

Iowa Falls Prevention Coalition 3-Year Action Plan 2022-2024



This is a summary of activities in our last year of the Action Plan - 2024


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.

	2024	Leads
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.	Portal can be found on IFPC webpage.	Iowa HHS ASTHO Co-Chairs
<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.	Created Iowa Arthritis Media Toolkit that has information/content for every month that also touches on Falls Prevention (i.e. September Falls Prevention Awareness Month) for organizations to use in newsletters, emails, social media, and websites. Toolkit can be found on our IFPC webpage HERE	CDC Arthritis Grant Partners
<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.	<ul style="list-style-type: none"> Iowa HHS student intern provided a presentation to the coalition and offered a webinar about the National Falls Prevention Awareness Toolkit to help organizations prepare. Iowa HHS student intern also provided a Press Release Template and Proclamation Template that are now posted on IFPC webpage. 	Drake CPHS Iowa HHS

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	<ul style="list-style-type: none"> • 2024 Proclamation found on IFPC webpage HERE • Falls Free CheckUp administered, and medication risk info distributed at American Parkinson’s Disease Optimism Walk, Urbandale, September 2024 • Falls Free CheckUp administered, and medication risk info distributed at health fair events sponsored by Telligen, October 2024  <p>Senior & Caregiver Expo_Flyer.pdf</p>	
<p>Objective 1.2: Expand knowledge of falls risks and prevention among individuals, professionals, and students.</p>		
<p><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.</p>	<p>Established HUB community webpage: HERE; can continue to add more falls prevention resources;</p> <p>Falls prevention information, programs, and support services found throughout website (program locator, search resources, Falls Free Checkup, etc.)</p>	<p>HUB</p>
<p><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”.</p>	<p>Can be found on HUB website under “Individuals and Families” as an available resource HERE</p>	<p>HUB</p>
<p><u>Action Step C:</u> Expand education through an annual Falls Prevention Symposium that reflects a broad target population (professionals, employers, caregivers, etc.).</p>	<p>Iowa Falls Prevention Symposium: September 25th, 2024 See brochure HERE</p>	<p>U of I</p>
<p><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.</p>	<p>Addressed earlier; not in 2024.</p>	
<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>2024 Proclamation HERE</p>	<p>Iowa HHS Co-Chairs UI IPRC</p>

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	<p>The UI Injury Prevention Research Center attended an injury and violence prevention Hill Day in March 2024 and met with Iowa state legislators and attended appropriations meetings. It was to promote work done with CDC-funded Injury Control Research Centers. One of the projects we highlighted was in older adult falls prevention in Iowa.</p>	
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Goal #2: Increase access to falls prevention programs and support services.

	2024	Leads
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>2024 – Initiated Statewide Falls Screening Program centered around STEADI.</p> <ul style="list-style-type: none"> • Presentation found on IFPC webpage: HERE • STEADI Fall Screening Course on IFPC webpage: HERE <p>ASTHO project created action plan; can be found on IFPC webpage HERE; working towards promotion of STEADI among clinicians.</p>	<p>HUB U-TuRN Iowa HHS U of I</p>
<p><u>Action Step B:</u> Enhance routine medication reviews to include a focus on medication fall risk.</p>	<p>Yearly – continues to be a priority in Iowa</p> <p>Through a project between the UI Colleges of Public Health and Pharmacy, MercyOne, and CDC, we developed Medication Action Plans for deprescribing medications that put older adults at high risk for a fall. They are currently being used by MercyOne pharmacists, and the CDC is cobranding the materials for inclusion in their STEADI-Rx program.</p>	<p>IPA AAAs MercyOne UI IPRC</p>
<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</p>	<p>Community Paramedicine efforts: coalition members met with various EMS/Fire Departments to initiate the conversation – led by Brian Feist with Telligen</p>	<p>Co-Chairs Telligen Fire and Emergency</p>

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and provide a resource for connecting individuals to prevention strategies.		
<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.	Promoted the Falls Prevention Brochure “Stay Independent” using the STEADI Questionnaire; found on IFPC webpage HERE	Coalition
<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.	Promoted the Falls Prevention Brochure “Stay Independent” using the STEADI Questionnaire; found on IFPC webpage HERE and the Falls Free Check-Up by the NCOA HERE ; also can be found in a few places on the HUB website.	Coalition
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.	HUB website set up to “Make a Referral” found HERE Healthcare professionals can find resources on the Clinician Resource Page to help with screening, counseling, and referral; HERE Referral prescription template and other tools to make referrals available HERE Program locator and program library to learn more about EBPs.	MercyOne HUB
<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.	ASTHO Project – Began conversations about using STEADI at discharge.	Iowa HHS HUB U of I
<u>Action Step C:</u> Promote development and utilization of a statewide falls prevention hub to connect individuals and organizations to	Developed and active – continue to promote. HERE	HUB

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<p>community resources, including available programs and tools for reducing falls across all ages.</p>		
<p>Objective 2.3: Increase availability of evidence-based fall prevention programs and support services within Iowa communities</p>		
<p><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.</p>	<p>Developed and active – promote onboarding of community-based organizations. HERE</p> <p>HUB program delivery organization members can participate in monthly open office hours giving time for organizations to share their successes, challenges, questions, and best practices.</p> <p>To learn more: HUB Interest Form</p>	<p>HUB</p>
<p><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>	<p>HUB DEI Advisory Task Force established and preparing community engagement groups for lived experience feedback starting in 2025.</p> <p>HUB DEI Advisory Group Charter HERE</p>	<p>Multiple Stakeholders</p>
<p><u>Action Step C:</u> Work with state and national partners to promote more frequent offerings of training in Iowa for evidence-based falls prevention programs.</p>	<p>2024 – Activity from CDC Arthritis Grant and ACL Falls Prevention Grant</p> <p>Grant initiatives include coordinating more program trainings including Stepping On, Pisando Fuerte, Tai Chi for Arthritis, and a Falls Screening Training.</p>	<p>ISU U of I</p>

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<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>	<p>2024 - Innovative Payment Model Pilot discussions with MCO</p>	<p>HUB</p>
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Goal #3: Increase the percentage of Iowans who live in safe homes and safe communities.

	2024	Leads
<p>Objective 3.1: Promote home modifications that assure home and setting accessibility and safety over time.</p>		
<p><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.</p>	<p>Introduced new program for home assessments for patients following hospitalization or rehab. Polk County was awarded HUD grant utilizing HARP model to start in 2025.</p>	<p>Happy at Home Consulting</p>
<p><u>Action Step B</u>: Encourage healthcare providers to offer home assessments and referral into evidence-based programs (i.e., HARP) as part of the plan of care for individuals who have been screened at high-risk for falls.</p>	<p>HARP Highlights: 51 people were served through HARP. Educated on home safety, assessments, and home modification through combination of presentations for older adults, caregivers, and professionals (12 presentations total), provided HARP program highlights webinar: HERE</p>	<p>Happy at Home Consulting AAAs</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>Brian Feist provided a Community Paramedicine presentation at the Iowa Falls Prevention Symposium. Members of the coalition (Brian – led) met with EMS/Fire in several communities to learn more about their experiences with frequent fallers and how they have been addressing falls up to this point.</p>	<p>Co-Chairs Telligen Fire and Emergency</p>

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Objective 3.2: Improve community environments that lower the risk of falls and facilitate full participation, mobility, and independent functioning.		
<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.	Not in 2024 – promote in next 3-Year Action Plan	
<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.	Not in 2024 – promote in next 3-Year Action Plan	
<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.	UI IPRC published a blog with STEAD Family Children’s Hospital: Preventing Pediatric Falls	UNI – NPPS UI IPRC

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

	2024	Leads
Objective 4.1: Maintain operations and grow membership of the Iowa Falls Prevention Coalition.		
<u>Action Step A:</u> Use data to drive population-based falls prevention and management strategy recommendations.	Aligned with ASTHO project to further develop data surveillance – to be ready for 2025 Jill Wheeler – Iowa Trauma Registry Report can be found on IFPC webpage HERE	Iowa HHS ASTHO
<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.	Aligned with ASTHO project to further develop data surveillance – to be ready for 2025 HUB collecting data coming in from program partner organizations across Iowa (new source). In collaboration with ISU, Partnership in Prevention Science Institute, the HUB provided a Landscape	Iowa HHS ASTHO HUB ISU PPSI

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	Assessment for Report for Falls; can be found on IFPC webpage HERE	
<u>Action Step C</u> : Maintain bi-monthly regular meetings of the Iowa Falls Prevention Coalition.	Ongoing	Co-Chairs
<u>Action Step D</u> : Establish workgroups as needed to carry out coalition work.	Ongoing	Co-Chairs Goal Coords.
<u>Action Step E</u> : Engage new individuals and organizations who support the mission and vision and invite them to meetings.	Ongoing Current membership at 74; can be found on IFPC webpage HERE	All-In
<u>Action Step F</u> : Encourage and support the development of local falls prevention coalitions and engage them in partnership opportunities.	The State Coalition encourages and supports the development of local falls prevention coalitions and engages them in partnership opportunities. Story County is our first county coalition to form and is a great model for other local coalitions. See meeting notes with lists of partners that have come together to prevent falls in Story County on our IFPC webpage, HERE	Story County Partners