

## Falls Prevention Coalition Meeting – October 29, 2014

1. Present: Thiel, Branson, Murphy, Schertz, Kunze, Bateman, Rose, Brose, Greany, Olson-Pollock, Lombard, Castle, Holmes, White
2. Bernice Olson-Pollock explained that the YMCA offers “Moving for Better Balance”, a Tai Chi – based program that is fitness-based and teaches balance skills. Bernice teaches a six-session SUN-Style Tai Chi program approved by the American Arthritis Association at the Spirituality Center. She then demonstrated the basic techniques taught in her class. Both programs are geared to older people.
3. There was positive feedback on Falls Prevention Awareness Week. Still need to discuss how to get more publicity (e.g. ad in La Crosse Tribune, ad in Community Center Newsletters, etc.), offer resource Night at a different time, should we offer monthly Falls Prevention Seminars with consistent schedule, etc. Please forward your suggestions (time, location, speakers, workshop, etc.,) to Larry to add to agenda for November meeting.
4. Over 20 people were identified during Falls Prevention Awareness Week who want to take a stepping On Class. There is interest in starting a Stepping On Class at Michael Heights in January.
5. Need more information on where/how we can get access to medical facilities which are documenting how often Seniors fall, how to link the Seniors to fall risk assessments, and how to connect doctors and pharmacists to community resources.
6. The ADRC regularly does functional assessments of older people in their homes. They see a need to develop a simple short referral card to leave with them, which would include:
  - Information (phone #) on where falls prevention classes are available
  - Information (phone #) on home safety checks
  - Information (phone #) on how/where to get a falls risk assessment
  - Information (phone #) on how/where to get access to a pharmacist who can do a medication management consultation

These referral cards would be used not only by ADRC, but also by fire, police, ambulance, home care agencies, etc.

7. Next meeting is Wednesday, Nov. 26 at 1:01pm  
Room 2076 of the Health Science Center  
1300 Badger St., La Crosse