



Fall Prevention Coalition - Los Angeles (FPC-LA)

Wednesday, July 20, 2011, 10:00 – 12:00 pm

University of Southern California Andrus Gerontology Center
3715 McClintock Avenue, Room 125, Los Angeles, CA 90089

Attendees: 11

Martha Miranda (be.group), Phyllis Amaral (Center for the Partially Sighted), Emily Nabors, Anna Nguyen (Fall Prevention Center of Excellence), Jasmine Libarian (Forever Active, Inc.), Antoinette Salas (Harbor-UCLA), Mike Stifel (Jewish Family Service of Los Angeles), Brenda Sapp-Pradia (LA County AAA, via phone), Rickey Sewell (LA County Fire Dept), Rita Mozian (LA County Public Health, via phone), Carol Hahn (OPICA)

I. Updates

- A. Welcome new FPC-LA member, Jasmine Libarian of Forever Active, Inc.!
- B. Watched video of *Falling Monologues* performance from last month's event
- C. Submitted abstract to American Society on Aging conference: "*Laughing and Learning: An 'Edutaining' Take on Preventing Falls*" about *Falling Monologues*
 - **TO DO: All** to contact Emily/Anna if you plan to attend ASA conference
- D. Visit FPAW resources page on stopfalls.org for updated FPAW activity ideas
 - **TO DO: All** to send community FP events to emily.nabors@usc.edu to post on FPCE's new calendar
- E. AARP Aging Conference at Staples Center Sept. 23rd, Phyllis will participate
 - **TO DO: Emily/Anna** send Phyllis copies of low vision FP handouts
- F. Be.group (formerly SCPH) conducting FP program; 12 week exercise program with Dr. Castle showed significant improvement in balance and stability

II. Strategic Plan

- A. Members reviewed an updated strategic plan for 2011-2012:
<http://db.tt/LZ2MWKJ>
- B. Goal to get FPC-LA member organizations to infuse FP into their work and plans
- C. Goal to complete current Community Programs and Service Provider Training efforts for dissemination and publicizing during FPAW
 - Speakers Bureau is good, but not everyone knows that it exists; County departments often work in isolation, do not communicate between each other, need to know someone at each dept. and get word out about FP
- D. Resource Directory and Referral Network
 - Both are in planning stages and are large undertakings – do we proceed with them once current activities (community programs, service provider training) are completed?
 - Maintaining online resource directory will be difficult; Resource directory will likely be accessed by service providers
 - Use existing websites for resource directory rather than creating our own - link with Eldercare Locator, Homemods.org, healthycity.org, falls page of LA County Public Health Dept. website
 - **TO DO: Emily/Anna** to send out survey to members; within your network, what resource directories do you have your services listed in
 - Determine whether resource directory includes for-profit organizations or non-profit only, whether to charge to be included
- E. Members present voiced that Service Provider Training and Community Programs are priority objectives to pursue in remaining grant period
 - Need buy-in; a lot of FP is not in education to prevent falls but rather after-the-fact, after a fall has occurred

- **TO DO: Emily/Anna** to contact members not present to obtain feedback

III. Train-the-Trainer Event

- A. Service Provider Training PPT presentation in process of being finalized
- B. Content includes fall facts, common risks, interventions with examples illustrating safety in the home
- C. Plan to offer 2-3 training sessions during FPAW
- D. Format similar to FPC-LA meeting that focused on training members to present consumer FP PPT presentation
- E. Invite senior housing staff, City and County AAA staff, IHSS providers, case managers, nurses, MSSP providers
- F. Suggestion - at end of training session have an additional, optional 30-minute orientation on how to use consumer PPT
- G. Suggestion - create webinar for use after in-person training sessions

IV. Next Steps

- A. Will send out Doodle schedule to arrange Community Programs and Service Provider Training teleconferences in next two weeks

Next FPC-LA Meeting:

Wednesday, Aug. 17 @ 10 am at the California Endowment