

## Falls Prevention Coalition Meeting - May 25, 2016

Present: Schertz, Thiel, Brose, Stapleton, Straker, Bateman, Jackson, Lindahl, Kane, Bryant, White

Mayo just completed a Stepping On class and will offer another one in mid-September. Gundersen will also do a Stepping On class this fall and maybe one this summer at the new Eaglecrest South Senior Housing.

The ADRC will offer the functional and administrative support for Stepping On previously done by the County Aging Unit. They will do the printing, copying, promoting, reporting to WIHA, etc. They will coordinate with First Presbyterian Church in scheduling a Stepping On class this fall. Possible locations for future classes are churches, YMCA, Tri-State Ambulance, Goodwill, etc.

Discussion focused on how this Falls Prevention Coalition could start a Facebook page, including who is our target audience, what will be our message, who will be the administrator, who will do the updating, who will friend us, etc. Gwen will experiment by promoting Stepping On the UW-L PT Facebook page. We could also explore linking with ADRC, Health Department, and WIHA Facebook pages.

We need to find out who is using CDC's STEADI program in La Crosse, how they are using STEADI's algorithm for implementation, and who is doing the follow-up using the Epic software that Gundersen has now and Mayo will have soon.

There will be a Tai Chi Research Study starting this fall for 80 people 65+, living independently who have fallen in the last year or have fear of falling, and who have NOT attended a balance class in the last 6 months. ADRC will be doing the promoting, screening, scheduling of class times and location.

Information on implementing a Healthy Aging Coalitions La Crosse County will be shared at the June meeting.

Next meeting:

Wed., June 29, 2016  
1:01 pm in Room 2076  
Health Science Center  
1300 Badger St. La Crosse

AGENDA:

- Facebook page update
- Plan for Fall Prevention Awareness day
- Fall Risk Assessments in La Crosse County
- Updating Falls Prevention Resource guide
- Consider meeting off-campus