



In Attendance

Cheryl Perry, *Golden Ranch Fire District*

Greg Rivera, *Pima County Health Department*

Kristin Robinson-Lund, *Pima County Health Department*

Maya Luria, *Tucson Medical Center*

Tracy Koslowski, *Drexel Fire District*

Tony Estrada, *Pima Council on Aging*

Chris Kang, *Valley Assistance Services*

Jackie Bisner, *Rincon Valley Fire District*

Lee Itule-Klasen, *Pima County Health Department*

Mary Kinkade, *Pima County Health Department*

Tangye Beckham, *Rio Rico Fire District*

Welcome and Introductions

Debbie thanked everyone in attendance and a round robin of introductions was done. Debbie provided an overview of the agenda and reminded the group about the documents that were sent out with the agenda via e-mail.

Review of Fall Risk Assessment Tools

It was suggested that the entire group work on developing the assessment tools. The assessment tools would be created for 3 district target groups:

1. People interacting with older adults, such as volunteers, neighbors, and caregivers;
2. Professionals, such as firefighters and nurses; and
3. Self-assessment for older adults.

A group discussion was held around the use of current assessment tools:

- Golden Ranch Fire District uses a modified version of the National Fire Protection Association (NFPA) “[Remembering When](#)” program for home inspections. They’ve taken highlights from both the fall-prevention and the fire-prevention checklists and made a simplified version.
- Rincon Valley FD has not adopted anything specific at this time. They currently use the recommended NFPA materials.
- Drexel FD also uses the “Remembering When” program. They offer fire safety checks but not do offer fall prevention checks at this time.
- Rio Rico FD uses the fall prevention checklist from the CDC website.
- Valley Assistance has partnered with the University of Arizona (UofA) to enhance their fall prevention assessment tool. They revised the current tool and adopted it to address the unique challenges experienced by older adults in Green Valley. The UofA provided them with several handouts to address specific fall-related risks and developed a packet that they can leave with older adults when they do a home inspection for fall risk.
 - *Question:* Do we need permission from the UofA to use that tool for other professionals in Southern Arizona?
 - *Response:* We would need to talk to the UofA about copy rights, but the materials were created specifically for older adults in Green Valley.

A group discussion was held around the development of the 3 assessment tools (as mentioned above):

- It was suggested that the assessment tools developed by the group include all the basic key components. Those assessments could then be shared with key experts in the field, such as clinicians, for feedback.



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9:00-11:00 AM
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- The group may want to consider a form for alcohol-medication use in older adults. This form could include the number for the Poison Control Center, in case an older adult is experiencing symptoms before they fall.
- The assessment tool should include core minimums that can then be adapted to meet the needs of each area.
- Valley Assistance distributes a “How to talk to your doctor” packet at resource fairs that is very popular. Chris will bring a packet to the next meeting to share with the group.
- Recommendations coming from the group are well taken by the fire departments, so it shouldn’t be an issue implementing the assessment tools once they’re been developed.
- Assessment tools could include both fire prevention and fall prevention assessments.

The group discussed current data and data needs related to falls:

- The Health Department and TMC are working on collecting and analyzing current hospital discharge data.
 - There is a lot of variation in the reporting of fall data.
 - Reports by hospitals and by fire fighters may also be different.
 - Benchmarks need to be developed.
- Data collected from fire departments is raw, so it is hard to identify what the cause is. Fire departments should track this data cohesively. Trainings could possibly be provided to firefighters to collect this information.

A group discussion was held around the need for volunteers. Comments included:

- The Health Department is currently working with Interfaith Community Services (ICS). They have over 800 volunteers, many of whom may be interested in working with the coalition.
- Older adults in SaddleBrooke and Sun City are very activate. The coalition could possibly offer to train them to provide follow-up services to older adults in their homes?
- There is a need for more senior-to-senior volunteers.
- Seniors that do Tai Chi could possibly distribute the assessment tools?
- Trust is a big barrier. It might take more than one visit and firefighters tend to rush. Maybe fire fighters could identify a potential hazard and then someone such as a volunteer could follow-up?
- The volunteer Fire Corps in Green Valley change batteries, remove snakes, and have a fall prevention program called [SHiM PC](#) (Safety and Health in Motion, Prevention & Care).

Cheryl noted that a lot of people ask her, “Can you teach me how to fall?” She responds by telling them about PCOA’s Matter of Balance class and telling them that the best thing they can do is strength training exercises. Greg added that “how to fall safely” is an approach used in martial arts, which could be adding to the confusion.

Greg proposed the following timeline for the fall risk assessment tools:

March: Debbie and Greg send out core assessments for everyone to review and build on the questions, starting with the professional and self-assessment tools. Once all the questions have be chosen/developed, the Health Department can categorize the questions and place them into one cohesive assessment form.

April: The group will review the draft assessments and provide additional feedback. The Health Department will revise the draft and produce a second draft of the assessments.

May: A second draft will be presented to the group for review and feedback



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June-July: The draft will be sent out to fire departments and other professionals for feedback and review.

September: Assessments will be complete and could be presented during Falls Prevention Awareness Day on September 22, 2018. A press conference should be considered.

Finalize Recruitment Flyer

Nic Cogdall is working on a recruitment flyer for the group. He is currently out of town but will send the revised version out to the group for review. Changes can also be made in the following Google Doc:

https://docs.google.com/document/d/1lwrQhePbl_XQA03XRXjBKHM7s-kwWB431qVp7zc5pSk/edit?usp=sharing

Next Steps

Send all the assessment tools you have to Greg: Gregory.Rivera@pima.gov

Greg will compile the information and put a PDF together. He will also send this out to the group before the next meeting.

Next Meeting

Thursday, March 15th from 9am-11am at the Abrams Public Health Center (3950 S. Country Club Rd.) in room 3110. Please contact Debbie for the call-in number.