



FallsFree.[®]

Iowa Falls Prevention Coalition

Coalition Charter

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.



3-Year Strategic Action Plan

Goal #1	Increase awareness of falls in Iowa and support more falls prevention education.
Goal #2	Expand falls screening activities across the state to better detect fall risk.
Goal #3	Enhance statewide capacity and sustainability for falls prevention programs through a community care hub model.
Goal #4	Support community-clinical linkages across the state for coordinated falls prevention efforts.
Goal #5	Effectively grow the policy and advocacy work of the Iowa Falls Prevention Coalition.

Membership

We are 85 members strong with many organizations having been a member since the beginning – 2012

- Hospitalists
- Long term care
- Outpatient
- Community-based organizations
- State agencies - government
- Academia
- Associations

The coalition meets every other month on the second Thursday at 8:30 AM.



Successes of the Iowa Falls Prevention Coalition

- **Established Charter** - Serves as a strong foundation for recruitment, collaboration, and communicating our mission and impact.
- **Cross-Sector Partnerships** - Built a diverse coalition of healthcare providers, public health agencies, community organizations, and academia working collaboratively.
- **11 Years of the Iowa Falls Prevention Symposium** - A long-standing, statewide event bringing together professionals, caregivers, and community leaders to advance fall prevention strategies.
- **Annual Statewide Recognition** - Secure annual Governor's Proclamations recognizing Falls Prevention Awareness, raising visibility and policy-level support.
- **Sustainability Through Innovation** - Integrated the Community Care Hub model into long-term sustainability planning to strengthen coalition efforts and increase coordination of fall prevention services statewide.
- **Program Expansion** - Support the launch and scale of evidence-based programs like Stepping On, Tai Chi for Arthritis and Fall Prevention, and Matter of Balance across Iowa.
- **Pioneered Local Coalition Development** - Support the initiation, growth, and sustainability of local coalitions to advance targeted falls prevention efforts and enhance community engagement.
- **Statewide Fall Risk Screening Program** – Collaborate on statewide screening initiatives using STEADI as the standard tool, increasing screenings and referrals to falls prevention programs across Iowa.

Iowa Community HUB

The HUB operates as a Community Care Hub (CCH) connecting Iowans to local or virtual evidence-based programs (EBPs) for preventing or managing chronic conditions, including falls prevention programs.

The Iowa Community HUB website is a resource for 3 audiences:

- 1) **Individuals and Families** seeking more information about healthy living and/or want to be connected to resources and programs in their community.
- 2) **Program Providers** seeking resources and information to help them be more successful in delivering programs and services.
- 3) **Clinicians** seeking to learn more about evidence-based programs and easy ways to find and refer to those programs.

HUB website: <https://iacommunityhub.org/>

IFPC webpage: <https://iacommunityhub.org/iafallscoalition/>

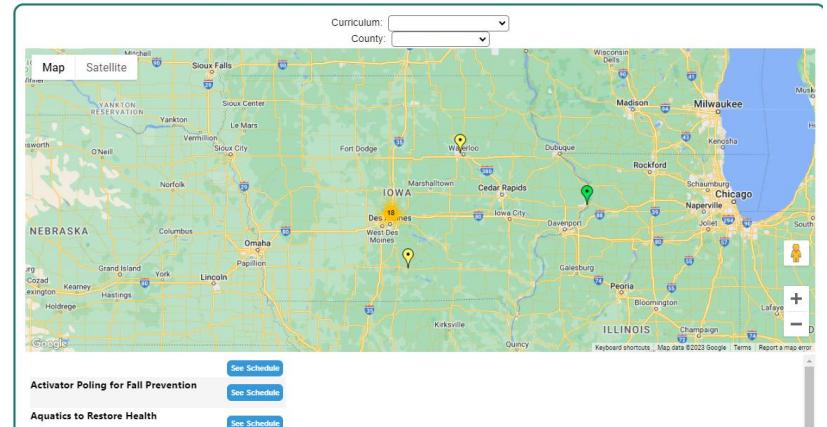


Iowa Community HUB

- The homepage includes a Program Locator to search for programs within Iowa.
- The site also includes a Program Library to learn more about programs.

Use the drop-down menu to display locations of programs in your area.
Click on the program for registration information.

Virtual/online programs show up in the list below, but not on the map.



Falls Prevention



A Matter of Balance

Specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults

[Learn More](#)

[Join a Program](#)



Stepping On

Small group falls prevention program for older adults with a focus on balance, strength, and medication and vision review.

[Learn More](#)

[Join a Program](#)



Tai Chi for Arthritis and Falls Prevention

Tai Chi has a significant protective effect on fall risk among older adults

[Learn More](#)

[Join a Program](#)

Iowa Community HUB

- Within the **Individuals and Families** page: people can take a falls risk test and print off to share with a provider; access quick links to programs and services within their zip code and access caregiver resources.
- Within the **Program Provider** page: program delivery organizations can access various resources to help them be more successful in delivering their falls prevention programs. Resources include links to tools kits, guidebooks, and trainings.
- Within the **Clinicians** page: clinicians can learn more about evidence-based programs and access various resources to help in facilitating screening, patient counseling, and support for making a referral.

How do you know you are at risk?

Take any of these risk tests and share your results with your healthcare team.

Prediabetes Risk Test

Could You Have Prediabetes? Click the button below to head on over to the CDC website and take the test to find out.

[Take the Test!](#)

Type 2 Diabetes Risk Test

The American Diabetes Association has a 60-second Diabetes Risk Test that you can take either for yourself or for a loved one. Click the button to go to their website to take the test.

[Take the Test!](#)

Falls Free Checkup

Visit the National Council on Aging's website to take their quick 12 question test that helps you see if you're at risk for falling and provides you tips on falls prevention.

[Take the Test!](#)

[Tomar el Examen!](#)

Algorithm

for Fall Risk Screening, Assessment, and Intervention



As a healthcare provider, you are already aware that falls are a serious threat to the health and well-being of your patients. More than one out of every senior 65 and older fall each year, and falls are a leading cause of emergency room visits. The CDC's STEADI volume offers a streamlined approach to screening, assessing, and intervening to reduce falls in older adults. The STEADI algorithm for fall risk screening, assessment, and intervention is designed to prevent more falls.

[Access Tools](#)

Facilitating Screening

Increase the number of patients being screened for evidence-based program eligibility and referred to community resources.



[Access Tools](#)

Enhancing Counseling

Help adults better manage their conditions and improve health outcomes.



[Access Tools](#)

Supporting Referrals

Building community engagement into patient care.



[Access Tools](#)

How do I join the Coalition?

- We're glad to connect by Zoom or phone to answer questions and provide more information.
- We recommend you review the Iowa Falls Prevention Coalition Charter [HERE](#)
- An invitation will be sent to attend an upcoming coalition meeting to learn more
- Fill out the Coalition Commitment [Form](#)

I/our organization/agency is committed to being an active member of the Iowa Falls Prevention Coalition. I/we are committed to the mission, vision, and goals that have been decided by the Coalition. We are committed to the planning and collaboration that such coalitions undertake. We acknowledge the contributions and expectations of the other partners of the Coalition.

As general evidence of our commitment, we agree to do the following:

- Appoint a representative(s) to attend coalition meetings and activities.
- Appoint a representative to serve as our voting member designee (if applicable).
- Read minutes, reports, and other documents to keep abreast of coalition decisions/activities.
- Disseminate relevant information to organizational members/employees/students through list servs, websites and newsletters.
- Keep coalition informed of my/our organization's related activities.

Specifically, our organization/agency will commit the following resources to the coalition. Check any that apply:

- Provide contributions of staff time and material resources
- Disseminate relevant information to organizational members/employees/students, and partner organizations
- Provide connections to other key organizations/individuals
- Provide meeting space if needed
- Other: _____

I/our organization/agency may opt out of supporting a specific Coalition activity however, we agree to not publicly discredit any Coalition activity. We understand that membership in the Coalition does not entitle us to claim endorsement of the Coalition. There is to be no use of the logo without express permission from the coalition steering committee.

Name of Agency/Organization or Individual: _____

Signature of Agency/Organization Leader/Individual: _____

Date: _____

Lead Contact Info for Agency/Organization

Print Name & Job Title
Email
Phone Number
Address

Please list out all agency/organization representatives (if applicable):



Co-Chair: Trina Radske-Suchan

- President/CEO
- Iowa Community HUB
- 515-635-1285
- tsuchan@iacommunityhub.org

Co-Chair: Liz Fridley

- Health Promotion Director
- Division of Aging and Disability Services, Iowa Department of Health and Human Services
- 515-681-8884
- liz.fridley@hhs.iowa.gov