

Older Adult Falls Prevention Coalition Meeting Minutes

August 24, 2010

Welcome/Introductions

Liz Langthorn and Emily Samuel opened the meeting; members introduced themselves.

Grant Goals/Objectives

As it relates to the Falls Prevention Coalition (FPC):

- Establish one advisory committee/coalition addressing older adult falls/falls prevention; group should meet at least two times annually.
- Organize an Older Adult Falls Prevention Symposium (symposium was held June 22, 2010).
- Implement an evidence-based fall prevention program with an evaluation component (*Tai Chi: Moving for Better Balance*) in at least four Oklahoma communities (in addition to the Shawnee program).
- Provide information/education on older adult falls to county health departments, senior centers, faith-based organizations, Turning Point partners, Area Agencies on Aging, community programs such as Mobile Meals, and the general public.
- Develop news releases as appropriate.

Coalition Priorities

Members discussed additional priority areas and activities, including:

- Pursue proclamation for the 4th week of September as Falls Prevention Awareness Week to coincide with the national observance of National Falls Prevention Awareness Day on September 23rd.
- Participate in/contribute to health fairs, senior fairs, Lowe's Safety Day, Home Depot's Safety Fair, and Senior Day at the Oklahoma State Fair to promote Tai Chi and falls prevention.
- Develop fact sheets and prevention information catered to older adults.
- Explore ideas for follow up of older adults who have been admitted and discharged for a fall – is this something public health nurses can do? Something similar may be possible through the Aging and Disability Resource Center – grant; information, referral, follow up, hospital discharge planning; a few years ahead.
- Focus on reaching older adults.

Injury Prevention Brief: Older Adult Falls and Falls Fact Sheet

- Members are encouraged to make these documents available for distribution as appropriate; electronic versions will be emailed to all members.
- These documents may be a good guide to develop fact sheet/information sheet for older adults – larger font, black print on yellow paper, more appropriate vocabulary.

Tai Chi: Moving for Better Balance

- The Injury Prevention Service (IPS) will be hosting a 2-day instructor training for *Tai Chi: Moving for Better Balance* on Friday, October 1 and Saturday, October 2, 2010 with Dr. Fuzhong Li from the Oregon Research Institute.
- If members have suggestions for a training venue or know individuals that may be interested in participating in the training, they should contact Ms. Langthorn, LizL@health.ok.gov, or Ms. Samuel EmilyS@health.ok.gov.
- Members will look into developing a consent form to ensure safety and rights of Tai Chi participants.

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- Drafts of instructor surveys, participant surveys, and program evaluations will be sent to members for review.

National Falls Prevention Awareness Day – Thursday, September 23rd, 2010

- Members will work to have fact sheets/Tai Chi information ready for distribution to older adults in time for the observance.
- Patty Porter and Michelle Green-Gilbert will collaborate to organize a Tai Chi demonstration for Senior Day at the Oklahoma State Fair on Wednesday, September 22, 2010 to promote the Tai Chi program. Ms. Porter welcomes ideas and relevant falls prevention educational materials for distribution.
- The IPS will prepare a news release for that week.
- The National Council on Aging (NCOA) provides a media toolkit for Falls Prevention Awareness Day – <http://www.healthyagingprograms.org/content.asp?sectionid=149&ElementID=933>; link to the main page – <http://www.ncoa.org>.

Announcements

- September 22, 2010: Senior Day, Oklahoma State Fair; contact Patty Porter for more information.
- September 23, 2010: National Falls Prevention Awareness Day
- October 1-2, 2010: *Tai Chi: Moving for Better Balance* Instructor Training; contact Liz Langthorn or Emily Samuel for more information.
- October 16, 2010: Senior Fall Fair, 10:00am to 4:00pm; contact Virginia Harbour for more information (flyer attached) or visit Don't Fall Down Oklahoma, <http://www.dontfalldownoklahoma.com>.
- Updated coalition contact list will be sent to members by email.

Next Meeting

- Tentatively late October or early November, 2:00-4:00pm. Details TBA.