



Fall Prevention Coalition - Los Angeles (FPC-LA)

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

Meeting Minutes

Attendees (23): Jorge Lambrinos (AARP), Jose Hernandez (Alzheimer's Association), Edward Wilson (Blacks in Government [BIG]), Judy Hill (Braille Institute), Dana Lemke (Cedars-Sinai Medical Center), Phyllis Amaral (Center for the Partially Sighted), Greg Misiaszek, Emily Nabors, Anna Nguyen, Jon Pynoos (Fall Prevention Center of Excellence), Jasmine Libarian (Forever Active, Inc.), Jennifer LaFontaine (Huntington Memorial Hospital), Monica Dunahee (Jewish Family Service of Los Angeles), Donna Benton (LA Caregiver Resource Center) (by phone), Helen Davis (LA City AAA), Gabriel Boyadjian (LA County AAA), Rick Sewell (LA County Fire Dept), Rita Mozian (LA County Public Health), Kym Hall (Motion Picture and Television Fund, Rebuilding Together), Catalina Sanchez (Partners in Care), Phyllis Farrell (Physical Activity Instructor) (by phone), Gretchen Swanson (Physical Therapist), Cy Baumann (Rebuilding Together) (by phone)

I. Updates and Introductions

- Welcome to new members: Monica Dunahee (Jewish Family Service), Jennifer La Fontaine (Huntington Hospital), Dana Lemke (Cedars-Sinai), Catalina Sanchez (Partners in Care), Edward Wilson (BIG/Matter of Balance instructor)
- Statewide FP Network Calls every other month
 - Opportunity for local coalitions and AAAs to share their efforts and learn about topics of interest including evidence-based programs, FP clinics, and CDC resources
 - TO DO: Let Emily know if you want to join calls (emily.nabors@usc.edu)
- Tai Chi: Moving for Better Balance Training – in late Fall, S. CA (date/location TBD)
 - TO DO: Let Emily know if you want to receive information on training

II. FPC-LA Fall Prevention Awareness Week Activities (FPAW) (September 22 – 28, 2012)

- Advocate for FP: Proclamations
 - City
 - City Council Meeting at City Hall to receive proclamation and make brief statement to City Council to advocate for FP, Fri, Sept 21st ~ 9a-12p
 - Help show FPC-LA's numbers and dedication to FP – join us!
 - Members at meeting interested in attending: Jorge, Rita, Monica, Jose, Rickey, Helen, Dana, Jennifer, Phyllis A.
 - TO DO: Members not listed above, email Emily if you are interested in attending
 - TO DO: Emily/Anna to send out more details as they become available
 - County
 - Opportunity to present to Board of Supervisors
 - TO DO: Gabriel to send out more details as they become available
 - State
 - A state proclamation currently seems unlikely; another option is signed letter from Sec. Dooley of Health and Human Services Agency and/or letter from Director Connolly of CA Dept. of Aging
 - May be able to obtain Governor's Proclamation from CA Commission on Aging
 - TO DO: Emily to send proclamation language to Donna
 - TO DO: Donna to present to CA Commission on Aging
- Media Campaign: Components
 - Use FPC-LA press release, write up and blurb on your website, in newsletters and blogs, Facebook and twitter, and email blasts
 - TO DO: Emily/Anna contact Roybal Institute re: their newsletter



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- Contact media outlets
 - Pursue getting PSA on falls on TV station
 - TO DO: Emily/Anna check if Cy has TV connections
 - TO DO: Gretchen to send press release to contacts at Long Beach news
- Hang up CDC posters or provide to others to post
- Disseminate handouts
 - TO DO: Members complete handout request form and submit to Emily to receive FP handouts to disseminate
- New ideas for media campaign
 - Handouts on CD
 - TO DO: let Emily/Anna know if you would like a CD
 - Table Tents
 - TO DO: Members to provide teleconference availability to plan action steps for the appearance and content of table tents:
<http://doodle.com/p3m7vt6ab6ahrmea>
- Additional Ideas
 - Rickey = link older adults to services and programs
 - Gretchen training Beach Cities Health District case managers on home assessment/modification
 - Donna = can add FP info to mailings out to caregivers
 - Monica = people delivering home delivered meals can provide number for older adults to call for assistance; they want older adults to initiate and make first call
 - Helen = DWP workers have been trained to connect older adults to services
 - Jon = CDC soon releasing *Stay Independent Fall Risk Screener* – a self-assessment tool for older adults
 - To connect with a AAA in any state, call 1-800-510-2020
 - Jose = Create a referral sheet with member org info to promote referrals
 - TO DO: Members to provide teleconference availability to explore what members are currently doing to connect older adults to fall prevention (FP) services and to find out what is needed to increase referrals:
<http://doodle.com/4mqm6gn365ahg9ze>
- Information Development
 - FPC-LA is developing new handouts for dissemination during FPAW: *Vision Loss and Fall Risk* and *Medications and Falls*
 - Other topics to consider: Diabetic neuropathy and falls, being aware of surroundings, developmentally disabled individuals and falls
 - Need to create a consciousness around falls and ingrain FP in people's minds
 - Need a visual demonstration of fall risks and interventions - video
 - TO DO: Emily/Anna schedule teleconference to develop video idea after FPAW
- Future Meeting Topics
 - Assessments – what types, who does them, challenges
 - Best practices to promote behavior change, building a consciousness about FP

III. FPC-LA FPAW Event

- Goals for event: Raise awareness about falls and FPC-LA, screen for fall risks, connect older adults and caregivers to services



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- Audience: Aiming for 100 older adults, their families and caregivers
- Main Components
 - Information Tables
 - Screenings & Assessments
 - Expert Presentations
 - Live reading or recording of The Falling Monologues
 - Drawing/Raffle
- Additional Ideas to Consider
 - A balanced approach of both positive reinforcement (healthy living, stay active and independent) and reality check about severe physical, financial, and emotional consequences of falls can reach a variety of older adults
 - Have person who fell with poor outcomes speak about his/her experience
 - Scare tactics may help persuade the unconvinced that they can be affected by falls, but most attendees will already be invested in fall reduction
 - Focus on making action plan - have attendees take an oath to take a specific step(s) to reduce their fall risk
 - Hold contest for attendees to send in before/after pictures that show FP steps
 - Have a video or PowerPoint of falls statistics to create a consciousness
 - Do a pre/post-test to measure change in attendees' knowledge
 - Hold focus/discussion groups to encourage attendees to actively participate
 - Set up a video booth so attendees can share their FP tips
 - Ensure we get a mix of people; bus people in from other areas
 - Pictures to identify hazards or real-life set up to help attendees actively ID falls
 - Determine set up so maximum number of attendees get screenings
 - Consider bringing home modification model home
- TO DO: Members to provide teleconference availability for meetings first week of Aug and Sept: <http://doodle.com/xhqv9npm4ds78kzn> and <http://doodle.com/zkxcrgdm2h3sffkc>

IV. Additional Items & Updates

- FPC-LA Webpage
 - Visit the FPC-LA webpage at www.stopfalls.org/fpc-la
 - Username: fpcla
 - Password: fallprevention
 - Webpage has Coalition overview, strategic plan, member overviews and contact information, Resource Hub to obtain member organization handouts, meeting minutes

Next and last meeting of 2012!

Thursday, October 25th

10:00 am to 12:00 pm @ Braille Institute, Community Room