently, five sites in the Triangle, but the national Y is interested this model and may expand it. See BCBSNC website for more details.
- Lindsay Bailey: UNC Injury Prevention Consultant, Master Trainer in Matter of Balance; Partnering with Orange County Department on Aging on Stay Safe on the Move event for FPAW; working with a UNC Graduate student to do MOB classes
- Deborah Constantine: Campbell University Professor of Geriatrics; doing annual FPAW activities with students, including community events and education; served on a task force to develop an escape room with focus of helping a person who falls get out; doing

multi/interdisciplinary tole flays; served on national FPAD task force to help develop a toolkit that used the CDC STEADI tool as the foundation of their work – it is new and improved and is created for the public and professionals; provides community education at two rural senior centers.

- Myra Austin: Orange County Department on Aging; partnering on Staying Safe on the Move event; teaching MOB at two senior centers; provides ongoing balance and strength classes, including Tai Chi, with Elder Fit and a UNC Physical therapist.
- Apex Healthy Aging Fair, a health and wellness fair for folks 55+ happening on 9/11 from 9:00 AM – noon.

On the Phone Participants:

- Christine Reel Brander: Alliance Health Plan RN and Health Care Coordinator
- Paula Whaley: Durham VA Emergency Department RN and Safe Patient Handling Unit Peer Leader
- Jamie McGee: UNC Wellness Center at Meadowmont

II. National and State Updates

- National Coalition on Aging
 - Many resources on the NCOA website to support FP Awareness Day/Week: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>
 - Recently released the Falls Prevention Awareness Day 2018 Impact Report, a compilation of national FPAD activities. NC distributes their survey to you each year and summarizes the state information to send back to NCOA. The NC report is located on pages 58-59. <https://www.ncoa.org/resources/falls-prevention-awareness-day-2018-impact-report/>
- Healthy Aging NC
 - The Triangle FPC Education and Awareness Workgroup completed a PowerPoint presentation that everyone can use and modify to serve their needs (please acknowledge source of information). It is accessible at: <http://ncfallsprevention.org/wp-content/uploads/2019/08/TFPC-Community-Presentation.pptx>
 - HANC would like to post and help advertise your events. Simply go to the website and add your event and it will be used to populate a map of NC showing where all events are happening. Check out the map: <http://healthyagingnc.com/falls-prevention-awareness-week-activities/>

III. County/RAC Region Breakout

- a. Wake/WakeMed
- b. Durham/Duke
 - i. Discussed Ready Steady Balance Falls Prevention Expo on 9/25
- c. Orange/UNC

IV. Working Group Breakout

- a. Education & Community Engagement
- b. Community Resource Guide & Website

- c. Sustainability Planning
- d. Data
 - i. Not currently accessing NC Trauma Registry or NC OEMS data
 - 1. Data request in queue for NC OEMS's new system
 - ii. Expand to include DPH's hospital discharge data
- V. Adjourn

Next Meeting: Tuesday, December 10, 2019, 11am-1pm at Searstone Retirement Community (17001 Searstone Dr, Cary, NC 27513)