



Fall Prevention Coalition - Los Angeles (FPC-LA)

Tuesday, January 24, 2012, 10:00 – 12:00 pm
Los Angeles Department of Aging

21 Attendees: Carol Hahn (Adia Cares), Francisco Moreno (Alta Med), Petra Niles, Jose Hernandez (Alzheimer's Association), Anna Nguyen, Emily Nabors, Jon Pynoos, Greg Misiaszek (Fall Prevention Center of Excellence), Jasmine Libarian (Forever Active), Mike Murase (Little Tokyo Service Center), Helen Davis (LA Dept of Aging), Rita Mozian, Laura Gazdziak, Maggie Meidel (Public Health), Rickey Sewell (LA County Fire Dept), Jackie Dodd (Menorah Housing), Cy Baumann (Rebuilding Together), Martha Miranda, Katherine Smith (be.group), Donna Benton (LACRC, by phone), Linda Cantrill (Spirited Balance, by phone)

I. UPDATE

- a. Thank you Laura Gazdziak for your contributions and positive energy during the Coalition meetings; welcome Maggie Meidel who will be representing LA County Public Health SPA 5 & 6
- b. Fantastic work to Linda Cantrill for securing a \$2000 donation for the Coalition
- c. *The Falling Monologues* will soon be available on YouTube!
- d. In April 2012, the Coalition will move from monthly to quarterly meetings
- e. During these next 2 months, we will be streamlining our member listserv to ensure that those receiving correspondence and information are active in FPC-LA activities. Please let us know if you want to stay on the mailing list by the end of March 2012 by e-mailing annaquyn@usc.edu

Based on member survey feedback, a draft vision statement and business plan (goals and activities) were created and then discussed during the Coalition meeting.

II. DRAFT VISION STATEMENT

The 3 statements below were drafted by members during the meeting as suggestions for the Coalition's vision statement. Our vision statement should be our ideal fall prevention future.

- a. Create a safe world free from falls among older adults through accessible fall prevention information, resources, and services
- b. Promoting fall-free aging
- c. Empower/bring/raise/enhance awareness/promote accessible fall prevention information/resources/services/programs for older adults

TO DO: Everyone to e-mail your vision statement preference or new suggestion to emily.nabors@usc.edu. The vision statement will be finalized during the Feb Coalition meeting.

III. GOALS & ACTIVITIES

Below are goals and activities updated after the meeting, based on member discussion and feedback.

- **Goal 1: Raise fall prevention awareness among older adults and their caregivers, health and senior service providers, professionals, and decision makers including elected officials**
 - Activity 1: Develop a comprehensive collection of resources on current fall prevention strategies and best practices
 - Update existing fall prevention information as needed
 - Develop new fall prevention information in various formats
 - Translate information into Armenian, Chinese, Japanese, Korean, Russian, Spanish, Vietnamese (and additional languages when possible) and create low vision versions

- Activity 2: Disseminate information on fall prevention strategies, services, and programs throughout the year, with a concentrated effort during Fall Prevention Awareness Week
 - Utilize Public Health Department Speakers Bureau, member networks, and local events
 - Post and maintain FP materials on FPCE, Department of Aging, and Public Health Department websites
 - Offer fall prevention presentations and workshops for seniors and caregivers
 - Launch an annual media campaign during Fall Prevention Awareness Week
- Outcomes of Goal 1
 - A series of user-friendly FP handouts and products that meet consumer needs and build capacity of providers to promote FP
 - Increased access to FP information and services by older adults, their families and caregivers
 - Increased knowledge among consumers and providers
 - Increased demand for and use of FP services and programs
- **Goal 2: Promote the incorporation of fall prevention practices into members' efforts through communication and resource sharing**
 - Activity 1: Create ongoing communication strategies among members
 - Conduct regular monthly correspondence between members to share upcoming events
 - Establish and maintain community calendar of fall prevention and related events
 - Activity 2: Create a resource-sharing mechanism among members
 - Build resource hub featuring links to member fall prevention resources
 - Facilitate member tracking of materials disseminated (e.g., how many, where, audience type) and share with organization that provided materials
 - Support members to make referrals to community programs in addition to information dissemination
 - Outcomes of Goal 2
 - An efficient internal communication process that leverages the power of member organizations and exponentially spreads the Coalition's reach
 - A dedicated Coalition resource webpage
 - Support of individual Coalition member FP activities and events
 - The ability to measure members'/the Coalition's reach

TO DO: Everyone to e-mail edits and additions to the goals and activities to emily.nabors@usc.edu

- Policy activity: The Coalition discussed preparing members to talk to elected officials about falls and/or developing a brief for policy makers on how our activities impact falls

TO DO: Everyone to email whether they would use the above items to emily.nabors@usc.edu

IV. NEXT STEPS

- a. **Next meeting, Thursday, February 16, 2012, 10 - 12 @ Braille Institute**
 - **Help develop the Resource Hub!! Bring your organization's FP materials**
- b. Finalize the vision statement, goals, activities, and review mission statement
- c. Members will soon receive a link to *The Falling Monologues* on YouTube with an e-mail to share with colleagues and partners