

Iowa Falls Prevention Coalition 3 Year Action Plan
2022-2024



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.

Goal Coordinator: Trina Radske-Suchan, CHPcommunity

| | Action Step Due Date | Entities/Individuals Interested in this Work |
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| 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. | | Iowa Injury & Violence Prevention Strategic Plan IDPH |
| <u>Action Step B:</u> Develop awareness messaging and resources based on target populations (e.g., older adults, parents of young children, workers, and human resource professionals) with consideration for culture, health literacy, and self-efficacy. | | Iowa Injury & Violence Prevention Strategic Plan U of I |
| <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. | | Tai Chi Iowa Drake CPHS Rock Valley Johnson County Livable Community IDPH Drake U– Kevin Carlson |
| Objective 1.2: Expand knowledge of falls risks and prevention among individuals, professionals, and students. | | |

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| <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. | | HUB Advisory Group |
| <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”. | | BIAIA IDA Telligen |
| <u>Action Step C:</u> Expand education through an annual Falls Prevention Symposium that reflects a broad target population (professionals, employers, caregivers, etc.). | | U of I MercyOne Tai Chi Iowa IDA UnityPoint |
| <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. | | Iowa Injury & Violence Prevention Strategic Plan U of I |
| <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. | | IDPH |

Goal #2: Increase access to falls prevention programs and support services.

Goal Coordinator: Angela Shanahan, MercyOne

| | Action Step Due Date | Entities/Individuals Interested in this Work |
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| Objective 2.1: Support healthcare systems and community providers in utilizing best practice falls risk assessment tools. | | |
| <u>Action Step A:</u> Develop common falls prevention and management measure sets across the Iowa provider community. | | Iowa Injury & Violence Prevention Strategic Plan |
| <u>Action Step B:</u> Enhance routine medication reviews to include a focus on medication fall risk. | | Milestones AAA Elderbridge AAA NEISA AAA |

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| <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 and provide a resource for connecting individuals to prevention strategies. | | Milestones AAA IDPH – Trauma Sioux City Fire and Rescue |
| <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. | | |
| <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. | | Iowa Injury & Violence Prevention Strategic Plan |
| 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. | | U of I Unity Point |
| <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. | | Unity Point U of I AAA-IRTC IDA |
| <u>Action Step C:</u> Promote development and utilization of a statewide falls prevention hub to connect individuals and organizations to community resources, including available programs and tools for reducing falls across all ages. | | HUB Iowa Injury & Violence Prevention Strategic Plan |
| Objective 2.3: Increase availability of evidence-based fall prevention programs and support services within Iowa communities | | |
| <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. | | HUB Advisory Group |
| <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. | | U of I Easterseals Iowa AAA’s |

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| <u>Action Step C:</u> Work with state and national partners to promote more frequent offerings of trainings in Iowa for evidence-based falls prevention programs. | | HUB Advisory Group Tai Chi Iowa U of I |
| <u>Action Step D:</u> Engage service payers to discuss available metrics and cost data needed to establish reimbursement rate for community-based programs. | | HUB Iowa Injury & Violence Prevention Strategic Plan |

Goal #3: Increase the percentage of Iowans who live in safe homes and safe communities.

Goal Coordinator: Sydney Marshman, Happy at Home Consulting

| | Action Step Due Date | Entities/Individuals Interested in this Work |
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| Objective 3.1: Promote home modifications that assure home and setting accessibility and safety over time. | | |
| <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. | | Tai Chi Iowa AAA IDA Connect America ISU |
| <u>Action Step B:</u> Encourage healthcare providers to offer home assessments and referral into evidence-based programs (i.e., CAPABLE) as part of the plan of care for individuals who have been screened at high-risk for falls. | | GDM Habitat for Humanity IDA AAA-IRTC Silver Spaces |
| <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. | | Milestones AAA Sioux City Fire and Rescue |
| Objective 3.2: Improve community environments that lower the risk of falls and facilitate full participation, mobility, and independent functioning. | | |

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| <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. | | AARP |
| <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. | | AARP |
| <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. | | UNI - NPPS MercyOne |

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

| | Action Step Due Date | Entities/Individuals Interested in this Work |
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| 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. | | Iowa Injury & Violence Prevention Strategic Plan |
| <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. | | Connect America |
| <u>Action Step C</u> : Maintain bi-monthly regular meetings of the Iowa Falls Prevention Coalition. | | Co-Chairs |
| <u>Action Step D</u> : Establish workgroups as needed to carry out coalition work. | | Co-Chairs Goal Coordinators |
| <u>Action Step E</u> : Engage new individuals and organizations who support the mission and vision and invite them to meetings. | | All-In |
| <u>Action Step F</u> : Encourage and support the development of local falls prevention coalitions and engage them in partnership opportunities. | | Co-Chairs |