

North Carolina Falls Prevention Coalition
Wednesday, February 17, 2021



MINUTES

1. Welcome & Introductions - Attendees

Sharon Rhyne, DPH CDIS (Chronic Disease & Injury Section)
Ellen Bailey, NC Center for Health and Wellness (NCCHW)

- Amber Chapman, Family Caregiver and Health Promotions Specialist- High Country Area Agency on Aging
- Angela Beamer-Ratliff, MSW, ACM-SW, Metrolina Falls Coalition
- Anne Glass, Gerontology Program, UNCW
- Ashley Price, Aging Program Coordinator, Triangle J Area Agency on Aging
- Audrey Edmisten, NC Division of Aging and Adult Services
- Brandie Garner, Aging Services Coordinator, Mid-East Commission Area Agency on Aging
- Christey Kirk, NC Assistive Technology Program, (NCATP)
- Glen Newman, Vidant Health. Greenville NC
- Glorina Stallworth, NC Division of Public Health, Injury & Violence Prevention Branch
- Ingrid Bou-Saada, NC Division of Public Health, Injury & Violence Prevention Branch
- Janice White, NC Division of Public Health, Injury & Violence Prevention Branch
- Jason Nesbit - NC Dept of Insurance -Office of State Fire Marshall
- Jeff Bachar, NC Center for Health and Wellness (NCCHW)
- Jennie Griggs, Resources for Seniors (Wake County)
- Karen Taylor Holden, Carolina Meadows
- Kelly Cahill RN, Lower Cape Fear LifeCare Wilmington
- Leigha Jordan, Moses Cone Hospital Trauma Center
- Marlene Silva filling in for Jennie Griggs today.
- Martha Zimmerman, PT, MA Ed, WNCFPC Co-Chair and APTA NC Falls Prevention Special Interest Group Co-Chair
- Mary Hall, Vidant Medical Center/ ENC Falls Prevention Coalition
- Megan Edwards Collins, Winston-Salem State University
- Morgan Wilson, NCCHW
- Natalie Tunney, Aging Specialist, Centralina Area Agency on Aging
- Nicolle Miller, NC Center for Health and Wellness at UNC Asheville, nmiller2@unca.edu
- Rebecca Freeman, NCDAAS
- Sarah Gachuz, NC Assistive Technology Program, (NCATP), Aging Specialist
- Sara Migliarese, WSSU PT, ACL grantee
- Scott Pokorny, NC DHHS-Traumatic Brain Injury Program
- Shana Geary, NC Division of Public Health, Injury & Violence Prevention Branch

- Sharon Rhyne, Deputy Section Chief for NC Chronic Disease and Injury Section, NC Division of Public Health
- Shawn Griffin, Trauma/Burn Outreach Coordinator, Wake Forest Baptist Health
- Tammy Pereboom, NC Assistive Technology Program, (NCATP)
- Tina Craven, NC Division of Aging and Adult Services (DAAS)
- Tish Singletary, DPH, CDI, Community and Clinical Connections for Prevention and Health (CCCPH) Branch
- Toni Chatman, Wake Area Health Education Center (AHEC)
- Tracey Gates, Mission Hospital (WNC), Injury Prevention and Outreach
- Tricia Smar, Injury Prevention Coordinator with Duke Trauma Center and steering committee member of Triangle Falls Coalition
- Vicki Ashley, Business Services Specialist, NCCHW
- Vicki Mercer, PT, PhD, UNC Division of Physical Therapy, CHAMP program
- Vicki Tilley PT, with ElderFit In Home Rehab
- Norman Franklin, Injury Prevention Specialist, NC Dept. of Insurance, Office of State Fire Marshall
- Selena Royal, Senior Center Program Specialist, DAAS

2. **Presentation: NC Assistive Technology Program (NCATP): Assistive Technology for Fall Prevention/Reduction:** Sarah Gachuz, Tammy Pereboom, & Christey Kirk, NCATP, NCDHHS
 See PDF on website for [presentation notes/slides](#)

Q & A:

Q: Is it possible for individuals to "try out" a stair glide/lift at an assistive technology center? I have a patient who is considering purchasing one of these for his home, but we have concerns about his ability to transfer in/out of the chair and be balanced in the chair when using the stair glide.

A: No, we don't have a demo unit of a stair lift. Have you checked with the vendor?

Q: What about ramps to enter homes? Any resources or info for people to locate a builder?

A: Some of that is determined by the center or area you are in. We have the ability to provide temporary ramps for those who are coming home from the hospital or in the process of building one. We do have resources to help people looking to build one, and we have resources to help people find loan programs to help them afford one. This is all set very individually.

<https://homemods.org/directory-state/nc/> Check out this home modification resource list that may connect you locally with builders/ramps

NC Baptist Aging Ministry might be able to help with building a ramp:

<https://ncbam.org/rampinup.html> (Ellen Schneider)

3. Regional Coalition and Member Updates

Cape Fear Falls Prevention Coalition (Anne Glass provided update/Meredith Spell):

- Meredith is doing a tremendous job, very organized and keeping things going. All is good!
- Just had another meeting with our local coalition about a week or so ago. They formed about 1.5 years ago, and they continue to grow with great participation despite COVID.

Metrolina Falls Prevention Coalition (Natalie Tunney):

- Ellen Bailey came and spoke with us this morning about the new NCFPC
- Serve 9 counties around the Metrolina area/ Charlotte
- Thinking about outreach for more rural areas
- Interested in breaking up into work groups to help compile resources/ and perform better outreach
- Used to do in person expo and looking at virtual one next.
- Meet monthly on 3rd Wed.

Eastern Falls Prevention Coalition (Mary Hall):

- Glen Newman has taken over as co-chair of the coalition. Have had their first meeting of the year. Trying to take a deeper look at their member participation and who their coalition represents. Primarily in Pitt Co and Greenville. Excited for Ellen Bailey (NCCHW) to come and present about the NCFPC Action Plan.
- There is quite a bit of distance between some of the more eastern counties, and we are looking at helping those eastern counties establish their own coalition. Meeting virtually has actually been better for us, allowing for those most eastern counties be included.
- Ellen Bailey: High Country AAA supports has two coalitions over their region and they could be a good example to connect with.

High Country Falls Prevention Coalition (Amber Chapman):

- Split our region into two groups to help with engagement
- Our meetings are fairly discussion based. Sent out survey to elicit topics to discuss and we got feedback from members stating they want to connect with us more
- Have Tai Chi for Arthritis and FP workshop now and working on scheduling another one afterwards.

Piedmont Falls Prevention Coalition (Sara Migliarese provided update/Evelyn Smith):

- Just had our meeting today, from 12-1pm. We had our biggest group today- 19 members. Evelyn Smith @ Piedmont Triad Regional Council planned meeting
- Working on planning our event for Fall Prevention Week
- Pulled in a county that has traditionally not had representation, Surry County.
- Presentation on physical activity for seniors.
- Hope to increase involvement and continue to meet virtual.
- Megan Edwards Collins is working on doing a new AMOB training- if you are interested in joining reach out to Megan and it is posted on Healthy Aging NC [HERE](#).

Triangle Falls Prevention Coalition (Tricia Smar):

- Preparing for our next coalition, March 9th
- Nicolle Miller:
 - Usually meet on the 2nd Tuesday of each quarter. Zoom details for this meeting are on the NCFPC website
 - Ellen Schneider and Ellen Bailey are going to be presenting on newly approved evidence-based fall prevention programs and recent modifications for virtual delivery.
 - Have 4 work groups: data, education, and resources group which will look at NC CARE 360 as a way to capture resources instead of directories that need updates
 - Lindsey Bailey- chairing a resource group/compiling resource directories
 - Had a great presentation in our December meeting on clinical fall prevention considerations from a discharge perspective. Link [HERE](#) to presentation.

Western NC Falls Prevention Coalition (Martha Zimmerman):

- In a big transition, have identified 9 counties to represent
- Just built an advisory council with a representative from each county to help gather data, resources, and to help support a strategic plan
- Next quarterly meeting is March 3rd, with Amy Lanou speaking on a Social Bridging Project
- Establishing 4-5 committees to help support different goals and initiatives
- Recently got information of WNCFPC on the NCFPC Webpage
- Working with MAHEC to plan a Summer Fall Prevention Conference, then will turn to FPAW planning.
- The CHAMP program will be hosting a training in August- Vicki Mercer will be presenting. CHAMP is established in McDowell Co., Buncombe Co. was slated to start in 2020; on hold throughout COVID, but really want to get restarted.

Region A – Southwestern Commission (Jeanne Mathews):

- No updates today.

Other member updates?

4. Action Plan – Implementation Discussion

Transition to Work Groups/Breakout Rooms

- A. Poll: The coalition voted in Dec. to keep educational presentations, updates, and some work group time as a part of the quarterly meeting. Select the meeting time frame that you prefer during this virtual world. (Breaks would be on your own as needed):
- a. **2 hours, 1pm-3pm 77%**
 - b. 2.5 hours- 1-3:30pm 26%
- B. Poll: Which ONE of these educational topics are you most interested in for 2021? Consider those that will also support implementing the action plan.
- a. Diabetes, Hearing and Fall Risk- 3%
 - b. Dementia,Falls and Rural Living- 21%
 - c. Falls Prevention Advocacy- 18%
 - d. Social Isolation and Fall Risk - 18%
 - e. CDC Healthy Aging Initiatives (i.e. BOLD) - 6%
 - f. Home Modifications- 6%
 - g. **All of the above! (Prioritize based on 2021 action steps)- 27%**
 - h. Other. I'll contact you!- 0%

Ellen Bailey:

Desired Results of Discussion:

- 1. Clarify roles and action steps of each work group.**
- 2. Connect with coalition members to generate interest, momentum, optimism and action!**

Intro: As voted on at the last coalition meeting, we are moving into the implementation phase of the action plan, with new work groups and also incorporating both educational presentations and some work group time. We are going to dedicate a bit more time today to help get work groups started with new members and input.

Who is the lead agency for this goal/ this plan?

- There is no “lead” agency for implementing this plan. We, the coalition, are the “lead.”
- NCCHW and IVPR is assisting administratively to hold it all together, but coalition/workgroup members participated in the strategic planning process and came up with the action steps. In order for the action plan to be successful, members will need to participate and contribute to implementation to make progress on our headline indicator – reducing death and injury due to falls.
- If you have any questions, make sure to bring them up during your breakout session and we will bring all feedback to the steering committee for review.
- Find a workgroup that meets your passions and interests, and that aligns with your current work if possible. That will be really valuable and helpful to us in moving forward.

Ingrid Bou-Saada:

Cross-cutting themes across the 3 strategic goal areas that influence implementation:

1. Shared Risk and Protective Factors Framework (SRPF):

- a. Will look at outcomes that are related to fall prevention. Identify all the risk factors for falls and try to figure out where some of the overlap is to help find those cross-cutting themes across different issues.
- b. Will work together and not in a silo of fall prevention, hopefully to identify new partners and bring them into the work as well to increase our network across the state.
- c. In our first year we will identify the SRPF and then dive into them later down the line to engage and maintain new partners. We will be using the social determinants tool to work with SME (subject matter experts) to further our ability to connect with different stakeholders.

2. Marketing and Communications:

- a. Establish consistent messaging around falls prevention
- b. Adapt various materials to be consistent with all fall prevention messaging
- c. Work with advocacy and educational campaigns and materials

3. Stakeholder Engagement:

- a. Work with the state/state partners. Want to make sure that the state coalition is meeting the needs of the regional coalitions.

- b. Engage new partners, and work to keep stakeholders engaged during the work. This group will support listening sessions, to help inform the type of information needed to be collected and to help keep our communities informed.
- 4. Research & Practice (Data ad hoc):**
- a. Will promote and research evidence-based programs, look at best practices and be able to share that at our “Annual Moving the Needle” meeting. Use informed feedback from practitioners to help regional coalitions meet their communities’ needs.
 - b. Data adhoc- will be ad hoc, to help find data and establish what data we will use consistently to make sure we are making data-informed decisions.
 - c. Evaluation Workgroup- Have had an evaluation workgroup to move the evaluation plan forward. Have had instrumental team members move the very complicated evaluation plan to a digestible format with project management tools to help us meet immediate, intermediate, and long-term evaluation goals.
 - i. Chairs will receive one more evaluation tool- the Guiding Principles and Diversity, Equity and Inclusion checklist to help guide us. This one-pager will be shared with the workgroup co-chairs. Use it to help keep some things in mind as we move forward in our action steps.
5. Work Group Chairs will be part of the steering committee.
6. Use the evaluation plan as project management. IVPB and HANC can help with that, but we want to be clear that there is not one “lead agency” on this. This is truly a coalition effort and we will only be as successful as the participation of coalition members.

Workgroup Breakout Sessions:

- This time was used for coalition members to pick a workgroup of interest to discuss the action steps, plans for moving forward, and discuss any other tools needed to effectively collaborate.
- An invitation will also be sent to the full listserv so that any coalition member not able to attend today, can volunteer for a work group if desired.
- Meeting was dismissed from breakout rooms.

Next Meeting is Wednesday, May 19th 1:00-3:00 on Zoom.

2021 MEETING DATES: February 17, **May 19**, August 18, November 17



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services



NC DEPARTMENT OF
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N.C. Center for
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