



**Community Health Improvement Planning
Southern Chapter of the Arizona Falls Prevention Coalition
Meeting Minutes – Thursday March 15, 2018
9:00-11:00 AM
Abrams Public Health Building, 3950 S. Country Club Rd. Tucson, AZ**

In Attendance

Adina Wingate, <i>Pima Council on Aging</i>	Billy C., <i>Adult Protective Services</i>
Chris Kang, <i>Valley Assistance Services</i>	Cheryl Perry, <i>Golden Ranch Fire District</i>
Debbie Adams, <i>Pima Council on Aging</i>	Kim Ohl, <i>Pima County Health Department</i>
Kristin Haeflinger, <i>Health South Rehab Hospital</i>	Kristin Robinson-Lund, <i>Pima County Health Department</i>
Lee Itule-Klasen, <i>Pima County Health Department</i>	Mary Kinkade, <i>Pima County Health Department</i>
Rebecca Root, <i>Pima County Health Department</i>	Sally Krommes, <i>Saint Luke's Hospital</i>
Shaunna Kowalewski, <i>Health South Rehab Hospital</i>	Susan, <i>Jewish Family & Children's Services of Southern Arizona</i>
Tangye Beckham, <i>Rio Rico Fire District</i>	Tracy Koslowski, <i>Drexel Fire District</i>
Vicki Buchda, <i>Arizona Hospital and HealthCare Association</i>	

Welcome and Introductions

Debbie thanked everyone in attendance and a round robin of introductions was done.

Finalize Recruitment Flyer

The group reviewed a draft of the recruitment flyer and provided feedback. The following changes were suggested:

- Change photos
- Replace the Healthy Pima logo with the Falls Free Pima logo (for now)
- Change the group's name to: Southern Chapter of the Arizona Falls Prevention Coalition
- Add PCOA's hotline phone number to the flyer under the contact section: 520-790-7262
- Shorten the introduction and include a call to action. Example: "By joining us, you will be doing _____."
- Change the healthy pima website link to: <https://www.pcoa.org/services/falls-prevention/>

Further revisions are welcome and can be e-mailed to Nic Cogdall at: Nicholas.Cogdall@pima.gov

Revisions can also be made using the following Google Doc link:

https://docs.google.com/document/d/1lwrQhePbl_XQA03XRjBKHm7s-kwWB431qVp7zc5pSk/edit

Review of Fall Risk Assessment Tools

Debbie briefly mentioned the assessments that Greg and Tracy shared over e-mail and encouraged the group to review the assessments if they had not done so already. Debbie provided the group with a recap of the "Fall Prevention Risk Assessment Tools" being developed by the group.

- The assessments being developed are for three different groups: (1) Older adults – self-assessment; (2) Volunteers working with older adults; and (3) Professionals such as nurses and fire fighters.

A group discussion was held around the development of the assessments. Comments included:



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- Modifying the CDC assessments to meet the needs of a certain area or group of individuals such as firefighters.
- Include a question about alcohol use and about any changes to lifestyle due to fear of falling.
 - Example: “Have you changed your lifestyle because you’re worried about going out?”
- Change the format to have a supplemental area where questions about alcohol use and lifestyle changes can be located.
 - “Alcohol use is high in our area and is a sensitive subject. The nurses are okay with asking about alcohol use, but do it at the end of the assessment opposed to the beginning.”
- Using the template for the STEADI handout by the CDC.
- Combining the CDC’s “Check for Safety” and the “Stay Intendent” brochures to meet the needs of the group.
 - Adina can contact the CDC about the layout i.e., what size paper would be needed, what the design would be, etc.
- The fewer sheets of paper the better.
- Change wording from “worried about falling” to “fear of falling.”
- It’s hard to seek funding for items that are not validated by a national organization so using CDC materials is recommended.

A group discussion was held around the effectiveness of the Timed Up and Go (TUG) Test. It was also mentioned that the Berg Balance Scale is an effective tool to assess the performance of functional tasks and the need for an assisted device.

Fall Prevention Community Campaign/Event(s)

A group discussion was held around the activities the group would like to engage in for Fall Prevention Awareness in September. The group plans to avoid hosting an event on Falls Prevention Awareness Day (September 22nd) due to a large conference in Phoenix on aging take place at that time. October will also be a busy month for the fire departments because of school fire safety so the group would like to avoid planning any events close to the end of September. The group looked at hosting multiple events (3-4) the week of September 10th or week of September 24 in different areas of town. Ideas for the events included:

- Food
- Officers in uniform
- Fall Risk assessments
- Presentations by physicians
- Medication disposal (possibly work with Dispose-A-Med to co-host the event)
- Teach older adults how to properly use adaptive equipment
- Classes on fire safety, home safety adaptations, exercise
- Promoting the event at least one month in advance
- Identifying sponsors early and having several agencies hosting the events – too burdensome for one agency alone.

Additional ideas for the month of September:

- Pima County Health Department (PCHD) could work with local libraries and congregate meal sites to promote “fall prevention awareness” as a topic during the month of September. Multiple events could also be bundled and published as “Fall Prevention Month.”
 - Example: “Big fair at ____ and look for local activities throughout the month at your local libraries.”



Coalition Logo

A question was posed to the group: “Do we want to stay with the Falls Free Pima logo or use a modified version of the AZ Falls Prevention Coalition logo?” Responses included:

- It’s important that we have some connection to the state.
- What if we use both logos – Falls Free Pima and the AZ Fall Prevention Coalition?
- Instead of taking the time to make a new logo, why not modify the current Falls Free Pima logo?
- Changing reference to Pima to be inclusive of Southern Arizona.

The discussion was tabled for the next meeting. Lee will work the Health Department’s Communications Team to identify potential logo ideas.

Announcements / Additional Comments

- A [Conference on Aging](#) will be held at the Cochise College Sierra Vista Campus on June 6th from 8am to 5pm.
- Vicki will talk to ADHS about the state’s plan and see if there are any items that ADHS would like the group to incorporate into their work plan.

Next Meeting

Prior to the next meeting, please:

- Send balance assessments you use to Debbie. Debbie will work on putting together a list for the group to review at the next meeting.
- Bring ideas to the next meeting about geographic areas the group could hold events at in September.
- Send any ideas you have about the coalition’s logo to Lee at: Lee.Itule-Klasen@pima.gov

The next meeting is scheduled for Thursday, April 19, 2018 at 9:00am at the Abrams Building located at 3950 S. Country Club. If it is more convenient for you to join by phone please call 520-222-1111 using the access code 9572950#.

At the next meeting, Tracy will give a presentation about Drexel Heights Fall and Fire Academy.

Adjourn