

**NOTE**

Registration is needed to view any of the webinars, however, you can register at any point even after the event has begun. Once you register, you will immediately get an email with information and a join webinar button. If you sign up early, you will also receive reminders before the event. Space is limited to first-come-first-served basis. All event times are CDT.

**DAY ONE: Monday, September 21**

10:00–11:30 a.m.      Live Panel Discussion: **“Falls Free Kick-Off: Keeping “STEADI” in Texas”**

**Description:** Join the Texas Falls Prevention Coalition as we roll out Falls Prevention Awareness Week 2020 focusing on the national theme of the Falls Free Checkup. In this panel, moderator Matthew Smith will outline the week of statewide falls prevention activities and introduce expert panelists to discuss the value of the STEADI toolkit. Experts will guide us through the importance of each item. Following the panel will be a reading of the Texas Falls Prevention Proclamation.

**Moderator:** *Matthew Smith, Texas A&M University Center for Population Health and Aging*

**Panelists:**

- *Kimberly McFarland, Texas Health Harris Methodist Hospital*
- *Jennifer Severance, UNT Health Science Center*
- *Chelsea Couch, Texas Health and Human Services Commission*
- *Christina Bartha, Texas Healthy at Home*

**Registration Link:** <https://register.gotowebinar.com/register/305466729988877584>

**Governor’s Texas Falls Prevention Proclamation (tentative)**

Introduced by: Holly Riley

# Falls Prevention Awareness Week | SEPTEMBER 21-25, 2020

## DAY TWO: Tuesday, September 22

10:00–11:30 a.m. Evidence-Based Program Demo: **“Enhanced Fitness”**

**Description:** The Waco Family YMCA is excited to demonstrate one of their popular fall prevention workshops, Enhanced Fitness. Enhanced Fitness is a fun, one-hour class comprised of dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age.

*Led by: YMCA of Waco, TX*

**Registration Link:** <https://register.gotowebinar.com/register/2243598966013860624>

## DAY THREE: Wednesday, September 23

10:00–11:30 a.m. Live Evidence-Based Program Demo: **“Bingocize”**

**Description:** Meet program developer Dr. Jason Crandall in a statewide demonstration of Bingocize, an evidence-based, 10-week program that combines a bingo-like game with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting.

*Led by: Jason Crandall, Bingocize Program Developer*

**Registration Link:** <https://register.gotowebinar.com/register/3551183273741839888>

5:30 p.m. Live Facebook Event in English: **“NCOA Falls Free Check-up”**

*Hosted by: The National Council on Aging (NCOA):*

**Facebook Link (English):** <https://www.facebook.com/NCOAging/>

**DAY FOUR: Thursday, September 24**

10:00–11:30 a.m. Live Evidence-Based Program Demo: **“Tai-Chi Moving for Better Balance”**

**Description:** Join Amy Comer, Evidence-Based Program Coordinator for the Houston-Galveston Area Agency on Aging, in a dynamic Tai Chi demonstration. Tai Chi is a low impact form of exercise that takes you through a series of slow movements that flow together. It is a great form of exercise for people of all ages and fitness levels but especially effective in preventing falls.

*Led by: Amy Comer, Houston-Galveston Area Agency on Aging*

**Registration Link:** <https://register.gotowebinar.com/register/7144506020569629968>

2:00 p.m. PPT Presentation: **“Environmental Aspects of Falls”**

**Description:** We spend a majority of our time in our homes, so it is no surprise that more than half of falls happen at home. We refer to potential hazards in our home as “environmental aspects” which means the environment that you are in can cause the fall. The good news is there are many changes you can easily make in your home to prevent falls. Join us in this presentation for a virtual home fall – proofing as we demonstrate the environmental aspects of falls that could be in your home and how we can change them to avoid falls and ensure safety.

*Led by: Texas A&M University Center for Population Health and Aging*

**Presentation Link:** TBA – check our website for final link

5:30 p.m. Live Facebook Event En español: **“NCOA Falls Free Check-up”**

*Hosted by: The National Council on Aging (NCOA):*

**Facebook Link (En español):** <https://www.facebook.com/NCOAging/>

**DAY FIVE: Friday, September 25**

10:00–11:30 a.m. Live Panel Discussion: **“Preventing Falls in the Home while Sheltering in Place”**

**Description:** COVID-19 has presented many challenges for older adults while sheltering in place, including preventing falls while staying at home. Learn from our expert panelists as they discuss ways to prevent falls in the home for older adults and their caregivers along with the many available and accessible community resources.

*Moderator: Don Smith, Area Agency on Aging of Tarrant County*

**Panelists:**

- *Marcia Ory, Texas A&M University Center for Population Health and Aging*
- *Kelli Plyant, Meals on Wheels of Tarrant County*
- *Gerrad Allen, Wellmed Charitable Foundation*
- *Jessica Martone, Capital Area Council of Governments*

**Registration Link:**

<https://register.gotowebinar.com/register/7370762423821761808>

2:00–3:30 p.m. Live Action Planning Meeting: **“Comprehensive Falls Prevention Action Plan for Texas”**

**Description:** In March 2005 the National Council on Aging (NCOA), in collaboration with the Archstone Foundation and the Home Safety Council, released the landmark evidence-based National Action Plan to prevent falls and falls-related injuries in older adults. Since its release it has served as a national blueprint, describing what should be done to reduce the growing number of falls and fall-related injuries among older adults. 36 strategies were outlined in the National Action Plan. Unite with the Texas Falls Prevention Coalition in identifying 2-3 strategies that will create the Texas Falls Prevention Action Plan 2020.

*Led by: Matthew Smith, Texas A&M University, Center for Population Health and Aging*

**Registration Link:** <https://global.gotomeeting.com/join/229412405>

**BONUS EVENT: Tuesday, September 29**

12:00–1:30 p.m.

Live Training Event: **“Stepping Up Your Nutrition (SUYN)”**

**Description:** Stepping Up Your Nutrition (SUYN) is a 2.5-hour brief intervention intended to prevent falls by identifying malnutrition risk among older adults and introducing strategies to enhance their nutrition. This FREE virtual leader training will introduce individuals to the curriculum and justify its focal areas. It will walk them through scenarios and activities, which are used during SUYN-related interactions with older adults. Issues of session fidelity, risk screening, and data collection will also be covered.

*Trainer: Sue Lachenmayr: Maryland Living Well Center of Excellence*

*Panelist/Expert: Judy Simon: Administration for Community Living*

*Moderator: Matthew Lee Smith, Texas A&M Center for Population Health and Aging*

**Registration Link:** <https://lp.constantcontactpages.com/cu/xozLYgr/SUYNTraining>