

**August Triangle Falls Prevention Coalition Quarterly Meeting**  
**August 18, 2020 10:00 AM – 12:00 PM, virtually via [Zoom Meeting](#),**  
**Meeting ID: 849 331 3316, Password: 944643,**  
**One tap mobile +14702509358,,8493313316#**

**Agenda**

10:00a – 10:15a Introductions and ice breaker question: **what is something positive that has come out of COVID19 (what's been your silver lining?) 28 participants**

- Janae Brown- Durham Center for Senior Life, Program Coordinator
- Steve Fairbanks- PT with Durham VA
- Michael Patterson- Durham Center for Senior Life, Support Services Manager
- Jennie Griggs- Director of North and East Wake Senior Centers Resources for Seniors ([jennieg@rfsnc.org](mailto:jennieg@rfsnc.org))
- Tara Dusthimer- Intrepid USA Home Healthcare ([tara.dusthimer@intrepidusa.com](mailto:tara.dusthimer@intrepidusa.com))
- Nicolle Miller- NCCHW
- Liz Lahti- Center Director at Eastern Chatham Senior Center (Pittsboro)
- Kathleen Cody- Executive Director of American Bone Health
- Tricia Smar- Injury Prevention Coordinator at Duke Trauma Center
- Vicki Tilley- PT/Owner of ElderFit
- Geri Kanne- Nurse Practitioner with Duke Health
- Helen Tripp- NIH Program Manager/Durham Community Paramedics for Durham EMS
- Jan White- DPH IVPB working with TBI
- Isabel Fitzgibbons- Health Promotions Coordinator for Mid-Carolina COG AAA
- Latonya Brown- Wellness Coordinator at Orange County Dept on Aging
- Lindsay Bailey- Injury Prevention Coordinator at UNC Trauma Center
- Kris Wolfe- PT at WakeMed
- Sydney Breslow- Alliance of Disability Advocates
- Toni Chatman, Wake AHEC
- Myra Austin- Senior Administrator for Orange County Dept on Aging
- Travis Battle- Program Manager at the Balm at Gilead for Diabetes Prevention Program
- Sheri Balogun - Clinical Pharmacist at Senior PharmAssist
- Lauren Costello- Brain Injury Association of NC
- Janice Tyler- Director of Orange County Dept on Aging
- Meredith Spell- Injury Prevention Coordinator at New Hanover Regional Medical Center
- Joyce Page- Health Educator with Durham County Health Dept
- Rebecca Freeman- NC Division of Aging and Adult Services
- Erika Brown- Triangle J AAA
- Morgan Cooper- UNC grad student & Program Coordinator at Orange County Dept on Aging

10:25- 11:00am Discussion of FPAW activities and opportunities for partnering

- Jennie Griggs – Resources for Seniors
  - Falls Free Week Sept 21-25, 2020
  - Five Days of Education, Action, and Advocacy

- Falls Free Check-Up
  - Posted in weekly newsletter
- Tai Chi for Arthritis through NCCHW
- Virtual home tour of universally designed home
- Intro to Walk with Ease
- Importance of appropriate footwear
- NASHIA- traumatic head injuries
- OT- home modification
- PIVOT PT- AI devices for fall prevention
- Intro to Matter of Balance & yoga
- Specialists: eats, ears, and meds in fall prevention
- Intro to line dance, Zumba, & barre
- GERI-FIT
- Testimonials, intergenerational activities, advocacy
- Will send out calendar with link
- Janae Brown – Durham Center for Senior Life
  - 3<sup>rd</sup> annual Ready Steady Balance Expo, Wed. Sept. 23<sup>rd</sup>, 9:30-12:30
  - Virtual on DCSL FB page
  - Home safety walk through
  - PT presentation
  - Tai chi recording from Mon, Sept. 21<sup>st</sup>
  - PT falls risk screening sign-ups for Thurs Sept. 24<sup>th</sup>
  - Email [tricia.smar@duke.edu](mailto:tricia.smar@duke.edu) or [janae.brown@dcsln.org](mailto:janae.brown@dcsln.org) for more info
- Liz Lahti – Eastern Chatham Senior Center (Chatham COA)
  - Facebook Watch party with NCOA on Sept. 23<sup>rd</sup> at 6:30pm
  - Lindsay Bailey will have discussion day after
  - Tai Chi for Arthritis will take place on Mon, Sept. 21
  - Will share NCOA activities
- Kathleen Cody – American Bone Health
  - Stepping Out Strong
    - Connection between falls and fractures
    - Balance assessment
    - Demonstration to four basic exercises to strengthen legs and improve balance
  - Will send links to programs
    - All are welcome to attend
  - Sharing existing content and news from NCOA and state/regional partners on social media channels
- Nicolle Miller - North Carolina Falls Prevention updates
  - NC Falls Prevention Coalition website: <https://ncfallsprevention.org/>
    - Next meeting: Sept. 16<sup>th</sup> 1-3:30pm
    - Awareness Week tab for lots of events across NC: <https://ncfallsprevention.org/resources/awareness-week/>
      - Share your event
    - Statewide Tai Chi event on Sept 21<sup>st</sup>, 11am-12pm
      - Invited Gov Cooper to attend Tai Chi

- Placemat contest deadline Wed, Aug. 19<sup>th</sup>
- NCOA resources for Falls Prevention Awareness Week:
  - <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week/>
  - Falls Free Checkup
  - Facebook event Sept 23 at 6:30p
  - Webinar for 2020 FPAW: <https://www.ncoa.org/resources/webinar-2020-falls-prevention-awareness-week-webinar/>
  - Promotional materials
  - Social media posts
  - Past activity examples and impact reports
  - Advocacy
  - Toolkit

11-11:25am: Presentation: Coordinating Housing Services in Chatham and Orange Counties

- Presenters: Morgan Cooper ([mocooper@orangecountync.gov](mailto:mocooper@orangecountync.gov), 516-524-8093), UNC grad student & Program Coordinator at OC Dept on Aging and Erika Brown ([ebrown@tjcog.org](mailto:ebrown@tjcog.org), ) of the Triangle J COG
- Orange County Home Preservation Coalition
- Orange County Dept on Aging Handy Helpers
  - Home repair and modifications for older adults in the community
  - Promoting universal design
  - Led by OTs
  - Bidirectional referrals:
    - Aging Helpline
    - OCDOA OT, Marie Dagger after doing home safety assessments
    - Network of OCDOA services
  - Volunteer program so no labor costs
  - Cost share model: participants pay on scale with income/resources
  - Mostly live alone, between 70-79 y/o, and
  - Over 70% of repairs highly related to accessibility
    - Helps prevent falls and provide support for older adults
    - Grab bars, railings, ramps – top project types
  - Over 90% said they couldn't afford repair w/o Handy Helpers
  - 90% feel less fearful of falling than before their repair was done
  - Over 90% have easier time doing normal daily activities
  - Referrals beyond scope: warm handoff to other community partners
  - Collaborative partners: Rebuilding Together, Triangle J, NC Justice Center, Chatham Council COG, Central Piedmont Community Action, MCJC, OCDOA, Hope Renovations, Habitat for Humanity, Orange County
  - Prior collaborative model:
    - Onus on the homeowner to find and connect with each necessary organization
    - Lots of burden on the homeowner
    - Not looking at holistic picture of homeowner and needs
    - Affected data collection

- Grant: Southeastern Energy Efficiency Alliance
  - 2-year grant for additional funding to stimulate collaborative process
    - Received 1.5 years ago
    - Ends Dec 2020
  - Bring together service provider partners, referral partners, funding partners
  - “No wrong door” approach
    - Hired Home Assessment Manager
    - Centralized database (Air Table)
    - Clear intake, assessment, and case management processes
    - Increased communication and data sharing
  - Implement several different deliverables:
    - Unified application and intake process
      - Get info that all orgs would need
    - Unified waiver & data sharing
    - Centralized home assessment
    - Shared online database
    - Unified evaluation process- still ongoing
- Q&A
  - Have you found any other counties doing something similar?
    - Other similar program in Western NC
    - Part of grant is to look into replicating similar process across NC
    - Reduce deferrals from weatherization providers due to other outstanding home repair needs
  - Can you help people with disabilities with home modifications?
    - Handy Helpers requirement: 55+
    - Waiver does ask about people with disabilities in the home
  - Sustainability?
    - Grant funding was for collaboration
    - Collaborative work is more efficient to show funders
    - Home Assessment Manager takes some time away from other orgs, so hoping to be able to continue to fund position with funds saved from collaborative orgs

11:25-11:30am: Triangle FPC requests and transition to breakout rooms

11:30a- 12p Workgroup breakouts in Zoom and check-ins:

- Education & Community Engagement- Promote falls awareness events in the Triangle community (Chair: Sydney Breslow and Rebecca Freeman)
  - Jennie
  - Sydney Breslow
  - Kris Wolfe
  - Vicki Tilley
  - Liz Lahti
  - Tara Dusthimer
  - Sheri

- Latonya Brown
- Toni Chatman
- Community Resource Guide & Website- Compile and disseminate falls prevention resources (Chair: Lindsay Bailey)
  - Myra Austin
- Sustainability Planning- Sustain the Coalition (Co-Chair: Jan White and Nicolle Miller)
- Data- Utilize data to guide the work of the coalition (Chair: Tricia Smar)
  - Helen Tripp
  - Isabel Fitzgibbons

Next meeting: December 8 – time to be determined (indicate 2 hr preference in chat)

- 10am-12pm x4
- Morning

Topic: Triangle Falls Prevention Coalition Meeting December 2020

Time: Dec 8, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://unca-edu.zoom.us/j/8493313316?pwd=N200YS9kcFZkcy9YMFVxNFFxWVQ2Zz09>

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