

## Falls Prevention Coalition Meeting Minutes

July 31, 2013

Present: Albrecht, Thiel, Branson, Isely, Straker, Kunze, Murphy, Stapleton, Schertz, Schaefer, Brose, White

Both branches of the YMCA are offering a new program geared toward non-members 60 years or older called Senior Shape-Up. Participants will receive a free membership while they are enrolled in the program.

The YMCA will also offer Moving for Better Balance this fall. The 12 week program for members (about \$40) and non-members (\$40 +) is focused on preventing falls through regular practice of 8 single forms of Tai Chi.

Tri-State Ambulance has developed an all-electronic signature pad to collect the signature, date of birth, and health care provider information of older fallers they assist which will allow this release of information to go electronically to their medical record department where their Doctor will have information on their fall, etc. This technology and process is unique in the country. EMTs can easily and quickly connect older fallers with their Doctor, and potentially their pharmacists and even community service agencies for early intervention. Community Paramedicine is an organized system of services provided by EMTs that are integrated into the local health-care system and overseen by primary care physicians.

Discussed NCOA's Falls Prevention Awareness Day Media Toolkit and CDC's STEADIs Balance Screening Test to promote Stepping On, this coalition, and [www.lacrossestopfalls.org](http://www.lacrossestopfalls.org).

This Coalition will assist UW-Madison School of Pharmacy in identifying older adults who do not attend falls prevention programs and connecting them with local pharmacists for medication management therapy. Hopefully Dr. Mott from Madison ( who heads up this program ) can attend our August 28 meeting. We will also be part of a grant-application process to identify and train people in Tai Chi Fundamentals Program which will be offered to older people in La Crosse.

Living Well Workshop will start September 12- October 17 at Gundersen Health System. Contact ADRC at 785-5700 for more information.

Next meeting: Wednesday, August 28, 2013

1:01 pm in Room 2076

Health Science Center

1300 Badger St

La Crosse, WI

