**Meeting recording:** [**https://umsystem.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=0d4d1e97-5ce8-49cf-8451-b1ee01104265**](https://umsystem.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=0d4d1e97-5ce8-49cf-8451-b1ee01104265)

**September is Fall Prevention Month**

The state is doing:

* Proclamation (month long commitment to celebrating fall prevention awareness)
* Social media
* Survey of state wide activities
* Trying to Draw attention to fall prevention more than before a more statewide effort this year

First day of fall is this Sunday (where fall prevention awareness week started now it is observed as a month long event)



This year we have really worked hard to highlight events, classes, and activities going on across the state. Each of the counties highlighted in red have submitted at least one fall prevention event. It would be great to have events in each of the counties, but I would like to at least get some events from the central and southern part of the state.

We would love to see all counties represented for fall prevention awareness

States in red have submitted fall prevention activities (highlighted events and activities across the state, classes, partnerships with EMS and sharing info, or healthfair event or fall screenings)

If you have FP awareness event going on edu or 1 hour event or speaker, etc. State would love to share it. (submit events at [survey monkey link](https://www.surveymonkey.com/r/72MFRXC) or share in chat or email Jordanna.mcleod@health.mo.gov

Find events at <https://health.mo.gov/seniors/showmefallsfreemissouri/awareness-month.php>

Purpose of listing events- 1. A central place for people to know what is going on around the state 2. ideas for what other people are doing for FP and to make connections with those who have similar goals.

 **FP awareness month sharing!**

* Tina Uridge- local coalition doing outreach clay and Platte county asked members to lead activities at their organizations, presentation bingo, AAA giveaways. -working together is helpful
* Sharing of events
* North Kansas City Hospital is hosting steady your stride event with 150 registered
* University Health TMC is hosting Think First to Prevent Falls @ Liberty Community Center Sept. 25th.  Registration is currently full, but wait list is open if anyone should cancel.
* Sheila Bassoppo- scheduling walk with eas and walking and fall prevention strategy in partnership with pub library and highlighting different books on walking.
* MOB Smithfield senior center



**Connections?**

* looking for partner to teach Matter Of Balance class. John with Young at Heart Resources 660-240-9400 or jlagoutaris@yahresources.org A Matter of Balance instructor in Harrison county looking for a partner to teach the program this fall. She is able to travel if needed, so if anyone is looking for a partner please have them contact John

Many of us share information online (social media, websites, etc.) pre, prepared info can be found at <https://www.cdc.gov/falls/about/index.html>

* CDC STEADI,
* CDC still going strong campaign
* NCOA fall prevention toolkit

**Senior Levy-Tina Uridge**

* + Dedicated funding senior services fund Missouri passed a statute that allows counties to pass a special property tax funding
		- 55/114 including city of st. louis have sr. service fund
		- <https://www.moalso.org/senior-levy-counties>
		- The funds have helped support local fall prevention coalitions
		- Board of directors manage funds
		- Platte and Clay County wanted to continue the efforts of FP coalition
			* Takes admin work and commitment to keep it going
			* Schedule meetings set goals, set activities, and coalition is made of other organizations
			* Commitment of senior levy funds staff has helped keep coalition going
			* Partnership with EMS staff educating them about the risk of falls and they will send referrals of older adults and they send info or programs about how to make the home safe or home repair programs or evidence-based fall prevention programs
			* Lifeline program is offered in Platte and Clay counties to help detect fall technology.
* Contact Tina with additional questions tina@claycoseniors.org
	+ - Why is it only 55 counties?
			* Many not aware that this is established funding
			* Commissioners don’t often times know about it
			* Mo also .org has a toolkit that talks about the statue and how it is governed and what kind of funding it will bring to the county.
			* Jackson county is going to have it on the ballot in NOV. educating voters and making them aware of it.
* Time for sharing
	+ Future FP/healthy aging awareness months
		- Shiela- more info on how to relate Fall prevention with home repairs
		- Tina- Missouri Master Plan on aging has a workgroup working to develop more funding such as Medicaid waiver for more home repairs for older adults. Senior levy funds doing a bit with home repairs, also loans for home repair through Missouri assisted technology.
		- Home Modification resource from Jordanna
		- MOCPHE- Taylor Anderson- it would be helpful to provide a brief graphic for educating in the community for those who don’t have the funds in their counties
		- [www.missouricouncilonaging.org](http://www.missouricouncilonaging.org) advocacy calls and sign up to receive their information along with silver-haired legislator and MA4
		- Julie Peetz- From MA4 [www.ma4web.org](http://www.ma4web.org) .is MO’s 10 AAA’s Tax credit for home modification (accessible, safe, stay in home independently) looking to get it back through legislator- policy will be on the website in the next few weeks
			* Trying to target younger older adults and do home mods before they retire more proactive approach and get ahead of time- think ahead.
		- Shiela-Tying fall prevention to foot care
		- Toolkit for MO specific Healthy Aging Fall Prevention
* Home Hazard Checklists
	+ help you identify safety hazards, typically related to fall prevention, in your home or the home of a loved one.
	+ Keep you and participants safe
	+ 2020 analysis of emergency room visits revealed that a majority of falls occurred in a home setting, with the bedroom, bathroom, and stairs the most common locations. A 2019 survey of community-dwelling older adults found that 62% of reported falls happened indoors. Loss of balance, slipping, or tripping were the most common reasons for falls, followed by uneven floors and navigating steps or stairs. All of these reasons can be addressed using a home hazard checklist.
	+ <https://www.helpguide.org/handbook/medical-alert-systems/fall-statistics#:~:text=About%2074%20percent%20of%20falls,due%20to%20tripping%20or%20slipping>
	+ CDC steady checklist <https://www.cdc.gov/steadi/pdf/steadi-brochure-checkforsafety-508.pdf>
	+ University of Virginia list <https://uvahealth.com/sites/default/files/2018-08/Fall-Prevention-Checklist.pdf>
	+ <https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-home-safety-checklist_1.pdf>
	+ University of Georgia Extension <https://www.fcs.uga.edu/docs/Home_Safety_CheckList_Print.pdf>
* Ideas for future fall prevention awareness months:
	+ Checklist could be sent with home delivered meals
	+ Foot health and fall prevention
	+ Home hazards and fall prevention
	+ Might create a Missouri Branded home hazard checklist to be distributed
* Resources from the call
	+ www.Agewithoutlimits.org/image-library – free to use images
* Get involved in the planning meetings we would love more input! Email Mcleod, Jordanna Jordanna.Mcleod@health.mo.gov
* Tuesday November Our next meeting is Tuesday, November 12th at 10 am.
* Join us for the MOCAN summit!
	+ October 24, 2024 8:30-3pm
	+ Riechmann Indoor Pavilion 2300 E. Walnut St. Columbia, MO
		- <https://web.cvent.com/event/656c8a0e-1f7f-46da-9b07-e3dc9e646da2/regProcessStep1>
* MOCAN Awards-
	+ Nominate people you know and who are deserving please <https://missouri.qualtrics.com/jfe/form/SV_d5SaQi1fCLSlaL4>
* Qualtrics link for contribution tracker- your volunteer efforts are valuable, lets take note!
	+ <https://missouri.qualtrics.com/jfe/form/SV_3mlt6R4D6TqLpzM?utm_campaign=1028695_Feb%202024%20MOCAN%20FSWG%20recap%2FMarch%20reminder&utm_medium=email&utm_source=email&dm_i=42N5,M1QV,7Q615P,2IP65,1>