



Keeping Texans Standing Tall

# Texas Falls Prevention Coalition

## March 20, 2009 Meeting Summary



The first meeting was a success. There were individuals representing various Area Agencies on Aging (Tarrant County, Alamo, Heart of Texas, West Central Texas, Bexar, Permian Basin, Capital, Rio Grande, Dallas, North Texas and Coastal Bend), Care for Elders, Department of State Health Services (DSHS), Injury Prevention Center of Greater Dallas, Texas Department of Aging & Disability (DADS), Texas A&M School of Rural Public Health, Humana, Texas Home Health, Senior Citizens Services and Texas Health Harris Methodist Hospital Fort Worth.

- Representative Patrick Rose discussed the importance of the work that is needed for falls prevention. He presented data on the affects of falls in Texas and a personal story that contributed to his passion in this area. He fully supports the work of the coalition and offered to help in any way possible.
- State of Falls in Texas - Crystal Beasley from DSHS presented on the data that is available for request from their agency. She also discussed the overall picture of injuries and death of Texans contributed to falls. This link <http://soupfin.tdh.state.tx.us/> allows you to search Texas Health data maintained by DSHS center for health statistics.
- Texas Response: Evidence Based Programs - Carol Zernial of WellMed presented the big picture of how the coalition started. She briefly spoke on what are and how using evidence based programs (EBP) started in Texas. She gave a brief description of the evidence-based program *A Matter of Balance* and how it was used on a statewide effort.
- A Matter of Balance Statewide Results - Marcia Ory of Texas A&M School of Rural Public Health presented on the statewide results of disseminating an evidence-based program called "A Matter of Balance". She reported on the number of classes, participants, coaches, and master trainers we have in the state since the inception of the program. Data collected from all partners implementing MOB shows improvement of self efficacy (the ability to get up, reduction in falls, protecting one's self, increase in strength and steadiness), as well as the increase participation in physical activity 5 days/wk or more and impacts on normal daily activities. She also described the methodology of the evaluation using the **RE-AIM** model (**R**each-1690 participants, **E**ffectiveness-improvements in health behaviors and daily living, **A**doption- 115 implementation sites, **I**mplementation- coach feedback form to ensure fidelity, **M**aintenance- working on sustainability plan).
- Fall Prevention Week and Day (National and State) - There was a discussion on ways the coalition as a whole can implement a common message across the state to promote fall prevention week. A consensus was that there needs to be a tag line such as "Keeping Texans Standing Tall" branded on everything, also a PSA with a positive message that everyone can use to give to their local media. The coalition should look into funding from Texas EMS Trauma and Acute Care Foundation (TETAF) and collect/video tape personal stories from participants who completed the program. Someone mentioned we should look at existing media messages, partnering with Health plans, local hospitals, city/public utilities, physicians, pharmacies to set up kiosks for that week. It was suggested that the coalition do something for Older Americans Month to start falls awareness building up to fall prevention week.



## TFPC STRATEGIES

Four Priority Risk Factors- Results of the dot exercise. The next meeting will focus on determining action steps for each of the strategies chosen.

- **Physical Mobility,**
  - **Goal A-** All older adults will have knowledge of, and access to, effective programs and services that preserve or improve their physical mobility and lower the risk of falls.
    - *Increase awareness among older adults, their caregivers, and health care professionals of factors that can contribute to decline in physical mobility.*
  - **Goal B-** Health care and other service providers will be more aware of, and actively promote, strategies and community resources/programs designed to improve older adult physical mobility and lower the risk of falls.
    - *Develop options and approaches for how Medicare and other provider systems should reimburse for physical mobility services and treatment related to falls prevention.*
- **Medication Management**
  - **Goal A-** All older adults will become aware that falling is a common adverse effect of some prescription and nonprescription medications and discuss these effects with their health care providers.
    - *Increase the numbers of older adults who have an annual medication review conducted by a health care provider or pharmacist, and insure this review includes an adequate focus on falls and fall-related injury prevention, with the goal of reducing or eliminating medications that increase falls risk.*
  - **Goal B-** Health care providers will be aware that falling is a common adverse effect of some prescription and nonprescription medications, and therefore will adopt a standard of care that balances the benefits and harms of older adult medication use.
    - *Support health care providers efforts in the implementation of periodic medication review and modification prior to each new prescription that is written for an older adult*
- **Home Safety**
  - **Goal A-** All older adults will have knowledge of and access to home safety measures (including information, assessments and home modification) that reduce home hazards, improve independent functioning, and lower the risk of falls.
    - *Raise awareness and disseminate information about home safety practices and options for caregivers and older adults to reduce falls.*
  - **Goal B-** Health care, housing, and other service providers will become more aware of, and promote, home safety measures (including information, assessments, and adaptive equipment) that reduce home hazards, improve independent functioning, and lower the risk of falls.
    - *Expand and enhance the delivery system for home modification, home safety, and related safety services.*
- **Environmental Safety in the Community**

- **Goal A-** All older adults will have access to community environments that lower the risk of falls, and facilitate full participation, mobility, and independent functioning.
  - *Develop a social marketing campaign to increase the demand for senior-friendly communities.*
- **Goal B-** Public officials such as community and transportation planners, community service providers, and those responsible for maintenance and repairs, will be aware of, and actively promote, community environments that lower the risk of falls.
  - *Increase the awareness among local, state, and federal policy makers and regulatory officials of the scope and nature of the impact of falls and fall-related injuries and death among older adults.*
  - *Focus on sidewalk safety with a clear priority of public environmental safety for older adults. (Safe Routes to School funds are available to improve sidewalks near schools in neighborhoods)*
- **Cross Cutting Issues- Goal: Effectively move the agenda/action plan forward related to:**
  - Linking the community/aging service network and the health care system
  - Integrating interdisciplinary activities such as risk assessments and interventions
  - Communications and marketing
  - Policy and advocacy
    - *Identify, synthesize, and translate information on falls prevention from interdisciplinary research into best practices. Disseminate the information to target audiences including health care and aging service providers and professional organizations.*
    - *Develop a public policy agenda to promote falls prevention at the national, state, and local levels.*

## Evaluation Responses

What did you like about the meeting?

- Networking with other agencies
- The meeting was held
- Representative Rose speaking to the coalition
- The food
- Great organization- on time
- Very informative
- It was nice to move around during the meeting doing the dot exercise
- Handouts were excellent
- Seeing the bigger picture beyond A Matter of Balance
- ENDING EARLY!!!!!!!!!!!!

What did you like least about the meeting?

- Not setting the next meeting date
- The location
- Uncertain that anything will happen from this meeting and doubtful in receiving the PowerPoint presentations

# TFPC Members

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