



Fall Prevention Coalition - Los Angeles (FPC-LA)

Thursday, April 26, 2012, 10:00 – 12:00 pm
Braille Institute, Community Room

Attendees (9): Birgit Castleman (American Red Cross), Judy Hill (Braille Institute), Emily Nabors, Anna Nguyen, Jon Pynooos (Fall Prevention Center of Excellence), Jasmine Libarian (Forever Active, Inc.), Rita Mozian (LA County Public Health), Elizabeth Jimenez (Mexican American Opportunity Foundation), Kym Hall (Motion Picture and Television Fund, Rebuilding Together)

Vision: *Promoting safe fall-free aging*

Mission: *To reduce fall risk for older adults through education, advocacy, planning, and community action across Los Angeles County*

*****TO DO: Members** fill out a Member Involvement Form and submit to annaquyn@usc.edu***
to identify how each member will be involved in Coalition activities

I. Goal 1, Activity 1 – Develop a comprehensive collection of resources on current fall prevention strategies and best practices

- **TO DO: Elizabeth** to look into translating Falling Monologues into Spanish and other FP messages for Spanish-speaking population

II. Goal 1, Activity 2 – Disseminate information on fall prevention strategies, services, and programs throughout the year, with a concentrated effort during Fall Prevention Awareness Week (FPAW)

- Suggestions for fall prevention messages for FPAW 2012 (keep the theme ageless):
 - Stay in balance
 - Healthy living
 - Stay at home
 - Independent living
 - Promote safe fall-free living
 - Live fall-free
 - Being aware
 - Falls affect us all
 - Use term “injuries” rather than falls
 - Tom Petty – “Free (from) Falling”
 - We all fall down
- Suggestions for FPAW activities:
 - Connect with local events to present/ have a booth
 - Hold FPC-LA Event
 - Have a raffle with donated items
 - Find hazards or safety solutions to receive prizes
 - Become a Sidewalk Sleuth - Partner with paint/home improvement store to get small cans of brightly colored paint to mark uneven sidewalks (need to clarify on laws regarding marking sidewalks)
 - Get speaker (i.e., JFS physical activity speaker Brian Glaspy)
 - USC Pharmacy medication reviews
 - Create bookmark with 5-10 things that people can do in their home to reduce fall risk
 - Distribute CDC FP posters to members and others to hang up (e.g., senior housing)
 - **TO DO: Emily/Anna** to check on availability of USC to host FP event during FPAW
 - **TO DO: Judy** to check on availability of Braille to host FP event during FPAW
 - Braille Institute is available week of Sept. 24th
- Suggestions for FPAW Partners:
 - Villages / senior housing
 - Churches
 - Elected officials – support them to reach out to their constituents
 - Older adult advocates – get testimonials about FP programs/services helped them
 - Get advocates for Proclamation presentations to City Council

- Reviewed NCOA Falls Free Initiative guidelines for FPAD Certificate of Appreciation
 - Members can nominate an individual or organization that has had an impact on FP to receive a certificate and receive recognition on the NCOA website

III. Goal 2, Activity 1 – Create ongoing communication strategies among members

- FP One-minute newsletter - **TO DO: Everyone** to send a short 50-word blurb (what you're doing, about to do, personally or as part of your org) to Kym Hall khall@mptvfund.org by Fri, May 4th; Jose Hernandez will translate into Spanish; **TO DO: Kym** to continue work on the FPAW newsletter / posting on Facebook
- Developing Facebook group – find us “Fall Prevention Coalition – Los Angeles (FPC-LA); member event updates will be posted as they are received
- To create ongoing communication strategies among members – we are compiling a list of member contact information and descriptions of what each org. does related to falls. **TO DO: Members** send a short overview (100 words) on your org's fall prevention activities and services (include your name, position, e-mail and contact number, and if/how you receive/give referrals) to annaquyn@usc.edu

IV. Goal 2, Activity 2 – Create a resource-sharing mechanism among members

- To create a resource-sharing mechanism among members – **TO DO: Members** send your online / PDF falls-related handouts and descriptions of services to annaquyn@usc.edu
- **TO DO: Jasmine** to talk with Elizabeth about Handyworkers having FP information when they go out to do home assessments

V. 2012 QUARTERLY MEETING SCHEDULE: 10-12p @ Braille Institute, Community Room

- Thursday, July 26, 2012
- Thursday, October 25, 2012