



Fall Prevention Coalition - Los Angeles (FPC-LA)

Wednesday, April 17, 2013, 10:00 – 12:00 pm

Braille Institute, Community Room

Attendees: 14

Carol Hahn via phone (Aida Home Care Agency); Judy Hill, Manuele Mariani (Braille Institute); Helen Davis (City of LA Dept of Aging); Greg Misiaszek, Emily Nabors, Anna Nguyen, Jon Pynoos via phone (FPCE); Rickey Sewell via phone (LA County Fire Dept), Elizabeth Jimenez (Mexican American Opportunity Foundation); Steven Rosenthal post-meeting conversation (Olympia Medical Center); Catalina Sanchez (Partners in Care Foundation); Jack Bornoff (Senior Fitness Specialist); Merlyn Vinzon (VA Community Care Department)

I. Updates and Introductions

II. Funding for Coalition – Project Ideas

- Focus on advocacy and policy change – possibly provide access to resources for individuals in underserved communities; working with legislators, incorporating policy into organizations
- Also exploring funding opportunity on immigration, health, and aging
- Can be under the umbrella of aging-in-place or home safety
- 1. Meal lines – Individuals waiting for meal may not have access to health care; go to them to provide FP info and screens
- 2. Transit TV & billboards – Metro billboard for people on train; PSA on flat screens on buses and bus stops in Spanish, Chinese, Korean
- 3. Reach out to primary care providers to assess 65+ for fall risk; cost savings to Medicare, ability to reimburse for time to assess; 45 minute unstructured Medicare “wellness visit” – on a larger scale, join other coalitions to advocate for providing structure from the federal level (FP, balance, prior falls)
- 4. Look at other programs to get ideas for advocacy, replicate
- 5. Non-profits raise funds with chain of restaurants/supermarkets donating a percentage of proceeds (St. Jude’s, IHOP); potential source of consistent funding
- 6. State level FP advocacy – CA Senior Legislature writes legislation/bills to be considered (10 state/10 federal) – May 1st deadline to get bills to Sacramento
- 7. Add FP informational literature in HMO/PPO (e.g., Kaiser) mailings out to clients
- 8. Clinical reminders – messages within their system that remind care providers about FP; in 3 VA clinics but don’t have widespread adoption in VA system
- 9. Add questions to patient self-assessment at doctor appointment if 65+, (e.g., “have you fallen in last 30 days?”); questions trigger more comprehensive exam
- 10. Education component on the website – tool for those who go online
- 11. Multi-generational families who live together with aging immigrants who are at risk for falling, addressing cultural competency/language needs based on the demographics of the areas and populations; Spanish, Korean, Chinese, Farsi
- 12. Improve data collection from ER
- 13. Connect client to their primary care physician after ER discharge
- 14. Go to ER to talk with people about FP; assessment and intervention
- 15. All hospital discharge planners must put older adult patient in touch with Area Agency on Aging by law/on the books, but this is not enforced
- 16. Pilot with VA to connect clients with every service that they’re entitled to, like FP services and other federally funded services
- 17. Like Elder Abuse, mandatory reporting for those 65+ would be valuable service
- 18. Group presentations in different languages rather than just English

19. Professional Day with physicians/care providers, discuss FP and wellness visit; conference with guest speakers/main topics, offering CEUs may get buy-in from administrators, but not a lot of doctors enticed if they are charged vs. free
20. Spanish translation of *Falling Monologues* – ensure cultural sensitivity with focus groups
21. Partner with medical equipment supply companies (DME), or home modification stores (Ace, Lowes, Home Depot), APTA/AOTA, home health care agencies sometimes only have home safety vs. FP
22. AARP – insurance companies that send mailings to older adults
23. New Mayor and 8 new council members - get stats for each council district, explain how we can help them and how they can support their constituents; issues of the sidewalks were discussed in Mayoral debate
24. Walk-a-thon – to raise awareness, like for breast cancer
25. Sidewalk evaluations – include kids, cameras, smart phones, free downloadable apps; multi-generational issues
26. Landlords – provide information on safety of houses/apartments, incentivize them to make it safer for older adult tenants; reduce falls on their properties
27. Classes at senior centers – work with volunteers and student teachers
 1. More information/details about evidence-based programs (including fall prevention programs Tai Chi: Moving for Better Balance, Stepping On, and A Matter of Balance) can be found in this table: <http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/Title-IIID-Highest-Tier-Evidence-FINAL.pdf> and here is additional information: http://www.aoa.gov/AoARoot/AoA_Programs/
28. **TO DO: Everyone** to email any additional project ideas that could be used for funding the Coalition to emily.nabors@usc.edu

III. Mini-Health Fairs Calendar

- Members signed up for the month that they would like to host a mini-health fair or include FP efforts in an existing event
- LA City AAA working with DWP to provide nightlights; Helen will let us know
- Upcoming events this year:
 1. May 8 – Steven Rosenthal (Senior Safety Fair)
 2. May 16 and 23 – Catalina Sanchez (PICF)
 3. June – FP Presentation, Bradley Williams (USC Pharmacy)
 4. June – Donna Benton (LACRC)
 5. June 1 – Carol Hahn (Adia Cares)
 6. June 27 – Elizabeth Jimenez (MAOF/White Memorial)
 7. November – Festival of Fitness, Helen Davis (Dept of Aging)
- **TO DO: Everyone** to email annaquyn@usc.edu with event info to add to event calendar

IV. Fall Prevention Awareness Week (FPAW) Event – Sept 22-28, 2013

- We discussed whether we will host a Coalition FPAW Event
- Focus on professional community - 1-2 representatives so as to extend our reach

1. Have them become more aware of issue of falls and how it affects their clients/constituents – statistics
 2. Provide information for professionals to share with the older adults they serve – STEADI Tool Kit, FPCE Handouts, videos, CD to play for waiting rooms
 3. Invite politicians and funders to encourage additional funding
 4. System for volunteers – AARP with advanced notice
 5. Recruit attendees to become members of FPC-LA
- STEADI Webinar mentioned system redesign in primary care by involving whole team of nurses, clerks; encourage buy-in to the whole approach; talk about FP at every step
 - Invite politicians, field deputies
 - Provide data and statistics, how falls affect departments/organizations financially
 - Coalition can be structure to support service providers in their FP efforts
 - There may be another event this fall on home modifications/aging-in-place
 - Can utilize webinar or teleconference for those who are not able to join event
 - Advertisement package (handouts) or online website with videos (possibly in CD format to play in waiting room clinics, also news or health channel)
 - Those in hospitals won't have time/staff to be able to send people to a whole day
 - Send out "save the date" notice to have professionals mark in their calendars
 - Additional FPAW Ideas
 1. Cosmetology schools – reach students who will be working with older adults; explore using existing FP, UD, or Exercise lessons from USC Davis Gerontology
 2. Gerontology schools – train future professionals with screening tools for falls
 3. Host targeted presentations at the VA, Huntington Hospital, and other hospitals

V. FPAW Media Campaign

- Slogan – "Preventing Falls – One Step at a Time"
- Project Ideas for the Media Campaign
 1. Create video
 2. Send articles to AARP newsletter – regular article on FP
- Conversation with Steve Rosenthal after the meeting: Host balance-gait assessments across the city/county as a fall risk assessment day
 1. Contact/compile who can provide free fall risk assessments
 2. Determine assessors, locations to host
 - Pasadena – Jasmine (?), Jennifer (?)
 - Long Beach – Gretchen (?)
 - Beverly Hills – BH Senior Center
 - East LA – Catalina (?)
 - West LA – Olympia Medical Center
 - South LA – Inglewood, Rickey (?), Ahmanson Sr. Ctr.
 3. Set up RSVP list, invite media to various locations
 4. Publicize in June/July; promote for Sept date

5. Have media observe/report
6. Very visual – pop-up fall risk/gait and balance assessment with home modification information provided
7. Create press packets to hand out to media/reporters

VI. Meetings in 2013:

MARK YOUR CALENDARS!

- Tues, April 30, 10-11a – teleconference: FPAW Media Campaign
- Fri, May 3, 10-11a – teleconference: FPAW Event/One-Day Symposium
- Wed, May 22, 10-11a – teleconference: FPAW Event/One-Day Symposium
- Wed, Jun 19, 10-11a – teleconference
- Wed, Jul 17, 10-12p – in-person quarterly meeting, Braille Institute
- Wed, Aug 21, 10-11a – teleconference
- Wed, Sept 18, 10-11a – teleconference
- Wed, Oct 23, 10-12p – in-person quarterly meeting, Braille Institute
- Wed, Nov 20, 10-11a – teleconference
- Wed, Dec 18, 10-11a – teleconference