

**Falls Prevention Task Force  
Minutes  
January 13, 2009 7:30 – 9 AM  
Fitchburg Senior Center**

**Participants:** Amy Schumacher, Ann Albert, Charlene Avery, Liz Kelly, Sandy Miskelly, Ruth Meyer, Kim Kristensen, Carmel Tesmer, Jill Jensen, Joyce Pohl, Mary Jane Eisenga, Burlie Williams, Mike Rosenberger, Sue Peterson, Terry Shea, Jan Riebe, Krista Spiro

**Evaluation of task force activities:** Need interim measures to assess impacts while we await hospitalization and ER falls data. Partners in the room agreed they could commit to implementing an evaluation plan. Plan would task partners with conducting pre-test surveys and post-test where they'd contact program participants at a set interval (eg. 6 mos after program end). Suggestions (need refinement/more discussion):

- have you had a fall?
- Have you ever been admitted to hospital or ED as a result of a fall?
- Have you fallen in the last year/six months?
- Are you afraid of falling
- Is your family afraid you might fall?

Also would be interesting to survey falls patients admitted to ED and hospital – have you ever participated in a falls prevention program/exercise class?

Some programs (Stepping On, Sure Step) require leaders to conduct post program surveys. Built in call points for each intervention:

- Otago – at 6 months or 1 year/when no longer connected with home health
- Stepping On has follow-up survey requirement

Sub-group formed to plan standardized evaluation of Otago implementation across home health and outpatient therapy. Group set meeting for February 4<sup>th</sup> and will report on outcomes at March task force meeting.

**Report from Burley Williams, United Way 2-1-1:**

After great WISC-TV story on Stepping On, five (5) older adults called 2-1-1 for information about classes. None were interested in being referred to doctor or case manager. 4 of the 5 called Safe Communities for more information. We'll need to watch this and see how protocol we designed works as call volume increases.

**Discussion on creating budget for partners interested in hosting Stepping On and No Falls courses:**

A number of folks noted that offering a draft budget would help senior centers, SAIL, hospitals, any organization that'd like to sponsor falls prevention course to launch courses. Some partners will apply for grants to cover costs; others establish sliding scales; others will pass costs on to participants or subsidize costs to keep registration fees low.

It costs St. Mary's \$850 to conduct a Stepping On class, between Carmel's time (14 hours in class; 7 hours prep), manuals/copying, refreshments.

Ann Albert agreed to come up with a draft budget for both No Falls and Stepping On for the next task force meeting.

**Taxonomy:**

Cheryl circulated a revised draft of the falls prevention taxonomy developed by Terry Shea. Next draft to be discussed by task force after MD visit work group meets and takes a crack at it.

Meeting adjourned at 9 AM.