

**March Triangle Falls Prevention Coalition Quarterly Meeting
March 9, 2020 10:00 AM – 12:00 PM**

Notes

10:00a – 10:03a Icebreaker poll question as people join the meeting: Polling didn't work. 17-18 participants at the start of the meeting. People joined over the course of the meeting, and 21-23 people remained through most of the meeting. Icebreaker question – how are people feeling 1 year post-COVID? Many are optimistic!

10:03a -10:25a Introductions and updates

Are you using NCCARE360 to either pass or receive referrals?

- *Lisa Smith: Community Paramedics are passing on referrals*
- *Ashley Price: Receiving but most seem to be misdirected*
- *Sydney Breslow: yes*
- *Vicki Tilley: Not yet. Working on getting in the system*

10:25a - 10:55a North Carolina Falls Prevention hot topics

- NC Falls Prevention Coalition Quarterly Meeting
 - February 17 and May 19 from 1-3:30p:
<https://ncfallsprevention.org/upcoming-meetings/>
- A Matter of Balance virtual programming

Lindsay Bailey: had 22 people in training and about 50% asked if they could do virtual and in-person at the same time. Nicolle feels like a requirement is that you can actually see the people doing the exercises so you would need to be able to see each individual person on the screen as well as the group in person.

- NCCARE360 for falls prevention referrals

Comments and asks from Group regarding NCCARE360:

- *Lisa Smith – Feel like it has been an asset to have a list to see what is available. Feels like the platform and having all information in one place is extremely helpful. Will let us know if she has any gaps*
- *Sydney Breslow – it may be nice to have a presentation on home modifications programs other than in Orange County. Feels as though it is a great resource database and likes everything all in one place. Uses it as a resource to get phone number and provides that phone number to the caller but does not use the system to actually referral.*
- *Angela Rogers – Our Y's update NCCARE360 with program offerings, however the majority of our referrals are coming through our OCHI Platform via direct from physician. NCCARE360 and OCHI not fully integrated but have been told by OCHI is something that can be done in mid to late March. The Y has not received*

many referrals from NCCARE360 and not sure why but assumes there are plenty of prospects out there that need falls prevention services.

- *Jennie - when posted originally there was interest but people don't seem to be interested in virtual programming, especially now that the weather is getting better. No response to Virtual Walk with Ease. Has questions about diabetes programs that she would like to speak to Nicolle about offline.*
- *Vicki Tilley – the same people are participating in the virtual encounters and there is a large population of people who aren't able to engage in the same way. Orange County feels like they can't reach a lot of people because virtual is not the best interface for people.*
- *Angela Rogers - Outside of NCCARE 360 referrals have increase for all evidence-base health interventions. Have seen increase in enrollment in all programs. The virtual programs seem to be going well which is the opposite of what Vicki is seeing in Orange County. Can serve all 100 counties in virtual environment and feels like they are reaching people who they couldn't reach before.*
- *Jennie – isn't seeing additional people coming into the programs but they also don't have as many programs as the Y to offer.*
- *Lindsay Bailey – in the MOB-V coach training I provided on Friday I had many people asking about a hybrid of in person and virtual in the same sessions. Does anyone know if that is something Maine Health is allowing? Ellen Bailey does not think so but will check. Lindsay share some provider screen shots with the group. She said that a challenge is adding programs to be referred to.*
- *Ellen Bailey – The Health Promotion – Service Type – has not been enabled yet, so we are encouraging that with NC211/NCCARE360. There is somebody at NC211 who is a connector with the two platforms. Health promotion was listed as a service time at one time but has been removed – working with this person to understand what is going on.*
- *Ann Pearce – Asked Lindsay if at UNC, are providers getting trained to use NCCARE360? Lindsay thinks it's more of the case managers who are using it. Anybody who works with patients should be able to use this but right now it is mostly hospital case workers.*

10:55a - 11:25a: Presentation – Available evidence-based falls prevention programs with virtual programming

Ellen Schneider: *based at UNC, manage the review process for evidence-based programs to get on the Title IID Falls Prevention list. Presentation on how evidence-based programs get on the Title IID Falls Prevention list and 3 new(er) programs available for falls prevention. Tai Chi Prime, Bingocize - www.bingocize.com, Healthy Steps in Motion. NCOA has a searchable database of resources on their new website: <https://www.ncoa.org/evidence-based-programs>*

Ellen Bailey – The Healthy Aging NC Initiative, Virtual Program Updates – focus on A Matter of Balance and Tai Chi for Arthritis virtual updates. And Otago to a lesser extent.

Questions & Comments:

- **Sydney:** *I know these programs are mostly utilized by older adults Does anyone do outreach to people with disabilities who experience falls? Ellen doesn't know of any specific outreach to this population but important to keep this population on the radar. Many of these programs can be adapted. Some are not appropriated due to adaptive devices but others will work for people with disabilities.*
- **Vicki Tilley:** *What about intellectually disabled populations? There is a program available for IDD population. <https://www.healthmattersprogram.org/> You could also reach out to specific disability foundations that the disorder has a history of experiencing falls.*
- **Selena Royal:** *Several regions have reported on their III-D spending and plan to have AMOB programs starting in March and April.*

11:25a -11:30a: Transition to break-out groups

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

- Website and resource directory (Lindsay) – Nicolle, Lisa Smith, Angela Rogers, Karen Holden, Vicki Tilley
- Education workgroup – (Jennie and Sydney) – Marie Dagger, Anna Sparr, Cynthia Smith, Michael Patterson
- Data workgroup (Tricia) – Helen, Jordan Moore, Stephanie Nicholson

Workgroups

- Education & Community Engagement- Promote falls awareness events in the Triangle community (Chair: Jennie Griggs)
- Community Resource Guide & Website- Compile and disseminate falls prevention resources (Chair: Lindsay Bailey)
- Data- Utilize data to guide the work of the coalition (Chair: Tricia Smar)

Next meeting: Lindsay to send out a meeting scheduler for end of May or early June