

## Iowa Falls Prevention Coalition 3-Year Action Plan 2025-2027



**Vision:** Iowans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

**Mission:** To facilitate collaboration among state, community, and healthcare system partners to reduce falls by building awareness, providing education, and supporting implementation of fall prevention efforts.

**Goal #1: Increase awareness of falls in Iowa and support more falls prevention education.**

|   | Action Step Due Date | Progress Notes |
|---|----------------------|----------------|
| <b>Objective 1.1: Increase awareness of falls and educate about falls prevention among individuals, professionals, and students.</b>  |                      |                |
| <u>Action Step A:</u> Work with Iowa HHS to support annual efforts to disseminate Iowa Falls Brief.   |                      |                |
| <u>Action Step B:</u> Create an annual awareness week proclamation to encourage public awareness, educate policy makers about the burden of falls, and provide recognition for the work of the Iowa Falls Prevention Coalition. |                      |                |
| <u>Action Step C:</u> Increase community level awareness of falls risk and engagement in prevention strategies through statewide <b>Falls Prevention Awareness Week</b> activities annually in September.                       |                      |                |
| <u>Action Step D:</u> Increase engagement of health profession students in Falls Prevention Awareness Week activities.  |                      |                |
| <u>Action Step E:</u> Expand professional education through the annual <b>Falls Prevention Symposium</b> that reflects a broad target population (professionals, employers, caregivers, etc.).                                  |                      |                |

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| <u>Action Step F</u> : Promote increasing physical activity for patients/individuals with arthritis or other chronic conditions to decrease the risk of falling.   |  |  |
| <b>Objective 1.2: Manage the IFPC website to enhance access to falls information and resources.</b>  |  |  |
| <u>Action Step A</u> : Promote the Program Library for information about falls prevention programs in Iowa with the ability to register for programs from the website.   |  |  |
| <u>Action Step B</u> : Keep the IFPC webpage updated with national and state information about falls prevention, IFPC/local coalition meeting notes, and various resources.  |  |  |
| <u>Action Step C</u> : Promote the Clinician Resource webpage for information and resources to support increased screening for falls, counseling about falls prevention interventions, and referrals to falls prevention programs. |  |  |
| <u>Action Step D</u> : Improve website accessibility for individuals with disabilities and language accessibility.   |  |  |

### Goal #2: Expand falls screening activities across the state to better detect fall risk.

|   | Action Step Due Date | Progress Notes |
|---|----------------------|----------------|
| <b>Objective 2.1: Promote the three levels of STEADI Falls Screening to increase awareness of fall risk</b>   |                      |                |
| <u>Action Step A</u> : LEVEL 1: Promote dissemination of the STEADI Falls Brochure with members of the community to self-assess their fall risk and alert healthcare provider + connection to Iowa HUB for enrollment in falls prevention program.            |                      |                |
| <u>Action Step B</u> : LEVEL 2: Encourage community partners to use the STEADI falls screening tool to support their falls screening events/activities.   |                      |                |
| <u>Action Step C</u> : LEVEL 3: Engage clinicians to use the STEADI falls screening tool and refer to falls prevention programs or specifically, to the Iowa HUB for patient enrollment in community programs.  |                      |                |
| <u>Action Step D</u> : Raise awareness of the online STEADI falls screening resources and available trainings to increase the utilization of STEADI as an evidence-based screening tool and resource for helping detect fall risk across <b>all sectors</b> . |                      |                |

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| <b>Objective 2.2: Promote centralized location to track and report falls screening activity.</b>                        |  |  |
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| <u>Action Step A:</u> Iowa HUB to promote partner screenings and track number of screenings conducted across the state. |  |  |
| <u>Action Step B:</u> Iowa HUB to receive falls screening referrals for connection to falls prevention programs.        |  |  |

### **Goal #3: Enhance statewide capacity and sustainability for falls prevention programs through a community care hub model.**

|   | <b>Action Step Due Date</b> | <b>Progress Notes</b> |
|---|-----------------------------|-----------------------|
| <b>Objective 3.1: Building capacity for falls prevention statewide.</b>   |                             |                       |
| <u>Action Step A:</u> Increase the number of partners referring to the HUB by offering multiple referral pathways to connect individuals with statewide programs.   |                             |                       |
| <u>Action Step B:</u> Establish healthcare payment contracts to improve access to falls prevention programs across Iowa.  |                             |                       |
| <u>Action Step C:</u> Develop a shared, community-driven data governance process between the Iowa HUB and partners for secure and meaningful data sharing (i.e., BAAs).   |                             |                       |
| <u>Action Step D:</u> Increase the number of partners posting their evidence-based programs to the HUB's program locator, ensuring up-to-date content, locations, and schedules that make it easy for providers and community members to find and connect with available offerings. |                             |                       |
| <u>Action Step E:</u> Conduct monthly office hours with network partners delivering programs offering time to network and share successes/challenges in addressing enrollment and retention.  |                             |                       |
| <b>Objective 3.2: Addressing SDOH for increased enrollment and retention in falls prevention programs.</b>  |                             |                       |
| <u>Action Step A:</u> Connect falls prevention program participants to the HUB's navigation services so underserved and high-need individuals can access community resources that support enrollment, engagement, and retention.  |                             |                       |

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| <u>Action Step B</u> : Couple falls prevention efforts with efforts to address food and nutritional insecurity as food insecurity leads to higher risk of falls via frailty (i.e., make a connection to Iowa SNAP hotline, etc.). |  |  |
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### Goal #4: Support community-clinical linkages across the state for coordinated falls prevention efforts.

|   | Action Step Due Date | Progress Notes |
|---|----------------------|----------------|
| <b>Objective 4.1: Engaging health system partners in falls prevention activities.</b>   |                      |                |
| <u>Action Step A</u> : Recruit and engage health system partners in the Iowa Falls Prevention Coalition.  |                      |                |
| <u>Action Step B</u> : Improve access to falls prevention programs in rural Iowa:<br>1) engage rural healthcare providers in screening and referring (critical access hospitals)<br>2) initiate new falls prevention programs with virtual options  |                      |                |
| <u>Action Step C</u> : Promote healthcare discharge plans that refer into evidence-based programs and services that maintain and expand a patient's safe mobility, balance, and overall health.   |                      |                |
| <u>Action Step D</u> : Encourage healthcare providers to offer home assessments performed by healthcare professionals such as Occupational and Physical Therapists or Certified Age in Place Specialists aimed to improve livability and reduce falls risks as part of the plan of care for individuals who have been screened at-risk for falls. |                      |                |
| <b>Objective 4.2: Promote the development of local falls prevention coalitions</b>  |                      |                |
| <u>Action Step A</u> : Use the Landscape Analysis Report to identify gaps and opportunities in falls prevention and engage partners to expand participation statewide.  |                      |                |
| <u>Action Step B</u> : Provide technical assistance and support to groups who express interest in forming a local/regional falls prevention coalition.  |                      |                |
| <u>Action Step C</u> : Create local coalition guidance manual for best practices for coalition development.   |                      |                |
| <u>Action Step D</u> : Plan breakout room time during IFPC meetings to facilitate conversation in an effort to strengthen the network among IFPC members.   |                      |                |

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| <b>Objective 4.3: Support community models that promote falls prevention best practices.</b>  |  |  |
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| <u>Action Step A</u> : Engage with local fire departments/EMS to provide a comprehensive and coordinated approach to education, prevention information, and intervention to reduce falls within the home.                         |  |  |
| <u>Action Step B</u> : Support community paramedicine activity and connect emergency-responders to refer individuals with a fall history to the HUB for enrollment in falls prevention programs.                                  |  |  |
| <u>Action Step C</u> : Collaborate with community partners/planners to advance community designs and built environments that support accessibility, walkability, and needs of people with various physical and sensory abilities. |  |  |
| <u>Action Step D</u> : Capture feedback on participants' experiences with screening, referral, navigation, and/or program participation to guide the development of falls prevention best practices.                              |  |  |
| <u>Action Step E</u> : Iowa Falls Prevention Coalition representatives engage in state and national efforts to advance falls prevention best practices, bringing back expertise to strengthen local initiatives.                  |  |  |

## Goal #5: Effectively grow the policy and advocacy work of the Iowa Falls Prevention Coalition.

|  | Action Step Due Date | Progress Notes |
|--|----------------------|----------------|
| <b>Objective 5.1: Maintain operations and grow membership of the Iowa Falls Prevention Coalition.</b>  |                      |                |
| <u>Action Step A</u> : Conduct landscape analysis every other year to assess falls prevention activity successes, challenges, barriers, gaps, and needs. |                      |                |
| <u>Action Step B</u> : Assess fall data report needs of partners to inform creation of data briefs and other data reports.                               |                      |                |
| <u>Action Step C</u> : Engage healthcare payers in innovative payment models to establish reimbursement for community-based programs.                    |                      |                |

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| <u>Action Step D</u> : Seek input from IFPC members and potential members in an effort to plan meeting content that is relevant and valuable to members, therefore, encouraging further engagement with the coalition. |  |  |
| <u>Action Step E</u> : Target outreach to recruit and engage new members within regions of Iowa that are not presently represented in the coalition.   |  |  |