



## Fall Prevention Coalition - Los Angeles (FPC-LA)

Thursday, February 16, 2012, 10:00 – 12:00 pm  
Braille Institute, Community Room

13 Attendees: Jorge Lambrinos (AARP), Carol Hahn (Adia Cares, on the phone), Nancy Garcia (Alta Med, on the phone), Anna Nguyen, Emily Nabors, Greg Misiaszek (Fall Prevention Center of Excellence), Mike Murase (Little Tokyo Service Center), Helen Davis (LA Dept of Aging), Jennifer Kilburn (Public Health), Rickey Sewell (LA County Fire Dept), Kym Hall (Motion Picture Television Fund/RT), Bonnie Shoemaker (Partners in Care/Family Care Partnership), Cy Baumann (Rebuilding Together)

### I. COALITION UPDATE

- Welcome new members Jennifer Kilburn from LA County Public Health SPA 5 and Bonnie Shoemaker from Partners in Care, Family Care Partnership
- *The Falling Monologues* can now be viewed on YouTube - <http://www.youtube.com/watch?v=BSR6NCaxvMI&feature=youtu.be> Please visit our online press kit at <http://stopfalls.org/fallingmonologues/>
- 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](mailto:annaquyn@usc.edu)*
- **TO DO: EVERYONE** email links or PDFs of fall prevention handouts to [annaquyn@usc.edu](mailto:annaquyn@usc.edu) and feel free to send it to other Coalition members as well

### II. FINALIZED VISION STATEMENT

- Members debated and collectively agreed on “**Promoting safe fall-free aging**”
- Use our vision statement for inspiration and share it with members of your network!

### III. DISCUSSION TO GIVE DIRECTION TO UPDATED GOALS & ACTIVITIES

- 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
  - **Question: What FP handout topics and formats would be helpful to you?**
    - Diabetes and falls (neuropathy and proprioception)
    - Alzheimer’s (changing gait, cognitive impairment), What providers should look for re: fall risk
    - Parkinson’s Disease
    - Concise in-home hazard checklist for consumers
    - All handouts are based on the current literature/new articles
    - Explore existing resources on new topics before creating new ones
  - Activity 2: Disseminate information on fall prevention strategies, services, and programs throughout the year, with a concentrated effort during Fall Prevention Awareness Week
  - **Question: How to market FP in a ‘sexy’ way?**
    - Find ways to incorporate videos, social media (interactive Q&A, shoes, grab bars – targeting family members and informal caregivers, medical professionals, support groups)
    - Change FP message - take out “aging” to make FP ageless
    - There may be fashion issues to address (e.g., flat shoes vs. heels)
- 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

- Activity 2: Create a resource-sharing mechanism among members
- **Question: What are ways to foster communication and collaboration between members?**
  - Members bring resources to each meeting, briefly describe what they do, provide updates, more comprehensive introduction
  - Create sheet with member contact information and description of member organizations and their services
  - Tour member organization facilities (e.g., FPCE, Rebuilding Together, Braille Institute)
  - The business plan is there so that everyone knows what needs to get done. In the next meeting and beyond, individuals can volunteer to take on specific tasks. Emily and Anna, in a reduced leadership capacity, need members to take more initiative instead of waiting to be told what to do.
  - Members should identify their availability, ability to present, hours available for Coalition, what their organization can bring to the table
  - Visibility of scheduling, sending out resources to everyone then posting on the resource hub
  - Recruiting members: Reps of senior center directors, Red Cross
  - Make FP presentation with speakers notes accessible to all members
  - Tap into fellow Coalition member presentations
  - Create poster with policy makers/dignitaries/movie stars engaged in physical activities (County Board of Supervisors)
  - Track different approaches to falls, situations

#### IV. MEMBER UPDATES

- Rebuilding Together will provide Handyworker program for one SPA in LA; next month will conduct training with possible opportunity to include FP education
  - **TO DO: Emily and Anna** to talk with Cy about FP in Handyworker training
- City Dept. of Aging is collaborating with UCLA on “The Movement” TV series following older people, featuring exercise and nutrition
  - **TO DO: Emily and Anna** to contact UCLA about incorporating FP

#### V. NEXT STEPS

- **Next meeting, Thursday, March 22, 2012, 10 - 12 @ Braille Institute**
  - Develop Mission Statement, Create Project Workgroups, Identify point people for specific tasks, Help develop the Resource Hub!! Bring your organization’s FP materials

**Draft Mission (MISSION = how we’ll achieve the vision, purpose of FPC-LA):**

**TO DO: All members to e-mail mission statement preference to [emily.nabors@usc.edu](mailto:emily.nabors@usc.edu)**

- *Empower/bring/raise/enhance awareness/promote accessible fall prevention information/resources/services/programs for older adults*
- *To reduce fall risk for older adults through fall prevention (FP) education, collaborative planning, and community action across Los Angeles*
- *To create an environment for older adults that is less conducive to falls by providing prevention information, resources, and services*
- *Enhance awareness and maintain wide-ranging and on-going activities*
- *to **eliminate**/reduce fall risk/injury*