



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 Goals

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

Membership

We are 73 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.



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/>

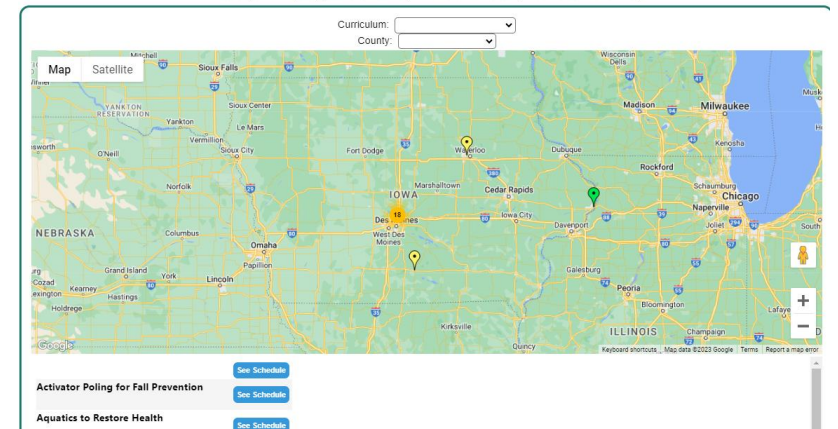


Iowa Community HUB

- 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.



Curriculum:

County:

Map Satellite

Activator Poling for Fall Prevention [See Schedule](#)

Aquatics to Restore Health [See Schedule](#)

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 **Clinicians** page: clinicians can learn more about evidence-based programs and access various resources to help in facilitating screening, enhancing 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 Iel 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 older patients. You may not call it that, but falls are a serious threat to the health and well-being of your older patients. The CDC STEADY helps you understand how to improve the safety and health of older adults. The STEADY helps you understand how to improve the safety and health of older adults. The STEADY helps you understand how to improve the safety and health of older adults.

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](#)

DATA AND PROCESS WORKFLOW



Supporting Referrals

Building community engagement into patient care.

[Access Tools](#)



Make a Referral

Do you know someone who could benefit from participating in a health and wellness program to improve their quality of life? Whether you are a friend, caregiver, or a health professional referring an individual, it's easy to make a referral. Just fill out the form below and submit.

When you make a referral, a HUB Navigator will contact the individual within 48 hours and help them get connected with a program and/or services that meet their needs.

[Click here to learn more about our HUB Navigators](#)

Clicking the button below will take you to a secure referral form. Please fill out the form completely.

For a list of programs, check out the Program Library for more information.

Referral

[Click Here to Make a Referral](#)

Easily make referrals to programs

How do I join the Coalition?

- Co-chair schedules a zoom meeting or phone call with interested parties to answer any questions
- Shares the Iowa Falls Prevention Coalition Charter
- Invitation sent to attend upcoming coalition meeting to learn more
- 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 serves, 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
- Iowa Department of Health and Human Services Division of Aging and Disability Services
- 515-681-8884
- elizabeth.fridley@iowa.gov