

Triangle Falls Prevention Coalition
June 11, 2019
Andrews Center on Raleigh WakeMed campus, 3024 New Bern Ave, Raleigh, NC 27610
Meeting Minutes

PARTICIPANTS:

- Lindsay Bailey, Injury Prevention Coordinator, UNC Trauma Program
- Sydney Breslow, Community Inclusion Specialist, Alliance of Disability Advocates
- Heather Carter, Aging Program Consultant, NC DHHS- DAAS
- Toni Chatman, Assoc. Director for Dental & Allied Health Educ, Wake AHEC
- Kathleen Cody, Executive Director, American Bone Health
- Rebecca Freeman, Healthy Aging Specialist, NC Division of Aging & Adult Services
- Tiara Hargrove, Health Promotion Coordinator, Durham Center for Senior Life
- Louise Keefer, Impact Program Coordinator, Chapel Hill Carrboro YMCA
- Shella LoBianco, Physical Therapist, Advance Physical Therapy
- Nicolle Miller, Director of State and Community Collaboration, NC Center for Health and Wellness
- Jordan Moore, Physical Therapist, Duke Health
- Lauren Musolf, YMCA of the Triangle
- Ann Pearce, Physical Therapist, WakeMed
- Lisa Qualls, Program Coordinator – Special Accounts, American Bone Health
- Tricia Smar, Injury Prevention Coordinator, Duke Health
- Helen Tripp, Manager, Community Paramedics, Durham County EMS

Via Phone:

- Myra Austin, Orange County Department on Aging
- Marie Dagger, Occupational Therapist, Orange County Department on Aging
- Geri Kanne, Geriatric Resource Nurse Practitioner, Duke Health in Hillsborough
- Christine Reel Brander, RN, Alliance Health
- Lauren Waits, Geriatric PT Resident, Durham VA
- Laura Yeatts, Kerr-Tar AAA

1. Lunch Sponsor: NC Division of Aging & Adult Services
 - a. Thank you Rebecca Freeman for securing a meal for this meeting
2. Presentation from Education & Community Engagement Working Group
 - a. Meant to be shared on our [Triangle Falls Prevention Coalition website](#)
 - i. Hopefully available on website around early Sept, in time for Falls Prevention Awareness Week activities
 - ii. Notes in the Notes section of slides for presenters to reference
 - iii. In a blank format for:
 1. Smaller file size for website/sharing
 2. Ability to use your agency's PPT format if needed
 - iv. Contains slides on many falls risk topics
 1. Can select topics to cater to your audience or time constraints
 - b. Many resources compiled from other sources

- i. CDC's STEADI resources described and linked
 - ii. List of community pharmacy's in NC that provide medication reviews
 - iii. Triangle Falls Prevention Coalition Community Resource Guides
 - iv. Encourage presenters to look up and print their local resources for participants
 - c. Use language of "feeling down or lonely" vs. "depressed" to avoid stigma and engage participants
 - d. Feedback from seniors:
 - i. Request most presentations are 20 minutes or less
 - e. Questions
 - i. Can fall risk screening tool be used by a non-physical therapist?
 - 1. Based off STEADI's online tool
 - 2. PTs will have more consistency in screening practices, but could also get trained as a screener (Building Better Balance)
 - 3. Could get PT students with a supervisor if near a PT school
 - ii. Does class list link to Healthy Aging NC?
 - 1. Currently only links to Triangle FPC Community Resource Guide since that includes evidence-based and other falls prevention programs
 - 2. Could add a link to Healthy Aging NC website
 - 3. Still encourage presenters print out local information for seniors
 - f. Feedback: Please email to annellenpearce@gmail.com
- 3. State Falls Prevention Coalition Retreat & Action Plan Update
 - a. Next meeting of the state coalition is: Wed, Aug. 28th, 1-3:30pm
 - b. Falls Prevention Awareness Week: Sept. 23rd – Sept. 27th
 - i. Working on a Governor's Proclamation
 - c. NCOA has requested information for US Senate Special Committee on Aging
 - i. Template letter of support to be released
 - ii. We will send a follow-up email in mid-June with NCOA's draft recommendations and response. You are welcome to use our response as a template for your own.
 - iii. The Senate Special Committee on Aging is requesting recommendations related to falls and fall-related injuries for a report the Committee is developing. This is a wonderful opportunity to share your Coalition, organization, and/or community's best practices, efforts, and recommended policies to reduce falls. The Committee staff are eager to hear from communities around the nation. We encourage you to submit recommendations and comments to the Aging Committee via email at AnnualReport@aging.senate.gov. The deadline to respond is June 26, 2019.
 - d. Strategic Planning Retreat
 - i. Slides available on [NC Falls Prevention website](#)
 - ii. Apr. 4th: 1-day retreat utilizing results-based accountability process
 - iii. Had representatives from various groups across state, but still need more
 - iv. Top strategies for decreasing number of falls injuries and deaths:
 - 1. Collaboration – state and local coalitions
 - 2. Identifying shared risk and protective factors across issues related to falls prevention
 - 3. Collaboration to increase prevention through a continuum of care

4. Bridge clinical-community gap
 5. Better data & reporting/media campaign
 - v. Possible workgroups to address each strategy:
 1. Prevention/Transitions & Continuum of Care
 2. Collaboration & Coalition Building
 3. Education & Advocacy
 - vi. Ellen Bailey will send request for people to join workgroups
 1. Likely 2-3 hr meetings/month for 6-9 months
4. Data Working Group Request
 - a. How can your Working Group utilize falls data?
 - b. How can your agency utilize falls data?
 - c. Data Working Group planning to make a presentation at Aug or Dec meeting about the data we have and potential uses by these various groups
5. Working Group Breakout Time

Next Triangle FPC meeting:

August 27, 2019, 11am-1pm

UNC Wellness Center at Meadowmont (100 Sprunt St., Chapel Hill, NC 27517)