



Fall Prevention Coalition - Los Angeles (FPC-LA)

Tuesday, October 29, 2013, 10:00 – 12:00 pm
Olympia Medical Center

Attendees: 10

Kathleen Cole, Shirley Nakaki (Adapt Equals Ability); Danielle Johansen (Episcopal Senior Communities); Emily Nabors, Anna Nguyen, (FPCE); Gretchen Swanson (Heart of Ida); Douglas Melnick (LA County Public Health); Steven Rosenthal (Olympia Medical Center); Catalina Sanchez (Partners in Care Foundation); Kit Katz (St. Mary Medical Center)

I. Updates and Introductions

- Welcome to new members Danielle Johansen, *FallProof!* Instructor, Stay Well At Home Intern, and Resident Service Coordinator from Episcopal Senior Communities; and Kit Katz, Director of Senior Services Program from St. Mary Medical Center!
- Gretchen is completing 1 year grant to help roll out the CDC STEADI Toolkit in Long Beach, helping to revise parts so it is more relevant for urban areas; other programs Tai Chi, Stepping On, OTAGO

II. FPC-LA Fall Prevention Awareness Week (FPAW) Recap - Fall Prevention Symposium

- Target Audience – 60-80 key leaders, decision-makers, and directors as well as others who have roles in program delivery and implementation across LA County
- Description
 1. To kick-start California's annual FPAW, FPC-LA held a half-day invitational Fall Prevention Symposium and Call to Action
 2. Objectives: illustrate the impact of falls and their outcomes on the County
 3. encourage attendees to incorporate fall prevention (FP) into their work over the next year
 4. provide opportunities for skill building, information sharing, networking, developing partnerships, and best practices for replication launch a one-year effort to change the landscape of fall prevention in LA County provide attendees with the information and tools they need to take action
 5. attendees will network, build partnerships, and begin developing or strengthening their own fall prevention plans
- Speakers/Panelists on Falls an Issue/What We Can Do
 1. Cathy Chidester, Director, LA County Emergency Medical Services Agency
 2. Chief Brian Cummings, City of Los Angeles Fire Department
 3. Robert Wang, MD, Director, Olympia Medical Center Department of Geriatric Health
 4. Aileen Harper, Center for Health Care Rights
 5. Anat Louis, PhD, City of Los Angeles Department of Aging
 6. Rachel Zerbo, MPH, CA DPH or Gretchen Swanson, PT, Heart of Ida
- Outcomes
 1. Attendees have tools to integrate FP efforts into their work
 2. Attendees understand their role in fall prevention
 3. New and strengthened existing FP partnerships
 4. New and strengthened existing FP-related programs, services, outreach

III. FPAW Recap - Call to Action

- Attendees were encouraged to engage in new FP efforts (e.g., screenings, events, information dissemination, programs, policies, and partnerships)
- FPC-LA will send out Survey Monkey link periodically for attendees to track and share their efforts

- Judges will examine participants' efforts in terms of impact, innovation, network-building, and sustainability for the chance to win:
 1. Feature on LA City View Channel 35's Aging Well in LA Online article posted on main USC website, USC Gerontology website, and StopFalls.org, USC Social Work
 2. USC media release written by a USC staff writer
- Call to Action will also serve as member recruitment effort for Coalition – Coalition will support those participating in Call to Action
- Recruited several new members from symposium

IV. FPAW Recap - Week of Balance & Gait Screenings

- FPC-LA is also coordinated balance and gait screenings at 5 locations across LA County during FPAW (Sept. 22-28)
- A Balance & Gait Screening Toolkit was created to support Coalition members in conducting balance and gait screenings and is available at:
- Screening Sites
 1. Olympia Medical Center –had an open house with public, physicians from Freda Mohr and Park La Brea, and Westside Jewish Center; focused on FP and rehabilitation; also used Wii Balance Board balance games; approximately 15 older adults were screened?
 2. Montebello Senior Center – had sign-up sheets for Matter of Balance; helped to raise awareness for older adults; 15-20 older adults screened; about 50 older adults came but were not able to be screened due to time
 3. Heart of Ida – Had 4 events over 2 days; had just trained 6 people to be tai-chi trainers and just trained 3 new Stepping On facilitators; trained 3 people (pharmacist, nutritionist, public policy person) to do gait & balance screenings; 2 hours to screen about 25 people including time to talk with them about the importance of the screening; many don't see PCP as being in tune with FP issue; after event, more demand for FP services; they got some press in an article, which increased the demand even more; 75 total screened, 59 were moderate to high risk
 4. Huntington Hospital - held lecture and balance screening in Braun auditorium; filled with approximately 50 participants

V. Determining FPC-LA's next steps for 2014

- Coalition members voted on several activities to potentially pursue in 2014 based on outcomes of symposium
- Activities FPC-LA will pursue in 2014 (in addition to ongoing general efforts to raise FP awareness)
- Fire Station Partnerships (combined with community paramedicine) - helping community organizations develop partnerships with their local fire station (7 votes)
 1. Chairperson: Steven Rosenthal
 2. Find the Fire Department organization chart
 3. Possible partners
 - Kathy Dollarhide, from St. Mary Medical Center
 - First-In Fire (county)
 - Pasadena Fire Dept
 - Long Beach Fire Dept

- LA County EMS Agency / Cathy Chidester
- 4. Participate in and support community paramedicine– explore the Coalition’s role in this model of community-based health care in which paramedics function outside their customary emergency response/transport roles in ways that facilitate more appropriate use of emergency care resources and/or enhance access to primary care for medically underserved populations
- 5. Utilize FP Connect project, Beverly Hills Fire Department; *Information & Assessment Tool* focuses on environment
- 6. Mapping – individual falls within neighborhoods; GIS (geographic information systems)
- Fall Risk Screening, formerly Gait & Balance Screenings (8 votes)
 1. Chairpersons: Gretchen Swanson, Danielle Johansen, Kit Katz
 2. Fall Risk Screening can also encompass the environment, low vision, medication management
 3. Get the media involved and share the cost to the community
 - Human interest stories
 - Getting a spokesperson
 - Possibly a geriatrician who is good with media to support the education component
 - Keep a simple message but not too simplified/reflect the true complexity of falls
 4. Goals to help indicate success
 - # of people trained to do screenings
 - # of screening opportunities / sites – once a month or on an ongoing basis; maybe part of a course, program, or clinic
 - Demand for services; # of referrals to PCP, community programs, health care professionals
 - Tracking data? – we would need to have support from all Coalition members to maintain confidentiality/HIPAA and report back results
 - Utilizing our online Screening Toolkit; enhancing it (such as improving distinction of who is at med vs. high risk)
 5. Partners
 - Students – pharmacy, OT, PT, nursing, social work
- Activity that did not receive enough votes to pursue:
 1. Annual Wellness Visit (AWV, 5 votes) - promoting the AWV to older adults where the health care provider and older adult develop and update a personalized prevention plan (including fall risk assessment)
 - Reimbursement is low for AWV
 - Cost to PCP and staff is high; no deductible or co-pay
 2. Raising FP awareness continued from 2013 (0 votes) (This will be ongoing)
 3. "Wild Card" - Coalition members can suggest other topics for the Coalition to focus if they are able to spearhead it or bring in a partner who will
 - Training professionals before they get in the field

- **TO DO: Any members** who were not at the meeting can send along Wild Card activity ideas they would like to spearhead in 2014 to Anna

VI. 2013-2014 Meeting Schedule

- **Tues**, Nov 19, 10-11a – teleconference (please note: moved from Wed to Tues)
- **Tues**, Dec 17, 10-11a – teleconference (please note: moved from Wed to Tues)
- **Tues, Jan 14, 10-11a – in-person meeting**
- Tues, Feb 11, 10-11a – teleconference
- Tues, Mar 18, 10-11a (3rd Tues) – teleconference
- **Tues, Apr 22, 10-11a (3rd Tues) – in-person meeting**
- Tues, May 13, 10-11a – teleconference
- Tues, June 10, 10-11a – teleconference
- Tues, Jul 15, 10-11a – teleconference
- **Tues, Aug 12, 10-11a – in-person meeting**
- Tues, Sept 16, 10-11a – teleconference
- **Tues, Oct 14, 10-11a – in-person meeting**
- Tues, Nov 18, 10-11a (3rd Tues) – teleconference
- Tues, Dec 16, 10-11a – teleconference