



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

FPAW Media Campaign Teleconference  
Tuesday, May 14, 2013, 10:00 – 11:00 pm

Attendees: 9

Emily Nabors, Anna Nguyen (FPCE); Gretchen Swanson (Heart of Ida); Jennifer La Fontaine (Huntington Memorial); Rickey Sewell (LA County Fire Dept); Doug Melnick (LA County Public Health); Edward Wilson (Matter of Balance Instructor); Steven Rosenthal (Olympia Medical); Catalina Sanchez (Partners in Care Foundation)

- I. Updates:
  - After being approached by FPC-LA, Caroline Cicero posted an article in the Huffington Post on a “Mother’s Day Gift to Last Year-Round” - [http://www.huffingtonpost.com/dr-caroline-cicero/mothers-day-gift-to-last-year-round\\_b\\_3254033.html](http://www.huffingtonpost.com/dr-caroline-cicero/mothers-day-gift-to-last-year-round_b_3254033.html)
- II. FPAW Media Campaign Event Idea - Host balance-gait assessments across the city/county as a fall risk assessment day/week for FPAW; also provide home mod info
  - Coordinate sites across city/county to have events on different days of the week (Sunday, September 22 to Saturday, September 28) and notify media outlets
  - Plan in May/June, publicize in July/August/Sept; promote for Sept date/FPAW
- III. Thoughts from FPCE Co-Director Debbie Rose, creator of FallProof, physical activity program for older adults at increased risk of falling
  - Screening Tools
    1. Use Stay Independent Self-Rating Form from CDC STEADI toolkit - [http://www.cdc.gov/HomeandRecreationalSafety/pdf/steadistay\\_independent.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steadistay_independent.pdf)
    2. Two options: Timed Up and Go (TUG; used in STEADI; [http://www.cdc.gov/homeandrecreationalafety/pdf/steaditimed\\_up\\_and\\_go\\_test.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steaditimed_up_and_go_test.pdf)) or 8-foot Up and Go (page 9 of [http://www.patientsafety.gov/SafetyTopics/fallstoolkit/resources/educational/Balance\\_Assessment\\_Handbook.pdf](http://www.patientsafety.gov/SafetyTopics/fallstoolkit/resources/educational/Balance_Assessment_Handbook.pdf))
    3. Compare perception of risk (Self-Rating Form) to actual risk (TUG or 8ft UG)
    4. TUG is at an individual’s preferred speed, but does not have norms
      - Gives low or high risk but not where you rank
    5. 8 foot up and go is a better tool but requires more rigorous administration (e.g., demonstrated by assessor, performed by older adult at preferred speed, then 2 timed trials by older adult completed “as quickly and as safely as possible”)
      - There are national norms and criteria reference norms – where you are ranked; if you are above or below average
      - There is predictive power (e.g., if you don’t do something, you’ll be high risk by age 80)
    6. Resource: CDC STEADI Toolkit: <http://www.cdc.gov/homeandrecreationalafety/Falls/steadii/index.html>
    7. **TO DO:** Determine whether FPC-LA will use the TUG or 8ft UG by talking with screeners from each site
  - Referral Tool
    1. Suggestion: develop a “Prescription Pad Sheet” to give to participants based on their screening results (will need to run content by Debbie)
      - For those at low risk = Based on your score for the 8-ft UG, you are at a low risk for falls. Keep active 30 minutes a day with activities to strengthen muscles and improve your cardiovascular health



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

FPAW Media Campaign Teleconference  
Tuesday, May 14, 2013, 10:00 – 11:00 pm

- For those at high risk = Based on your self-report of fall risk and/or your score on the 8-ft UG, it's recommended that you talk with your primary care provider to get a full balance assessment by a physical therapist. Consider also discussing your vision, medications, and any other referrals that could help
  - 2. Keep in touch with Debbie about providing list of exercises from the Senior Fitness Test guide (possibly modified) - recommended exercises for if you don't do well on certain tests
  - 3. List of FallProof classes in CA -  
[http://hhd.fullerton.edu/csa/FallProof/documents/FallProofProgramsintheCommunityApr\\_2013.pdf](http://hhd.fullerton.edu/csa/FallProof/documents/FallProofProgramsintheCommunityApr_2013.pdf)
- IV. Confirm Host Sites / Site Coordinator
- Pasadena – Jennifer, can target local senior centers, libraries, church bulletin
  - Long Beach – Gretchen
    1. Holding an event in June - completing screenings in local park in 90 minutes; participants have opportunity to register for local programs
  - Miracle Mile – Steve Rosenthal (Olympia Medical Center)
  - Westchester – Carol (Westchester Playa Village)
  - East LA – Catalina (site TBD)
- V. Additional Discussion – Partnership with LA City Fire Dept & Hospitals
- LA City Fire Dept and hospitals interested in bringing down costs through FP awareness
  - Olympia Medical Ctr is in communication with them on how to involve FPC-LA
  - Suggestions: present top 5-10 FP Tips to share with community; year-long FP campaign beginning in Sept, launched by FPAW One-Day Symposium
  - **TO DO: Steven** talk with Olympia Medical Ctr CEO and share update
- VI. Upcoming Meetings
- Wed, May 22, 10-11a – teleconference: FPAW Event/One-Day Symposium
  - Thurs, May 30, 10-11a – teleconference: FPAW Media Campaign ← **NEW**
  - Wed, Jun 19, 10-11a – teleconference: TBD
  - Wed, Jul 17, 10-12p – in-person quarterly meeting, Braille Institute