

## Falls Prevention Coalition Meeting 10/30/2013

Present: Branson, Thiel, Isley, Brose, Albrecht, Schertz, Stapleton, Murphy, Straker, Colvin, White, Lombard, Holmes, and 3 UW-La Crosse students in Community Health Education

On November 1, 2013, Tri-State Ambulance will implement an electronic signature-pad which will notify the Medical Records Departments of both hospitals with vital data on older people who fall and sign off. They have been piloting this for the last few months and have received much positive feedback. The challenge still remains of how to follow-up with older fallers to see if they got connected to community resources.

Six UW-La Crosse students are planning to pilot a Falls-Prevention Awareness Program targeting older adults at local churches. The focus will be on nutrition and home safety via Awareness Boards. This will aid us in planning a full week of falls prevention awareness activities during Falls Prevention Awareness Month in 2014.

Potential Partners for 2014 are all churches, Strong Seniors, YMCA, YWCA, Mondays-on-Main, Shopko Senior Days, ADRC, First-Responders, and local media. Maybe we could enlist Marketing Students at the 3 local colleges to help plan the marketing, outreach, and publicity (e.g. Press conferences, news releases, hand-out magnets at grocery stores, etc.)

Potential topics for 2014 include:

### Screenings and Assessments

- Falls Risk Assessment (with P.T. students)
- Balance Screening
- Gait Analysis

### Demonstrations

- How to measure for proper footwear
- Safe shoes
- Safe rugs
- How to install grab bars
- Home modification

### Exercises

- For strength
- For balance

### Programs

- UW-L's Walk Strong, Walk Tall
- Tai Chi
- Stepping On
- Vision changes and falling
- Medications and falling

Potential funding sources could be shoe companies, SWARTEC, La Crosse County Foundation, Gundersen and Mayo Foundations, etc.

The Community Pharmacy Program will be implemented soon in La Crosse and we are partnering with the state in applying for CDC funding to get trained leaders in La Crosse to teach Tai Chi Fundamentals.

Next meeting will begin planning for 2013 Awareness Week and find funding to train local trainers on Tai Chi Fundamentals.

Next meeting will be: Wed, Nov. 20, 2013 1:01 pm  
Room 2076 Health Science Center  
1300 Badger St., La Crosse, WI