



Fall Prevention Coalition - Los Angeles (FPC-LA)

Wednesday, May 18, 2011, 10:00 – 12:00 pm
Braille Institute, Community Room
741 Vermont Avenue, Los Angeles, CA 90029

Attendees: 14

Francisco Moreno (AltaMed, via phone), Adama Dyoniziak (Braille Institute), Jon Pynoos, Emily Nabors, Anna Nguyen (Fall Prevention Center of Excellence), Mike Stifel (Jewish Family Service), Rickey Sewell (LA County Fire Department), Laura Gazdziak, Grace Samson (LA County Public Health), Mike Murase (Little Tokyo Service Center), Kym Hall (Motion Picture Television Fund, via phone), Carol Hahn (OPICA), Cy Baumann, Tina Yang (Rebuilding Together, via phone)

I. Aging Society of America (ASA) – Aging in America Conference 2011 Recap

- A. FPCE, 3 other California FP coalitions/task forces, and FPC-LA (represented by Adama Dyoniziak) presented in a symposium “Learning from Experience: Developing Successful Coalitions” (Link to PPT slides: <http://db.tt/9ES9hdG>)
- B. Much interest in falls across settings: CDC, rolling out evidence-based programs,
- C. Suggestion: submit to conferences annually to represent Coalition’s work

II. Recruitment

- A. Everyone to be on the lookout for new members, keep these groups in mind:
 - Corporate/Business
 - Professional Associations
 - Civic Organizations/Assoc.
 - Colleges/Universities
 - Government (Local, State, Federal)
 - Foundations (Local, State, National, Corporate)
 - Faith/Ethnic Organizations
 - Key Individuals
 - Other Community Initiatives
- B. TO DO: Everyone to look for opportunities to talk about FP/finding new members for FPC-LA during your meetings and events
- C. TO DO: Everyone to use member recruitment e-mail template to invite others to join the Coalition (<http://db.tt/QqIJtdl>) – feel free to adapt as needed

III. FP Resource Packet Content

- A. Cover letter to service providers: tailor the FP packet by adding flyers about their FP programs and services
- B. FPCE FP Handouts in English, other resources (www.stopfalls.org/HomeSAFE)
- C. Flyer with “www.stopfalls.org” and description of handouts in other languages, printer-friendly, large font
- D. Include AltaMed “7 Steps to Keep You Safe and Independent,” (Link: <http://db.tt/j4Y6VJx>)
- E. For older adult: checklist of types of FP services and programs to ask for and how to ask (example questions with generic wording)
- F. FP screening questions – either for older adult to self-screen or for sites to use
 - TO DO: Emily/Anna to check about use of CDC self-evaluation form

IV. FP Presentations

- A. FP Presentation for older adults was well-received
- B. Service coordinators at HUD affordable senior housing are required to have community presentations on various topics; tap into this network of service providers by training them to use the FP PPT
- C. Raise awareness/sensitize service providers and older adults to fall prevention

- D. TO DO: Emily/Anna to explore if there is a professional organization for service coordinators so that we can extend our reach
- E. TO DO: Emily/Anna to create shorter 10-15 minute FP PPT as another tool (for congregate meal sites and other presentation opportunities)
- F. TO DO: Laura Gazdziak to translate slides into Spanish

V. **Falling Monologues**

- A. 4 Monologues and 1 dialogue on falls written and performed by older adults
- B. Live performance/dress rehearsal June 29, 2011, 9 – 11am at ONEgeneration Senior Enrichment Center, 18255 Victory Blvd., Reseda, CA 91335 with additional FP presentations and information tables
- C. TO DO: Everyone email Emily/Anna if you'd like to have an information booth or do a falls-related presentation at the *Falling Monologues* event
- D. Community Programs Committee will develop agenda and create flyer for distribution by Coalition members
- E. TO DO: Emily/Anna to confirm with *Aging Well in LA* producer that FPC-LA will receive video of monologues, and whether in segments or grouped

VI. **FPAW Activities**

- A. Train County AAA contract agency staff
 - FPC-LA will use AAA training to develop training for other groups for dissemination during FPAW
 - Service Provider Training Committee will lead these efforts
- B. Create / disseminate placemats
 - FPAW 2009 placemats were well received
 - FPAW Committee will review drafts of new placemats
- C. FPAW buttons for Coalition members
 - Buttons designed to get older adults' attention and start discussion
 - Members reviewed 6 potential button designs
 - Designs include FPC-LA logo and messages (e.g., Prevent a fall...Ask me how!)
 - FPAW Committee will choose button final design(s)
- D. New FP handouts on medication / balance & mobility
 - Drafts of two new handouts started
 - TO DO: Emily/Anna to complete drafts, send to members for review
- E. Press coverage
 - FPAW is an opportunity to spread word about FP more broadly
 - Could use airing of *Falling Monologues*, or hold another performance involving older adult celebrities
 - Connect with public access Channel 35 *Aging Well in LA* program
 - TO DO: Everyone explore other events to join during or around FPAW

VII. **Next Steps, Updates**

- A. Jewish Family Service finished training staff as *Tai Chi Moving for Better Balance* instructors and will start 3 classes
- B. TO DO: Coalition members that took *Tai Chi* training in Fullerton to contact Mike Stifel if interested in practice sessions for instructors in LA area
- C. Upcoming Committee teleconferences, meeting
 - FPAW: Tuesday, May 24 @ 1pm
 - Service Provider Training: Thursday, May 26 @ 1pm
 - Community Programs: Friday, May 27 @ 11am
 - **NEXT Meeting: Wednesday, June 15 @ 10 am at the Braille Institute**