

**Falls Prevention Task Force Meeting
Minutes
July 9, 2008**

Present: Andy Kosseff, Jill Jensen, Amy Vieth, Pam Bracey, Linda Rewey, Sue Peterson, Terry Shea, Amy Schumacher, Janie Riebe, Ann Albert, Charlene Avery, Jean O'Leary, Cheryl Wittke, Joyce Pohl, Jeanne Schiltz

Report on MD Visit Workgroup – Andy: Plans underway to develop CME program for falls prevention, hopefully through UW program (in lieu of future symposia, which were not well attended by clinicians. PTs were there in force, however!). Clinician checklist distributed during Falls Symposium will be revised (Cal Bruce and other Wildwood clinicians are field testing it) and plan is to send it out along with 211 referrals to physicians. Jane Mahoney, Bob Pryzbelski and Terry Shea have offered to conduct a briefing for our speaker's bureau.

Thanks to Amy Schumacher's technical skills, we reviewed website and clinician page to be put up on Safe Communities' falls prevention webpage. Suggestions:

- Be sure to link to database of local falls prevention services via United Way 211 web listing.
- Link to state resources.

Stepping On Training: Carmel Tesmer, Joyce Pohl, Terry Shea gave a report on 3-day Stepping On Training-of-Trainers they attended in Richland Center. Overall impressions: really good program because it encourages discussion and behavior change vs. lecture – is empowering to older adults. Carmel has met with supervisor and will meet with marketing department at St. Mary's next. Group consensus is we won't need to market much – great demand for training like this. *Next step:* get together with marketing/community education leaders from each health care organization and our training team to plan a coordinated approach.

More cool news: Task Force was selected as a Extended Falls Reduction program as a "standard" community. This is great because it'll help cover coordination costs of community exercise programs via Safe Communities and will mean potential for more Stepping On training in Dane County.

No Falls Program Training: Senior Center directors were enthusiastic about launching these classes at their centers. Next step is to schedule a fitness instructor course (offer continuing education credits) on how to deliver No Falls, hopefully in September so classes can be started before bad weather sets in. No Falls program registered an even higher reduction in falls with participants who had vision checked and a home safety assessment. We'll need to be sure to make these plugs as part of these classes.

Sure Step Program: figure out how to incorporate this into the continuum of offerings. Joyce Pohl, Colleen Howes and others are trained in this program.

A challenge with these classes is what to do when someone enrolls but the class isn't a good fit for them. Hopefully with launch of all these programs there will be lots of alternatives to refer people to so they're working at the right level.

Community Education: Jill Jensen gave an update on investigations she's done on networks we can plug into to help with community falls prevention education in the community. PT school at UW, parish nurses are resources. There are lots of resources out there – we don't need to reinvent the wheel. All presenters need to be on the same page – create a standard presentation with basic, accurate information for consumers and caregivers, then add information that's useful depending upon audience.

A couple of opportunities: last week of September is Active Aging Week – could launch something at that time. Also, SAIL is having a Fall Prevention Luncheon October 8th at West Madison Senior Center. This could be a trial run for educational programs.

Always a big hit – “free” screenings – balance and gait, bone density. Having a database of people who can offer different services would be very helpful.

We split off into workgroups for the remainder of the meeting.

Community Exercise: Jean O'Leary, Janie Riebe, Terry Shea, Sue Peterson, Charlene Avery, Carmel Tesmer, Joyce Pohl, Linda Rewey, Cheryl Wittke.

Discussed exercise video to be produced primarily for community access cable use but that could also be copied and distributed to senior centers and other community programs. Audience: people who have a hard time getting out of the house to attend classes in the community, and who are likely less physically active. Length: 30 minutes, including warm ups. Format: instructor and one or two participants conducting strength and balance-enhancing activities at two levels – easier (chair-based) and moderate (chair and standing activities).

Factors group members defined as important production values:

- good contrast and effective use of color so people with impaired vision can see movements easily. Use simple background;
- front and side angles and capacity to point out functional technique (point to area of the body and demonstrate proper stance, etc).
- Instruction/cues need to be simple – pacing needs to be right (not too fast).
- Don't call for equipment people won't have at home (eg substitute a water bottle or canned good for weights).
- Understand our limits – we'll turn people off if we try to do too much.
- We can't swing a progressive program given funding and constraints of the medium we're using – hopefully this will be a trigger for participants to seek other classes.
- Music would be nice – people with Parkinsons can find it helpful to follow a beat. If not a beat, quiet music in the background sustains interest. No lyrics as they compete for attention.

Terry will send a draft of activity list we came up with – folks should hit “respond all” to generate discussion about it. Next meeting we'll move through it – Cheryl will see if videographer can attend and help us make decisions about production. Next meeting is Tuesday, July 28th, 4 PM at Coventry Village (directions forthcoming).

Community Education Group: Jill Jensen, Amy Vieth, Ann Albert, Pam Bracey, Mary Jean Eisenga. Workgroup developed the mission statement "Promote community awareness of fall risk and prevention through education of consumers, caregivers, and professionals."

Each person took assignments for contacts and follow up. Group will meet again after the next falls prevention task force meeting.

NEXT TASK FORCE MEETING: Wednesday, August 13, 7:30 – 9 AM, HospiceCare, 5395 E. Cheryl Pkwy (off Fish Hatchery Road, not far from where we met last month at Fitchburg Senior Center) in the Ruth Solie Dining Room. . This is the dining room that is in the older section of HospiceCare- if you are looking at the front of HospiceCare building it's the entrance on the right wing. SAIL will host and provide refreshment (thanks, Ann Albert!)