

Coalition Charter

September 10, 2020
Updated 01/05/2024



I NAME & PURPOSE

The name of the organization shall be the ***Iowa Falls Prevention Coalition***. It has been in existence since 2012.

The **mission** of the ***Iowa Falls Prevention Coalition*** is to facilitate collaboration between state, community, and health care partners to reduce falls by building awareness, providing education, and supporting implementation of fall prevention efforts.

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

Operations: The Iowa Falls Prevention Coalition has merged efforts with the Iowa Falls Prevention statewide strategies (SWS) to operationalize the SWS task forces' mission and vision to reduce falls in Iowa.

The **Need**: Falls are leading cause of injury, death, and hospitalization among Iowans over the age of 65. At least one older adult dies every day from a fall in Iowa and 22 others are hospitalized because of a fall. Additionally, three seniors will visit an emergency department every hour in Iowa related to a fall. There are countless other seniors who fall in their homes or communities and never seek care, though they may need it. Falls contribute to many older Iowans losing their ability to live independently as they age.

The **Purpose**: The Coalition supports maintaining and expanding fall prevention programs and services in the state of Iowa that focus on communities, hospitals, clinics, and other outpatient settings.

The Coalition will work to increase the type and number of community-based programs across the state educating Iowans about the risk of falls, addressing their fear of falling, and teaching exercises to improve their balance and increase their overall level of physical activity. Currently, the three most widespread community evidence-based programs available for Iowans at risk for falls: A Matter of Balance, Stepping On, and Tai Chi (Tai Chi for Arthritis and Tai Ji Quan – Moving for Better Balance).

Coalition efforts to be more inclusive and meet the needs of all Iowans include:

- the expansion and accessibility of existing programs and services;
- support a variety of evidence-based falls prevention programs and services that best meet the needs of Iowa communities;
- sustain and increase the number of trained leaders/instructors across the state that cultivate welcoming and inclusive groups;
- grow our understanding of the lived experience of diverse perspectives in falls prevention strategies;

- work collaboratively with the HUB DEI Advisory Task Force;
- promote a system of referral that links those at risk of falling with falls prevention classes, programs, and services available in all areas of the state, both rural and urban.

II MEMBERSHIP

Section 1 - ELIGIBILITY: Membership in the Coalition is inclusive and not limited to the following entities or individuals:

- Public and private health organizations
- Aging services
- National, state, city, and county government(s)
- Business and corporate entities
- Citizen groups
- Association
- Community advocate

Additional coalition members may be invited for participation upon completion of a *Partner Commitment Form* found here: [FORM](#)

Membership types:

- Individual – an individual member who does not represent an agency/organization may participate in coalition activities
- Agency/organization – an agency or organization may participate in coalition activities through one or more representatives of the agency/organization

A current list of members: see Addendum 1

Section 2 – RESPONSIBILITIES

- Attend routine and special coalition meetings
- Serve as voting member designee (if applicable)
- Read minutes, reports, and other documents to keep abreast of coalition decisions/activities
- Disseminate relevant information to organizational members or employees, and partner organizations through list serves, websites, and newsletters
- Keep coalition informed of organization's related activities
- Provide contributions of staff time and material resources
- Provide connections to other key organizations/individuals
- Participate in and contribute to action planning and goals
- Attend Coalition-related events and activities as support for the Coalition

III ACTION PLAN GOALS: 2022-2024

1. Increase awareness and expand knowledge around falls risk and prevention to reduce falls, fall-related injuries, and death in Iowa.
2. Increase access to falls prevention programs and support services.
3. Increase the percentage of Iowans who live in safe homes and safe communities.
4. Sustain the efforts of the Iowa Falls Prevention Coalition.

Programs Supported by Coalition

The evidence-based community programs listed below are supported and promoted by the Iowa Falls Prevention Coalition and meet the criteria established by the Administration for Community Living/Administration on Aging (ACL/AoA) for evidence-based programs funded through the Older Americans Act (OAA) Title III-D. These community programs have been funded past and present within IFPC entities. This is by no means an exhaustive list, but it gives an indication of the programs taking place.

- A Matter of Balance
- Stepping On
- Tai Chi for Arthritis and Tai Ji Quan-Moving for Better Balance
- CAPABLE Program
- Walk With Ease

The Iowa Community HUB

The Iowa Community HUB (HUB) is a nonprofit, community care hub (CCH) working with a network of partners to connect Iowans with meaningful, evidence-based health promotion programs with a focus on reducing health disparities for priority populations—those experiencing greater obstacles to health. Through improved coordination, communication, and a built-in support system for partners delivering evidence-based programs, the HUB strives to enhance clinical-community linkages to ensure that those at risk are identified and connected to evidence-based programs and services in a timely manner, including falls prevention programs. <https://iacommunityhub.org/>

Leadership Roles in the Coalition: see Addendum 2

Co-Chair: Trina Radske-Suchan, PT, CSCS tsuchan@iacommunityhub.org

Co-Chair: Elizabeth Fridley RDN, LDN, elizabeth.fridley@iowa.gov

Iowa Falls Prevention Coalition webpage: <https://iacommunityhub.org/iafallscoalition/>

Iowa HHS Injury Director – ASTHO Project: Maggie Ferguson, MS, CRC, CBIST

Iowa Department of Health and Human Services

Disability & Injury Prevention Project Director

maggie.ferguson@idph.iowa.gov

IFPC Coordinator – Iowa Falls Prevention Symposium: Bailey Rickels, MPH, CHES

Injury Prevention Coordinator

UIHC Trauma Program

Certified Tai Chi for Arthritis and Fall Prevention Instructor

bailey-rickels@uiowa.edu

IFPC Coordinator – Falls Prevention Awareness Week: Kristin S. Meyer, PharmD, BCGP, CACP, FASCP

Professor of Pharmacy Practice

Drake University College of Pharmacy and Health Sciences

kristin.meyer@drake.edu

IFPC Coordinator – Falls and Rural Residents: Sydney Marshman, OTD, OTR/L

Chief Executive Officer

Happy at Home Consulting

sydney@happyathomeconsulting.com

IFPC Coordinator – Statewide Falls Screening Program: Gregory J. Welk, Ph.D.
ISU Distinguished Professor
Department of Kinesiology
Iowa State University
gwelk@iastate.edu

IFPC Coordinator – Community Paramedicine: Brian Feist, BSN, RN
Senior Quality Improvement Facilitator
Telligen QI Connect
bfeist@telligen.com

IFPC Coordinator – Discharge Planning and Care Transitions: Angela Shanahan, MSN, RN-BC, CNL
Clinical Informaticist – Population Health
MercyOne
Angela.Shanahan@mercyhealth.com

Measures of Success (Quality Improvement)

- IHHS Annual Brief
- Annual report from IFPC for results/outcomes of Action Plan efforts
- Healthy Iowans - Iowa's Health Improvement Plan
- Program outcomes from the Iowa Community HUB
- Number of referrals into falls prevention programs from Iowa Community HUB
- National data base(s) – NCOA, CDC, ACL, Agency for Healthcare Quality & Research, National Quality Forum
- Pre and post program/event surveys

Marketing

Responsibility of all Coalition members to help promote the activities and events of the Coalition to constituents of their respective programs/associations and in their local communities.

ADDENDUM 1

Iowa Falls Prevention Coalition Member List (2024)

Updated Annually

| Name | Organization |
|-------------------------|---|
| Abigail Chihak | Dallas County Health Department |
| Andrew Trau | UnityPoint Health Des Moines |
| Angela Shanahan | MercyOne Des Moines |
| Ashley Forrester | Live 2 B Healthy |
| Ashley Phelps | Live 2 B Healthy |
| Anita Leveke | MercyOne Des Moines |
| Aubury Krueger-Kutchara | Connections Area Agency on Aging (Council Bluffs, IA) |
| Bailey Rickels | UIHC Trauma Program |
| Becky Koppen | Central Iowa RSVP |
| Becky Robel | Tai Chi Iowa |
| Beth Berg | MercyOne Des Moines |
| Brad Richardson | University of Iowa, School of Social Work |
| Brendalyn Shird | Habitat for Humanity |
| Beth Fuchsen | UnityPoint Des Moines |
| Brian Feist | Telligen |
| Carlene Russell | Community Advocate |
| Catherine Stevermer | Des Moines University |
| Cheryl TanCreti | McLaren's Chapel Resthaven Cemetery |
| Colleen Schwartz | Story County Falls Prevention Coalition |
| Connie Eastman | AARP |
| Daejin Kim | ISU College of Design |
| DeAndreya Searight | Humana |
| Denise Behrends | VA Central Iowa |
| Elise Bovy | Northeast Iowa Area Agency on Aging (Waterloo, IA) |
| Emily Bialas | MercyOne Health & Fitness Center |
| Emmeline Paintsil | Iowa Pharmacy Association |
| Greg Welk | Iowa State University |
| Heather Chingren | Amerigroup |
| Heather Olsen | University of Northern Iowa |
| Janet Buls | Northeast Iowa Area Agency on Aging (Waterloo, IA) |
| Jennifer Nutt | Iowa Hospital Association |

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| Jerri McCracken | Connect America |
| Jessica Kane | Clarinda Regional Health Center |
| Jill M. Bjerke | <u>Silver Spaces</u> |
| Jill Sindt | Heritage Area Agencies on Aging (Cedar Rapids, IA) |
| Jill Wheeler | IHHS -Bureau of Emergency and Trauma Services |
| Jody Applegate | Elderbridge Area Agency on Aging (Carroll, IA) |
| Joe Sample | Iowa Association of Area Agencies on Aging |
| John McCalley | Amerigroup |
| Jon Rech | Urbandale Fire Department |
| Joy Ihle | Polk County Department of Community, Family and Youth Services |
| Judi Van Hulzen | Marion County Public Health |
| Julia White | Buena Vista Medical Center |
| Kala Shipley | Iowa Department of Education |
| Karen Gamerdinger | MercyOne Des Moines |
| Karen Speicher | Speicher Wellness |
| Kathleen Lee | University of Iowa |
| Kent Ohms | Iowa Department on Aging |
| Kristin McGown | Rock Valley Physical Therapy |
| Kristin Meyer | Drake University |
| Lana Comstock | Iowa Healthcare Collaborative |
| Linda Hildreth | Iowa Association of Area Agencies on Aging |
| Lisa Jenison | Brain Injury Alliance of Iowa |
| Lisa Paige | Boone County Hospital |
| Liz Davidson | Wesley Life |
| Liz Ford | Sioux City Fire and Rescue |
| Liz Fridley | Iowa Department on Aging |
| Maggie Ferguson | Iowa Department of Health Human Services |
| Marilyn Jones | Iowa Department of Health Human Services |
| Matt Ostrehaus | Osterehaus Pharmacy |
| Michelle Brown | Des Moines University |
| Miranda Rouw | Community Advocate |
| Paula Sheeder | Guthrie County Public Health |
| Sarah Hobbs | Genesis Visiting Nurses Association, Jackson County Regional Health Center |
| Shannon Draayer | Wesley Life |
| Sonita Oldfield-Carlson | Milestones Area Agencies on Aging (Davenport, IA) |
| Staci Fleener | Grand Living |
| Stacey Koenigs | Rock Valley Physical Therapy |

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| Stephanie Labenz | Aging Resources of Central Iowa (Des Moines, IA) |
| Sue Sandahl | On With Life |
| Sydney Marshman | Happy at Home Consulting; President Elect - Iowa Occupational Therapy Association |
| Tracy Keninger | Easterseals Iowa |
| Trina Radske-Suchan | Iowa Community HUB |

ADDENDUM 2

COALITION Co-Chair

Responsible To: Coalition Membership

Job Description: Responsible for the oversight of the short-term and long-term strategic plan of the Coalition.

- Support the Coalition's vision, mission, and purpose
- Facilitate the strategic direction for the Coalition and ensure effective planning through the development and implementation of the 3-Year Action Plan
- Conduct literature/resource reviews to identify best practices for Coalition
- Provide leadership for the Annual Falls Prevention Symposium
- Review, maintain and expand current membership with assistance from existing Coalition members
- Develop Coalition meeting agendas with input from other Coalition leaders
- Coordinate and facilitate coalition meetings and communicate effectively with members to promote collaboration and problem solving
- Represent Coalition on national calls with NCOA, ACL or other applicable national organizations.
- Represent Coalition in the community and enhance support of Coalition mission
- Ensure legal and ethical integrity and maintain accountability

Time Commitment:

- Approximately 2 hours per week on average
- Attend Coalition meetings and other major Coalition activities such as the Annual Falls Prevention Symposium

Qualifications:

- Ascribe to Coalition mission, goals, and charter
- Possess strong leadership and organizational skills
- Leadership experience in Falls Prevention activities, strategies, or roles within your professional development
- Proficient with Microsoft Office (Word, PowerPoint, Excel, Outlook) and web conferencing software.

COALITION Secretary

Responsible To: Co-Chairs and Coalition Membership

Job Description: Serves as Administrative leader for Coalition.

- Support the Coalition's vision, mission, and purpose
- Assist Coalition meeting agenda layout and distribution
- Send Coalition meeting invites and reminders to members
- Locate and secure meeting venues and ensure set up audio-visual equipment
- Take meeting minutes and distributes electronically to members
- Prepare handouts for distribution at meetings
- Maintain member roster
- Send out information to Coalition members electronically about relevant webinars, events, trainings, etc.
- Acquire and archive publicity generated by programs

Time Commitment:

- Approximately 3 hours per month on average
- Attend Coalition meetings and other major Coalition activities such as the Annual Falls Prevention Symposium

Qualifications:

- Ascribe to Coalition mission, goals, and charter
- Possess strong organizational skills
- Excellent interpersonal and communication skills
- Proficient with Microsoft Office (Word, PowerPoint, Excel, Outlook) and web conferencing software.

COALITION Treasurer

Responsible To: Co-Chairs and Coalition Membership

Job Description: Serves as Treasurer to Coalition.

- Support the Coalition's vision, mission, and purpose
- Serve as custodian for all records and reports
- Recommend for approval the Coalition's annual budget
- Maintain financial records for Coalition
- Provide financial oversight and ensure there are adequate resources to implement the Coalition's mission
- Prepare financial reports for Coalition meetings

Time Commitment:

- Approximately 2-3 hours per month on average
- Attend Coalition meetings and other major Coalition activities such as the Annual Falls Prevention Symposium

Qualifications:

- Ascribe to Coalition mission, goals, and charter
- Experience in financial management
- Excellent communication and presentation skills
- Proficient with Microsoft Office (Word, PowerPoint, Excel, Outlook) and web conferencing software.

COALITION Coordinators

Responsible To: Co-Chairs and Coalition Membership

Job Description: Responsible for facilitating, planning, and reporting activities associated with the Strategic Goals of the 3-Year Action Plan.

- Support the Coalition's vision, mission, and purpose
- Facilitate the work under assigned strategic goal areas
- Assist coalition members in planning and implementing strategic goal efforts
- Determine success measures for activities within strategic goal work
- Provide activity reports at Coalition meetings

Time Commitment:

- Approximately 2-3 hours per month on average
- Attend Coalition meetings and other major Coalition activities such as the Annual Falls Prevention Symposium

Qualifications:

- Ascribe to Coalition mission, goals, and charter
- Possess strong facilitator and organizational skills
- Excellent communication skills
- Proficient with Microsoft Office (Word, PowerPoint, Excel, Outlook) and web conferencing software.