

**Iowa Falls Prevention Coalition 4 Year Action Plan
2021
Goal Strategy Review Efforts**



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: Reduce falls and fall-related injuries in Iowa through efforts to increase awareness and knowledge around falls risk and prevention.

	Accomplishments 2021	Responsible entity
Objective 1.1: Increase the number of Iowans with personal awareness of falls risks and prevention strategies.		
<u>Action Step A:</u> Annually produce fact sheets about fall statistics in Iowa and falls prevention strategies that advance person-centered falls awareness and education with consideration for culture, health literacy, and self-efficacy.	IDPH launched a falls data page on the IDPH data portal. https://tracking.idph.iowa.gov/Health/Injuries/Fall-Related-Injuries	IDPH
<u>Action Step B:</u> Establish a web-based platform to disseminate consumer information and resources related to falls prevention and safe mobility.	Established website in July 2020 www.chpcommunity.org (see Program tab at top of the menu and choose Falls Prevention) The website will be updated (2022) with a focus on information about programs, referral to programs, and a resource/support for community-based organizations in their delivery of EBPs.	HUB

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<p><u>Action Step E:</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>Guide for Caregivers provided to the Coalition and is accessible on the HUB website https://chpcommunity.org/wp-content/uploads/Falls-Prevention-Conversation-Guide-for-Caregivers_Final.pdf</p> <p>Milestones Area Agency on Aging provided the guide at two caregiver events this year and made it available at the statewide symposium. Milestones AAA branded this resource and has made it available at other access points for Caregivers in their service area. https://www.milestonesaaa.org/wp-content/uploads/2021/11/Milestones_FallsPreventionGuide.pdf</p>	<p>Coalition AAA</p>
<p>Objective 1.2: Increase public health, community, and healthcare partner awareness of Iowa falls statistics and importance of falls prevention strategies.</p>		
<p><u>Action Step A:</u> Host annual statewide Falls Prevention Symposium.</p>	<p>Symposium held in conjunction with Falls Prevention Awareness Week – September 20-24th 2021</p>	<p>UIHC</p>
<p><u>Action Step C:</u> Educate healthcare professionals regarding the adverse effects of some medications in relation to increased falls risk among older adults and about the correct use of medications that can reduce the risks of fractures due to falls for older adults.</p>	<p>Iowa Pharmacy Association presentation to Coalition The Pharmacist’s Pivotal Role</p> <p>Iowa Pharmacy Association presentation to Iowa Physician Assistant Society Deprescribing</p> <p>Symposium</p> <ol style="list-style-type: none"> 1. Age-Friendly Medication Use and Deprescribing to Prevent Falls 2. Expect More: How to Work with Pharmacists to Improve Patient Outcomes 	<p>IPA</p>
<p><u>Action Step D:</u> Pursue opportunities to present and/or exhibit on falls prevention and safe mobility at statewide health conferences and other professional events.</p>	<p>Personalizing Your Parkinson’s Medications.” IPA presented at the Parkinson’s Roadmap for Education and Support Services (PRESS) Support Group, (virtual) September 2021 – touched on falls prevention.</p>	<p>Coalition</p>

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	<p>Iowa Physical Therapy Association October 2021 – Coalition Members participated (IPA, Happy at Home Consulting, CHPcommunity).</p> <p>Angela and Anita presented to the rural affiliates of MercyOne regarding falls and their importance.</p> <p>Easterseals Iowa has provided various presentations in 2021 around Assistive Technologies (AT), with time spent on AT that help prevent falls. Some of those presentations included:</p> <ul style="list-style-type: none"> • AT Solutions and Health and Wellness Disparities of People with disabilities - presented to Center for Disabilities and Development Mini Grant Project Recipients • AT Solutions – presented to IDDNA Conference/Iowa Developmental Disabilities Nurses Association • AT Solutions to Stay in Your Home - presented to Milestone Area Agency on Aging <p>Ellen Davis, IDA presented to Drake Kinesiology Capstone class - Health Promotion and Falls Prevention Activities</p> <p>Becky Robel presented to Above + Beyond Cancer on “How Tai Chi for Arthritis and Fall Prevention can help reduce stress, build immunity, and prevent falls”. 11-03-21</p> <p>Becky Robel presented MAPS APDA Support Group meeting on “How Tai Chi for Arthritis and Fall Prevention, and Urban Poling can help prevent falls in the PD community”. 11-20-21</p> <p>Becky Robel led a seated Tai Chi for Arthritis and Fall Prevention class for (50) Drake University OT students including balance testing and overall discussion on fall prevention. 11-30-21</p>	
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	Jerri McCracken with Connect America worked on a 2021 campaign around “6 Steps to Preventing a Fall”. Flyer	
<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.	Had a Proclamation signed to recognize 2021 Falls Prevention Awareness Week	IDPH – Marilyn Jones

Goal #2: Promote best practice assessment for falls risk and timely referral into appropriate falls prevention strategies.

	Accomplishments 2021	Responsible entity
Objective 2.1: Support healthcare systems and community providers in utilizing best practice falls risk assessment tools.		
<u>Action Step A</u> : Provide falls prevention education for health and healthcare professionals and community partners on importance of advanced, proactive, and routine falls risks assessments and referral into falls prevention strategies (webinars, brochures, meetings, etc.).	<p>Symposium – Healthcare professionals 3-day continuing education</p> <p>Iowa Healthcare Collaborative posted falls prevention info on their iCompass web platform:</p> <ul style="list-style-type: none"> • Report – Creating a safe environment to prevent toileting-related falls • Flyer – Facing the Facts about Falls in Hospitals • Falls Risk and Prevention Agreement – Engaging Patients and Families with a Partnership for Patient Safety • Tool – The Hendrich II Fall Risk Model • Article – Can Video Monitoring Prevent Falls in High-Risk Patient Populations 	U of I
<u>Action Step C</u> : Enhance routine medication reviews conducted by healthcare providers or pharmacists to ensure review includes an adequate focus on medication fall risk.	Collaborative efforts statewide with IPA and healthcare partners.	IPA IHC IHA UIHC

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	<p>University of Iowa is working on a study called Medication Empowerment and Deprescribing for Safety (MEDS), to see if the elimination of high-risk medications will reduce falls among the elderly.</p> <p>Several AAA's are offering the EBP HomeMeds program.</p>	AAA
<p><u>Action Step D:</u> Encourage emergency-responders and community paramedicine programs to provide home risk assessments when responding to falls-related calls</p>	<p>Remembering When™ (RW) is a falls and fire prevention program delivered by fire service personnel and homecare organizations to help older adults live safely at home for as long as possible.</p> <p>To access the recording of the NCOA webinar for the "National Fire Protection Association & Remembering When Program", go to this link and log in. https://connect.ncoa.org/products/national-fire-protection-association-remembering-when-program?force_login=1</p>	Injury Prevention Research Center
<p><u>Action Step E:</u> Provide resources and training for home-based and other community service providers on how to identify people at risk for falls, conduct home assessments for safety, and recommend falls prevention and falls mobility strategies.</p>	<p>Iowa clinicians were trained by John Hopkins University (JHU) in the CAPABLE program in 2021.</p> <ul style="list-style-type: none"> • Occupational Therapist - 21st Century Rehab • Registered Nurse - Dallas County Hospital <p>In addition, community partners (Connections Area Agency on Aging and Dallas County Hospital) attend JHU CAPABLE office hours to keep abreast of best practices within CAPABLE and receive updated information from the program developers.</p>	IDA
<p>Objective 2.2: Establish strong connections between health care professionals and health care provider systems and the community so that health care professionals are better able to make referrals to appropriate community resources.</p>		
<p><u>Action Step A:</u> Encourage and equip providers to have patient conversations at the point of care to inform and refer to appropriate evidence-based programs and services.</p>	<p>Small group of fall coalition member discussions; there is interest in looking at rural areas and working on getting classes started again and promoting within those communities.</p>	MercyOne

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	Angela has presented to the health coach team regarding fall prevention and the annual wellness visit screening and this being a great time to address falls in the primary care setting.	
<u>Action Step B</u> : Disseminate and promote the use of falls prevention patient materials for providers' use with patients when educating about evidence-based programs and services.	<p>Online internal fall prevention patient materials were placed on a share drive within MercyOne and include CDC Steadi toolkit materials.</p> <p>Annual wellness visits - providers educated related to falls prevention and evidence-based programming. Pilot to begin next month at the MercyOne Waukee clinic for provider staff to access materials and give information to patients at time of annual wellness visit if positive for fall risk.</p>	MercyOne

Goal 3: Individuals will have knowledge of, and access to, effective programs and services that preserve or improve their physical mobility and lower their risk of falls.

	Accomplishments 2021	Responsible entity
Objective 3.1: Promote access to falls prevention programs, services, education and resources.		
<u>Action Step A</u> : Partner with payers to collaboratively evaluate the potential reimbursement opportunities for community-based falls prevention programs.	The HUB is working with payers and national partners to develop a centralized billing system to facilitate claims submission for reimbursement and invoicing mechanisms.	HUB
<u>Action Step B</u> : Participate in national coalition activities to benefit from other states' experiences and identify new resources/funding for fall prevention and safe mobility work.	<p>Quarterly State Coalitions on Falls Prevention Workgroup Calls</p> <p>National Falls Prevention Tai Chi Workgroup Bi-Monthly Calls</p> <p>Had Chris Mackey, Senior Program Coordinator at the National Center of Health, Physical Activity and Disability (NCHPAD) present to the coalition as a resource for information on disability, serving persons with physical, sensory, and cognitive disability in falls prevention programs.</p>	Co-chairs

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Objective 3.2: Develop community-based resource directory that guides individuals to evidence-based programs and services that match their abilities and needs.		
<u>Action Step A:</u> Collect information on existing falls prevention activities in communities and health care systems and post on falls prevention website.	<u>Temporary Process:</u> can use this link to send the HUB program information to add to the HUB website calendar of events/programs. HUB Form to Post Program <u>Long-term Process:</u> HUB is partnering with national technology partner to create a quick, easy way to post on HUB	HUB
Objective 3.3: Increase availability of evidence-based fall prevention programs and services within Iowa communities.		
<u>Action Step A:</u> Grow the number of leaders/instructors across Iowa delivering evidence-based fall prevention programs such as Matter of Balance, Stepping On, Tai Chi for Arthritis/Tai Ji Quan, and CAPABLE programs by providing trainings, including inclusion and representation of diverse populations.	The last 2 years, programs have focused on adapting to COVID pandemic and some programs have been able to go virtual.	Coalition

Goal 4: Increase the percentage of Iowans who live in safe homes and safe communities.

	Accomplishments 2021	Responsible entity
Objective 4.1: Promote home modifications that assure home and setting accessibility and safety over time.		
<u>Action Step A:</u> Recruit onto coalition a home modification expert that uses universal design policies as part of building standards and/or codes to facilitate the creation of accessible and safe home constructions.	Habitat for Humanity	Co-chairs
<u>Action Step B:</u> Raise awareness and disseminate information about home safety best practices and options for caregivers and older adults to reduce falls in the home.	Symposium 1. Avoiding Falls and Keeping Safe at Home 2. Fall Prevention at Home & Around	Coalition

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	Presentation by Daejin Kim, ISU Assistant Professor, Interior Design Home Modification for Successful Aging in Place	
<u>Action Step C:</u> Compile a guide of potential funding sources and community-based resources to assist older adults in accessing home assessments and making appropriate modifications.	Iowa Department on Aging has guide in progress, with potential for publishing next year	IDA
Objective 4.2: Improve community environments that lower the risk of falls and facilitate full participation, mobility, and independent functioning.		
<u>Action Step B:</u> Disseminate best practice information about effective strategies to reduce falls outside the home such as sidewalk safety and handrail placement.	Best practices shared at the Symposium	Coalition
<u>Action Step C:</u> Collaborate with community partners/planners to advance community designs that support accessibility, walkability, and needs of people with various physical and sensory abilities.	Engagement of American Planning Association Iowa Chapter and Iowa League of Cities. Partnered with City of Clive to install a wheel-chair charging station at the Aquatics Center and added 2 benches along the Greenbelt Trail to improve accessibility. Started a Pole Walking Check-Out program with the Clive Parks and Rec. Some disabilities, chronic conditions, and older age can make walking more difficult. There are over 250 studies on the benefits of walking with poles, including improved balance and stability.	Coalition CHPcommunity
<u>Action Step D:</u> Raise awareness about playground injuries and educate people on preventing accidents to help reduce the amount of pediatric injuries due to falls.	Presentation by Heather Olsen, Executive Director, National Program for Playground Safety Playground safety education, "Be Safe Kids" Program with City of Bondurant. <ul style="list-style-type: none"> Handouts created to be disseminated 	Happy at Home Consulting

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Goal #5: Establish support for a sustainable infrastructure for the Iowa Falls Prevention Coalition and continuous falls prevention efforts in Iowa.

	Accomplishments 2021	Responsible entity
Objective 5.2: Enhance falls surveillance through development of an “Iowa Suite” of standardized metrics that support transformation of the healthcare system in Iowa in collaboration with the Falls Prevention Statewide Strategic Plan.		
<u>Action Step B:</u> Conduct an environmental scan of potential new sources of data.	New source of data found: The data visualizations are set up at https://eldercare.shinyapps.io/data , with an emphasis on the “Falls” tab. You can search by county in any state.	
Objective 5.3: Maintain operations and grow membership of the Iowa Falls Prevention Coalition		
<u>Action Step A:</u> Maintain bi-monthly regular meetings of the Iowa Falls Prevention Coalition.	We met as a group virtually bi-monthly	Co-Chairs
<u>Action Step B:</u> Establish workgroups as needed to carry out coalition work.	We had two workgroups focused on Goals #2 and #4 this year. We had a small group helping with Falls Prevention Symposium and Falls Prevention Awareness Week/Day. We have a small group that attend the HUB Advisory Group meetings.	Angela Shanahan (Goal #2) Sydney Marshman (Goal #4) Kathy Lee led the coordination of the Symposium Kristin Meyer led the coordination of the Falls Prevention Awareness Day
<u>Action Step C:</u> Identify individuals and organizations who support the mission and vision and invite them to meetings.	We have 60 current members of the Iowa Falls Prevention Coalition	Coalition