

**Iowa Falls Prevention Coalition 3-Year Action Plan 2022-2024
Goal Strategy Review Efforts for 2022**



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 and expand knowledge around falls risk and prevention to reduce falls, fall-related injuries, and death in Iowa.

Goal Coordinator: Trina Radske-Suchan, CHPcommunity

	Action Step Due Date	Entities/Individuals Interested in this Work
Objective 1.1: Increase the awareness of falls risks and prevention among individuals, professionals, and students.		
<u>Action Step A:</u> Develop an annual <i>Falls in Iowa</i> report, including analysis of disparities that may exist.	2022 Falls Prevention Data Brief created by Iowa HHS; will be found on the IFPC website page on the HUB (coming soon!)	Iowa Department of HHS
<u>Action Step B:</u> Develop awareness messaging and resources based on target populations (e.g., older adults, disabilities, diabetics, subsequent falls, farmers, employees) with consideration for culture, health literacy, and self-efficacy.	Brain Injury Alliance of Iowa Family Caregiver Conference included falls presentation <ul style="list-style-type: none"> • Easterseals presented on adaptive equipment, lending library for people with disabilities <ul style="list-style-type: none"> ○ https://www.youtube.com/watch?v=KLJn_ve-7Rc <p>IA Falls Prevention Symposium included presentations addressing the following target groups:</p>	HUB U of I Drake University BIAIA Easterseals MercyOne Sioux City Fire & Rescue

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	<ul style="list-style-type: none"> • Pitfalls of Diabetes Mellitus: how hypoglycemia and microvascular complications can lead to injury (diabetics) • Emergency 911 Community Paramedicine (subsequent falls) • Multiple topics including Age-Friendly Care – older adults <p>Falls Prevention Awareness week</p> <ul style="list-style-type: none"> • Social media messaging was developed to reach each of our targeted populations; coalition members were encouraged to post a daily targeted message during Awareness Week. <p>The HUB coordinated a 4-part series Disability Inclusion Training targeted for program partners across the state delivering evidence-based programs.</p> <p>Nebraska Methodist College Geriatric Symposium – Panel discussion with Nebraska, Iowa, and South Dakota Falls Prevention Coalitions; provides our coalition an opportunity to highlight the work we are doing and increase awareness of prevention among professionals and students. Angela Shanahan joined the panel to represent IFPC.</p>	
<p><u>Action Step C:</u> Increase community level awareness of falls risk and engagement in prevention strategies through statewide Falls Prevention Awareness Week activities annually in September.</p>	<p>Kristin Meyer – Coordinator</p> <p>The goal this year was to encourage partners/groups across the state to commit to a plan for raising awareness of falls during FPAW. The FPAW team also created and emailed messages to professional associations around Iowa to engage them in FPAW activities and raise their awareness of their role in falls prevention.</p>	<p>Drake CPHS</p>

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	We will be receiving the NCOA 2022 FPAW report soon and will ask our coalition to share broadly to report on Iowa’s activities during FPAW and use as a tool to increase future engagement.	
Objective 1.2: Expand knowledge of falls risks and prevention among individuals, professionals, and students.		
<u>Action Step A:</u> Promote a centralized HUB platform to disseminate consumer information and resources related to falls prevention education, programs, and support services with direct links to other applicable organizations.	Will be sharing the new website at our January 2023 meeting with a goal to recruit IFPC members to volunteer to provide feedback before full launch.	HUB
<u>Action Step B:</u> Empower family members and caregivers as part of fall risk education and prevention by disseminating the “Falls Prevention Conversation Guide for Caregivers”.	Shared with coalition to promote widespread dissemination. Available on current and future coalition websites. Also shared out during Falls Prevention Awareness Week social media campaign.	Co-Chair HUB
<u>Action Step C:</u> Expand education through an annual Falls Prevention Symposium that reflects a broad target population (professionals, employers, caregivers, etc.).	Kathy Lee – Lead Coordinator Anita Leveke - Coordinator Kathy shared the results of the Symposium evaluations at our November meeting. The overwhelming response was that the symposium was a big success again this year. Speakers were well received, and attendees appreciated the content/variety of topics.	U of I MercyOne
<u>Action Step D:</u> Partner with state OSHA and other industry and labor groups to discuss falls prevention strategies in the workplace, assist with dissemination of information to human resource professionals, and expand employer engagement in prevention of slips, trips, and falls.	2023 Priority	Iowa Injury & Violence Prevention Strategic Plan U of I

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<p><u>Action Step E</u>: Educate policymakers about the burden of falls in Iowa through dissemination of a policy brief for state and local policy makers to support falls prevention strategies in Iowa.</p>	<p>Not able to get 2022 proclamation signed this year. Priority for us next year. We have included the 2021 signed proclamation on our new website.</p>	<p>Iowa HHS HUB</p>
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Goal #2: Increase access to falls prevention programs and support services.

Goal Coordinator: Angela Shanahan, MercyOne

	Action Step Due Date	Entities/Individuals Interested in this Work
Objective 2.1: Support healthcare systems and community providers in utilizing best practice falls risk assessment tools.		
<p><u>Action Step A</u>: Develop common falls prevention and management measure sets across the Iowa provider community.</p>	<p>Began work to collect information about the different/similar ways in which various health care providers are assessing falls</p> <ul style="list-style-type: none"> ● Hospitals, primary care, PT/OT, community-based organizations <p>2023 - Reaching out to University of Pennsylvania (AWV measures with fall prevention measures</p> <p>As we enroll more falls prevention programs within the HUB, we will have a new data source for falls risk/outcomes.</p> <ul style="list-style-type: none"> ● Number of patients screened at risk for falls ● Number of people referred to EBP ● Number of people completing EBP <p>Pre-post balance (offer in the home)?</p>	<p>Mercy One</p>

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<p><u>Action Step B</u>: Enhance routine medication reviews to include a focus on medication fall risk.</p>	<p>Presentation to Coalition members: The Medication Empowerment and Deprescribing for Safety (MEDS) Study</p> <ul style="list-style-type: none"> • Study is a partnership between MercyOne and the University of Iowa Colleges of Public Health and Pharmacy. The goal of the trial is to determine the effectiveness of a patient-centered medication action plan on falls, fall-related injuries, and safe driving among adults 60 years of age and older. <p>Investigating Best Practices:</p> <ul style="list-style-type: none"> • Age-friendly health systems integrating with Annual wellness visit • Geriatric Interdisciplinary Team Model Transformation in Primary Care (GITT-PC) Model • Beer’s criteria; opioids, benzos, anticholinergics, gabapentin <p>HomeMeds medication safety review is being utilized by 3 of the 6 AAAs in Iowa with adults age 60+. The AAAs are licensed to complete 50 HomeMeds assessments each month and are divided throughout the three AAA, Milestones, NEI3A and Elderbridge. Currently, they are averaging 15-20 assessments a month at this time but would like to see that number increase.</p> <p>CAPABLE program administered in a select number of counties throughout Iowa includes medication review related to falls prevention.</p>	<p>Milestones AAA Elderbridge AAA NEI3A AAA MercyOne-Uofl IPA</p>
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<p><u>Action Step C:</u> Encourage emergency-responders to screen for fall risk (i.e., Falls Free Check-Up tool) when responding to falls-related calls and provide a resource for connecting individuals to prevention strategies.</p>	<p>As a trusted source of information, local emergency medical services (EMS) and fire departments can have a key role in falls prevention efforts. In 2023, we will focus on building partnerships with first responders to create open discussions on addressing fall rates in the home and prevention strategies specific to the community.</p>	<p>Milestones AAA IDPH – Trauma Sioux City Fire and Rescue</p>
<p><u>Action Step D:</u> Provide resources for home-based and other community service providers on how to identify people at risk for falls, screen for fall risk, and provide a resource for connecting individuals to prevention strategies.</p>	<p>Working on a draft document - Non-Medical Fall Prevention Decision Tool for non-medical community providers to give direction to someone at risk for falls – will have coalition comment on the document.</p> <p>Falls Free Check-Up Tool – raise awareness</p> <p>Tai Chi Iowa has hosted Fall Proof workshops, gait and balance assessments at Iowa Methodist Medical Center, MercyOne, and local senior facilities.</p>	<p>MercyOne Tai Chi Iowa</p>
<p><u>Action Step E:</u> Identify and promote the use of complementary assessment/screening tools within and among community partners to ensure identification of falls risks at all stages and settings.</p>	<p>5th Annual UnityPoint Health Therapy Conference – Dr. Dr. Jill Bjerke delivered a falls prevention presentation to physical therapists, occupational therapists, and speech therapists from inpatient, outpatient, and home care settings across all UnityPoint regions.</p> <p>Part of the work through the recently awarded CDC-RFA-CE-22-006 grant to begin in 2023, Iowa State University is working with the Iowa Community HUB in developing a falls prevention screening program to increase the number of falls screens/assessments among community partners within community environments. We have scheduled a presentation for January 2023 meeting to open this discussion.</p>	<p>Silver Spaces – Dr. Bjerke Iowa State University HUB Tai Chi Iowa</p>

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	Tai Chi Iowa provided Fall Prevention presentation for Drake OT students.	
Objective 2.2: Establish referral mechanisms into or connections to falls prevention programs and support services.		
<u>Action Step A:</u> Equip healthcare professionals with the ability to make a timely referral to evidence-based programs and support services to manage falls risk for patients.	<p>The HUB has been working to grow bidirectional referral systems with pilot programs – Above + Beyond Cancer, Walk With Ease, National Diabetes Prevention Program, Produce Prescription Program, and Healthy LifeStars. We have just begun to recruit falls prevention programs (Lucas County Public Health – A Matter of Balance; Above + Beyond Cancer –TCA for Falls Prevention). We are looking to recruit more falls prevention programs in 2023 and line up referral networks with those programs.</p> <p>Milestones AAA (Director of Health Promotion/EBP Leader) and St. Ambrose University faculty (Dr. Michael Puthoff, Professor and Director PT Dept.) created and presented a CE credentialed program on 10/17/2022 for PTs in the field on “Successful Aging through Collaboration with Evidence Based and Community Based Programs.”114 professionals participated from 6 states – IA, IL, WA, NC, MN, WI.</p>	HUB AAA’s
<u>Action Step B:</u> Promote hospital discharge plans that refer into evidence-based programs and services that maintain and expand a patient’s safe mobility, balance, and overall health.	Create a Fall Specific Discharge plan template that could be used universally throughout Iowa and tailored to each health system’s needs ER/Urgent care, Hospital, SNFs and connection to the HUB for falls prevention interventions offered across the state.	MercyOne AAA-IRTC IDA U of I
<u>Action Step C:</u> Promote development and utilization of a statewide falls prevention hub to connect individuals and organizations to community resources, including available programs and tools for reducing falls across all ages.	HUB – 2023 IFPC meeting presentation for new website.	HUB

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	Iowa Community HUB was selected for the 2022-2023 Administration for Community Living Community Care Hub National Learning Community (ACL CCH NLC).	
Objective 2.3: Increase availability of evidence-based fall prevention programs and support services within Iowa communities		
<u>Action Step A:</u> Develop a statewide hub that supports community-based organizations/individuals in implementing, expanding, and/or sustaining their evidence-based falls prevention programs and support services.	HUB: A community-led system comprised of multidisciplinary network partners who use a shared resource database and are working towards creating an ecosystem of interoperability with Iowa technology platforms to optimally deliver programs and services that support the evolving needs of the community. The HUB is also a capacity-building and sustainability partner for community-based organizations in supporting their program efforts in Iowa. 2022 Piloting program organizations to help customize the system and processes to meet the needs of Iowa organizations.	HUB
<u>Action Step B:</u> Promote health equity (including digital equity) and meet the needs of all Iowans at risk for falls by working with state and national partners to increase the accessibility and inclusiveness of our falls prevention programs and support services.	<p>HUB partnering with Easterseals Iowa and National Center for Health, Physical Activity and Disability to provide program organizations with resources to help them increase the accessibility and inclusiveness of falls programming.</p> <p>2023 – Work needs to be done:</p> <ul style="list-style-type: none"> • Are there tablets or wireless access available for older adults to access online programs? • What is our current reach? • How do we get programs to areas without? • Maybe digital options but do those areas have access? 	<p>HUB U of I Easterseals Iowa AAA's NCHPAD Iowa HHS</p>

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	<ul style="list-style-type: none"> Offering more regularly? 	
<u>Action Step C:</u> Work with state and national partners to promote more frequent offerings of trainings in Iowa for evidence-based falls prevention programs.	<p>HUB will work with state partners to increase opportunities for regular trainings.</p> <p>HUB offers the ability of community-organizations to search for local trainings.</p>	<p>HUB Tai Chi Iowa U of I ISU</p>
<u>Action Step D:</u> Engage service payers to discuss available metrics and cost data needed to establish reimbursement rate for community-based programs.	<p>HUB creating economies of scale – new data source</p> <p>HUB following the CDC “Umbrella Hub” model – umbrella hub arrangement operates on healthcare reimbursement from a diverse payer mix; payer contracting; working towards supporting community-based organizations in billing and submitting claims for reimbursement.</p>	<p>HUB Iowa HHS</p>

Goal #3: Increase the percentage of Iowans who live in safe homes and safe communities.

Goal Coordinator: Sydney Marshman, Happy at Home Consulting

	Action Step Due Date	Entities/Individuals Interested in this Work
Objective 3.1: Promote home modifications that assure home and setting accessibility and safety over time.		
<u>Action Step A:</u> Raise awareness and disseminate information about home safety best practices and options for caregivers and older adults to reduce falls in the home.	Connect America presented to the coalition about their AI-enabled connective care platform that helps providers and loved one’s monitor, measure, and manage people’s health in their homes to improve	<p>Happy at Home Consulting Silver Spaces Tai Chi Iowa AAA</p>

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	<p>access to care as soon as it’s needed. We also shared their Preventing Falls booklet in an email.</p> <p>Elderbridge Area Agency on Aging provides assistance and referral when needed.</p> <p>Silver Spaces sends a monthly newsletter to over 1,000 providing information on home safety, risk assessment and modification information. Over 100 in-home safety assessments were performed using the cloud-based software. Silver Spaces is submitting a grant application to the National Institute on Aging to transform our cloud-based home assessment into an artificial intelligence product.</p>	<p style="text-align: center;">IDA Connect America Iowa HHS</p>
<p><u>Action Step B</u>: Encourage healthcare providers to offer home assessments and referral into evidence-based programs (i.e., CAPABLE) as part of the plan of care for individuals who have been screened at high-risk for falls.</p>	<p>Happy at Home Consulting provided the Coalition a presentation about their CAPABLE efforts - Community Aging in Place—Advancing Better Living for Elders Program</p> <p>The Home Hazard Removal Program (HARP) was newly approved this year by the Older Americans Act Title III-D evidence-based program. HARP serves older adults at high risk of falling by removing common hazards and educating about falls risk. Happy At Home Consulting completed the training for Occupational Therapists to deliver HARP. The coalition will look to find ways to support HARP and the continued work of CAPABLE in 2023-2024.</p> <p>Happy at Home Consulting offered “Aging at Home in Iowa” conference October 2022 to provide continuing</p>	<p style="text-align: center;">Happy at Home Consulting GDM Habitat for Humanity IDA AAA-IRTC Silver Spaces HUB Iowa HHS</p>

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	<p>education for healthcare practitioners on identification of risk and referral into evidence-based programs.</p> <p><u>Collaborating on Grant Project Opportunities for 2023</u> Happy at Home and the HUB are working together to address 'Aging in Place' by creating robust clinical-community linkages and advanced navigation processes for connection to important services that will allow seniors the ability to live in one's own home and community safely, independently, and comfortably, regardless of their income. The focus is on food insecurity and home safety. Seniors are screened for fall risk, physical limitations in performing activities of daily living, hazards in the home, and food insecurity (as well as other SDOH). If others are interested in joining, let us know.</p> <p>The Greater Des Moines Habitat for Humanity team discusses accessibility options with qualified clients. Greater Des Moines Habitat for Humanity works with Happy at Home to provide services to income-qualified CAPABLE homeowners and are piloting an Aging at Home approach that includes a functional assessment in addition to the home assessment for a select number of Home Preservation clients.</p> <p>The Bureau of Emergency Medical and Trauma Services hosted the 2022 Iowa Trauma and Preparedness Conference. This conference hosted around 350 trauma injury and emergency response professionals across the state. The Iowa Department on Aging was provided a free booth to utilize for their community program CAPABLE for awareness and information dissemination. During this exhibitor</p>	
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	<p>experience the CAPABLE staff encouraged the use of screening for high-risk for falls and referring into the program.</p> <p>Silver Spaces regularly informs and works with OTs, PTs, rehab specialists, care coordinators and others who either use our tool or are looking for a home safety assessment tool to use.</p>	
<p><u>Action Step C:</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.</p>	<p>Same as above: As a trusted source of information, local emergency medical services (EMS) and fire departments can have a key role in falls prevention efforts. In 2023, we will focus on building partnerships with first responders to create open discussions on addressing fall rates in the home and prevention strategies specific to the community.</p> <p>The Bureau of Emergency Medical and Trauma Services hosted the 2022 Iowa Trauma and Preparedness Conference. This conference hosted around 350 trauma injury and emergency response professionals across the state.</p> <p>Happy at Home Consulting provides education to EMS in the Des Moines Metro for referral into fall prevention program following lift assist calls.</p> <p>The final details are nearly complete for the National Fire Protection Agency’s re-boot of the program formerly known as “Remembering When.” The national advisory committee is expecting the 2023 meeting schedule soon with a launch date. This will be a</p>	<p>Milestones AAA Sioux City Fire and Rescue Iowa HHS</p>

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	professionally produced community education resource on falls and fire prevention for older adults.	
Objective 3.2: Improve community environments that lower the risk of falls and facilitate full participation, mobility, and independent functioning.		
<p><u>Action Step A:</u> Disseminate best practice information about effective strategies to reduce falls outside the home such as sidewalk safety and handrail placement.</p>	<p>Lorri Swarney, COTA/L presented on her experience in the AARP Walking College and completing community walking audits.</p> <p>Elderbridge Area Agency on Aging provides assistance and referral when needed.</p> <p>Silver Spaces provides fall prevention information on our website, newsletter and blog. The Silver Spaces Home Safety Assessment specifically addresses handrail placement and exterior risk issues regarding exterior walking surfaces.</p> <p>Tai Chi Iowa and other trained organizations have been providing Activator Pole walking classes for Fall Prevention within the community. Pole walking enhances the safety of walking for those with concerns about stability. The City of Clive offers free check-out of their poles for walking in the Greenbelt trail.</p> <p>Milestones AAA health promotion director/EBP leader participated in an interview on 10/21/22 with researchers at the University of Iowa’s Prevention Research Center for Rural Health to help identify facilitators and barriers for locating, adapting, implementing, and evaluating evidence-based interventions in micropolitan communities in Iowa.</p>	<p>AARP Elderbridge AAA Silver Spaces Milestones AAA</p>

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<p><u>Action Step B:</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.</p>	<p>Elderbridge Area Agency on Aging provides assistance and referral when needed.</p> <p>Dr. Jill Bjerke is a founding member of Leaders for Lifelong Housing which specifically addresses community environment, home design and construction and other related issues on a national level.</p>	<p>AARP Silver Spaces Elderbridge AAA</p>
<p><u>Action Step C:</u> Raise awareness about playground injuries and educate people on preventing accidents to help reduce the number of pediatric injuries due to falls.</p>	<p>Make priority for 2023-24</p>	<p>UNI - NPPS MercyOne</p>

Goal #4: Sustain the efforts of the Iowa Falls Prevention Coalition

	Action Step Due Date	Entities/Individuals Interested in this Work
Objective 4.1: Maintain operations and grow membership of the Iowa Falls Prevention Coalition.		
<p><u>Action Step A:</u> Use data to drive population-based falls prevention and management strategy recommendations.</p>		<p>Iowa Injury & Violence Prevention Strategic Plan</p>
<p><u>Action Step B:</u> Encourage utilization of diverse sources of available data and information across settings, partners, stakeholders, etc., to capture ongoing execution of falls.</p>	<p>Iowa Public Health Tracking Portal - https://tracking.idph.iowa.gov/Health/Injuries/Fall-Related-Injuries</p>	<p>Iowa HHS</p>
<p><u>Action Step C:</u> Maintain bi-monthly regular meetings of the Iowa Falls Prevention Coalition.</p>	<p>Completed for 2022</p>	<p>Co-Chairs</p>
<p><u>Action Step D:</u> Establish workgroups as needed to carry out coalition work.</p>	<p>Goal 1-3 workgroups established, and groups are meeting</p>	<p>Co-Chairs Goal Coordinators HUB</p>

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	HUB Advisory Group + Subcommittee work – interested partners get connected;	
<u>Action Step E</u> : Engage new individuals and organizations who support the mission and vision and invite them to meetings.	Ongoing efforts – coalition membership at 66	All-In
<u>Action Step F</u> : Encourage and support the development of local falls prevention coalitions and engage them in partnership opportunities.	Engaged with Nebraska, Kansas, South Dakota coalitions Trina also member of Michigan coalition	MercyOne HUB