Balance and Falls SIG
National Fall Prevention Awareness Day
Conference Call May 11, 2016; 7:30 p.m. EST

Agenda:
- Goals This year
- What have we done since February?
- Collaborating with Cognitive and Mental Health SIG
- Ideas
- Resources

Participants:
Twenty-one participants from 19 states announced their presence with a total of 38 participants on the call. Participants shared their past, and planned activities for fall prevention awareness day.

Discussion:
Goals for this year- increase collaboration between PT/OT for fall prevention as well as other health care professionals. Participants were encouraged to contact OT state chapters if they would like to increase interdisciplinary collaboration.
Increase awareness of STEADI tool kit to primary care physicians and other health care providers.

Progress since February:
Interdisciplinary letters: have been developed for collaboration with other health care providers (RN, OT, and Pharmacy) on National Fall Prevention Awareness Day. The letter can be found on website.
Please feel free to use the template and personalize as needed.

Collaboration with EMT:
- Some states have a packet which EMTs can provide if taking calls to people who have fallen→ includes CDC’s Fall Risk Information as well as local Geriatricians and PT’s that can help prevent future falls.
- FallsTalk/FallsScape
  - EMT’s in Vermont provide this program→ 25 squads across the state
  - VT state is examining % reduced falls % reduced injuries
  - Response so far: Those using it are happy. More intensive than originally anticipated, involves making an appointment for a follow up, a one hour long visit, and phone calls for 6 months after.
  - For more information see: http://www.fallscape.org/

List of Resources:
• Will be published in the next GeriNotes (July)
• Many of these resources are found on the [www.geriatriscpt.org](http://www.geriatriscpt.org) website.
• Clinicians asked about the Powerpoint used by the chair: Powerpoint used to educate/inform local PT’s on the CDC tool and National Fall Prevention Awareness Day will also be published.

Collaboration with Mental Health SIG: The Mental Health SIG Chair have contacted us to collaborate since Cognition and Mental Health is an important component for fall prevention. Stay tuned for more information regarding this. They have started a campaign last year for education to PTs as to how to assess cognition in different practice settings. Information on the webpage: Geriatric PT.org. Members-special interest groups>tab>balance falls> mental health SIG. Information will be also be in GeriNotes.

Ideas:
STEADI screen- recommend offering this in the community where older adults gather (community centers, churches) as transportation is often a problem
Health Fair- screening, ongoing/running presentations
In-service at nursing homes, assistive living, with inclusion of staff
Information tables at hospital/clinic entrance
Education for physicians and physician assistants
Tai Chi demonstrations- may do this while people waiting for screening

Resources:
• State advocates- Falls Coalitions
• NCOA website fall prevention tab [https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/](https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/)
• CDC.gov STEADI site [http://www.cdc.gov/steadi/](http://www.cdc.gov/steadi/)
• Fall prevention center of excellence.org [http://stopfalls.org/](http://stopfalls.org/)
• Balance and fall SIG website [http://geriatricspt.org/members/special-interest-groups/index.cfm](http://geriatricspt.org/members/special-interest-groups/index.cfm)

Discussion regarding fall prevention day activities
1. Problem recruiting rural therapists and sites to offer activities. Suggestion of locating state organizations with the purpose of promoting services for the people to stay in their homes (SASH in Vermont) may be a resource.
2. Educational session once a year to-powerpoint can be accessed on the website.

For more information Contact:
Mariana Wingood, DPT PT GCS CEEAA
mariana.wingood@outlook.com