

# Texas Falls Prevention Awareness Week Recap

## SEPTEMBER 21-25, 2020

### SUMMARY

*The Center for Population Health and Aging Falls Prevention Awareness Week (FPAW) 2020* was a first for many things. First of all, it was the first time that an entire week was dedicated to falls prevention nationally. Second of all, due to COVID-19, it was the first time our events were provided to the community virtually. We knew that a week-long of innovative virtual events would be a new undertaking for us, so we paired up with other fall prevention experts from around the state to create a week full of learning and resources. Together with Texas Healthy at Home and the Texas Association of Area Agencies on Aging, we hosted 2 live panel sessions with experts in fall prevention programming and policy and presented live Evidence-Based Program demonstrations, including new virtual programs. We created a FPAW placemat for congregate meal delivery sites and distributed them in our local community as well as made them available for the rest of the state to utilize. And last, we completed the week with a falls prevention action plan call with key players from Texas who worked together to identify new priorities that we will focus on over the next year in order to make strides in falls prevention in Texas.

### **DAY ONE: Monday, September 21**

Live Panel Discussion: **“Falls Free Kick-Off: Keeping “STEADI” in Texas”**

Description: The Texas Falls Prevention Coalition kicked off Falls Prevention Awareness Week 2020 focusing on the national theme of the Falls Free Checkup. In this panel, moderator Matthew Smith outlined the week of statewide falls prevention activities and introduced expert panelists to discuss the value of the STEADI toolkit. The panelists guided us through the importance of each item. Following the panel, Dr. Smith read the Texas Falls Prevention Proclamation.

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

Panelists:

- *Kimberly McFarlane, 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*

**Presentation Link:** [Live Panel Discussion: “Falls Free Kick-Off: Keeping “STEADI” in Texas”](#)

**The slide presentation for this panel is available in the appendices.**

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## **DAY TWO: Tuesday, September 22**

Evidence-Based Program Demo: **“Enhanced Fitness”**

Description: The Waco Family YMCA demonstrated 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**

**Presentation Link:** [Evidence-Based Program Demo: “Enhanced Fitness”](#)

**Enhanced Fitness Promotional Video:** <https://www.youtube.com/watch?v=1eMWMRLhiwg>

**The slide presentation for this demonstration is available in the appendices.**

## **DAY THREE: Wednesday, September 23**

Live Evidence-Based Program Demo: **“Bingocize”**

Description: Program developer, Dr. Jason Crandall, demonstrated 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**

**Presentation Link:** [Live Evidence-Based Program Demo: “Bingocize”](#)

**The slide presentation for this demonstration is available in the appendices.**

Live Facebook Event in English: **“NCOA Falls Free Check-up”**

Description: Falling is preventable. To celebrate Falls Prevention Awareness Week, NCOA gathered some expert friends to provide practical tips for staying safe and healthy by reducing your risk of falling.

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

**Facebook Link (English):** <https://www.facebook.com/NCOAging/videos/1042245802895158/>

**Facebook Link (En español):** <https://www.facebook.com/NCOAging/videos/1029676047485675/>

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## **DAY FOUR: Thursday, September 24**

Live Evidence-Based Program Demo: **"Tai-Chi"**

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*

**Presentation Link:** [Live Evidence-Based Program Demo: "Tai-Chi"](#)

***The slide presentation for this demonstration is available in the appendices.***

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. This virtual presentation is an example of how to fall-proof your home and demonstrates the environmental aspects of falls that could be in your home and how to change them to avoid falls and ensure safety.

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

**Presentation Link:** ["Environmental Aspects of Falls"](#)

***The slide presentation for this demonstration is available in the appendices.***

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### **DAY FIVE: Friday, September 25**

#### 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. This panel discussed 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*

**Presentation Link:** [Live Panel Discussion: “Preventing Falls while Sheltering in Place”](#)

***The slide presentation for this panel is available in the appendices.***

#### 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. The Texas Falls Prevention Coalition was joined by key players in fall prevention work across Texas in identifying 2-3 strategies to help create a Texas Falls Prevention Action Plan for 2020-2021.

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

***The action plan for Texas will be posted on our website after it has been finalized.***

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### **BONUS EVENT: Tuesday, September 29**

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

Summary: 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. A free-of-charge virtual SUYN leader training was conducted from 1pm to 2:30pm Eastern Time on Tuesday, September 29, 2020. This training introduced individuals to the SUYN curriculum and explained its focal areas. It walked participants through scenarios and activities, which are used during SUYN-related interactions with older adults. Issues of session fidelity, risk screening, and data collection were also covered. A total of 145 individuals were officially certified to host the workshop in a group or one-on-one basis in their local community. Newly trained SUYN leaders represented the 29 states and Washington DC as well as Canada. The majority of participants came from MD, MA, and VA, followed by FL, IL, CA, RI, TX, and AZ. On average, participants reported their confidence to deliver SUYN and/or its content was 85.6%.

Another national free-of-charge virtual SUYN leader training will be hosted in November 2020.

*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*