

CHATTANOOGA'S FALL PREVENTION SUMMIT

Thursday, August 28, 2014 • UTC – University Center Auditorium, 615 McCallie Ave, Chattanooga, TN

Building Partnerships to Provide Clinical & Community-based Programs Designed to Reduce Fall Risk: Strategies and Evidence-based Options



Keynote Speaker: Elizabeth Walker Peterson, PhD, OTR/L, FAOTA, University of Illinois at Chicago

Dr. Elizabeth Peterson is a Clinical Professor and Director of Professional Education in the Department of Occupational Therapy at the University of Illinois at Chicago. Her research interests over the past 20+ years have focused on falls and fear of falling: epidemiology, measurement, and interventions for community-dwelling older adults and people living with multiple sclerosis. She served as Co-Principal Investigator of the Boston University Roybal Center study undertaken to examine the efficacy of the Matter of Balance program, is an original member of the National Council on Aging's (NCOA) Falls Free™ Coalition, and she served on the NCOA's Evaluation Subcommittee of the State Coalitions for Fall Prevention Workgroup. Peterson is a Fellow of the American Occupational Therapy Association (AOTA), and represented AOTA as a member of the Expert Panel to update the Fall Prevention Guideline of the American Geriatrics Society and the British Geriatrics Society. She is a member of the Centers for Disease Control and Prevention's Falls Prevention Expert Panel and she is leading the Illinois Fall Prevention Coalition.

Falls among older adults – How big is the problem?

1 Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling. (Source: CDC)

2 The older population in 2030 is projected to be twice as large as in 2000, growing from 35 million to 72 million and representing nearly 20 percent of the total U.S. population. (Source: *Older Americans 2012: Key Indicators of Well Being, page 17*)

3 Falls are the leading cause of injury-related emergency department visits in Hamilton County and individuals age 65 or older accounted for 73% of hospital admissions due to a fall. (Source: *Local Falls Data, 2011*)

4 One out of three older adults (those aged 65 or older) falls each year but less than half talk to their healthcare providers about it. (Source: CDC)

Visit www.FallPreventionChattanooga.com for up-to-date summit information.

SUMMIT AUDIENCE

Professionals in health care, social services, rehabilitation, active aging and wellness, community and transportation planning, emergency medical services, home safety and senior living, faith-based organizations, health profession faculty and students, and community representatives interested in working together to prevent falls and promote active aging in Hamilton County, Tennessee.

THE OBJECTIVES OF THIS SUMMIT ARE TO:

1. Gain a better understanding of the programs and agencies that impact older adults.
2. Begin a community wide discussion around older adult falls in Hamilton County.
3. Generate recommendations to improve policies in the areas of community programs, education and training, health care, active living and healthy eating, and safe housing and communities.
4. Shape a plan to better meet these needs by establishing workgroups to address specific areas.
5. Establish connections and promote communications.

PARKING AND GETTING TO THE UTC UNIVERSITY CENTER AUDITORIUM

Parking is \$4/day in the UTC Visitor Parking Garage on 5th Street, across the street from the University Center Auditorium.

UTC Visitor Parking
601 E 5th St
Chattanooga, 37403

Save \$4 – consider carpooling, walking or riding your bike to the Summit. Bike racks and Bike Chattanooga Stations are available on campus.

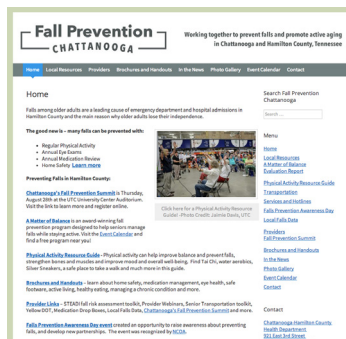
AGENDA AT-A-GLANCE

7:00-8:00	Check-In and FREE morning refreshments
7:30 - 7:50	Chattanooga Tai Ji Community demonstration (optional)
8:00 - 9:15	Welcome and Keynote Speaker
9:15 - 10:05	Group 1: (Speakers 1-5)
10:05 - 10:15	Q+A
10:15 - 10:30	Break
10:30 - 11:20	Group 2: (Speakers 6-10)
11:20 - 11:30	Q+A
11:30 - 12:40	FREE Lunch
12:45 - 1:35	Group 3: (speakers 11-15)
1:35 - 1:45	Q+A
1:45 - 2:35	Group 4: (Speakers 16-20)
2:35 - 2:45	Q+A
2:45 - 3:00	Break
3:00 - 4:00	Open Mic, Next Steps, Closing with Keynote, and Certificate of Attendance

UTC School of Nursing is sponsoring morning refreshments and lunch at no cost to summit attendees.

FALL PREVENTION RESOURCE GUIDE FOR HAMILTON COUNTY

Please visit the Fall Prevention Chattanooga website and submit your organization's information to the Hamilton County Fall Prevention Resource Guide.



www.FallPreventionChattanooga.com

Local speakers will present various perspectives related to preventing falls and promoting active aging in Hamilton County. All presentations are held in the UTC University Center Auditorium.

GROUP 1 (9:15-10:05)

1. Impact Of Falls In Hamilton County Tennessee

Ione Farrar
Community Health Planner
Chattanooga-Hamilton County Health Department

2. Public Health And Building A Community Fall Prevention Partnership

Carleena Angwin, BS, RPCV, LMT
Public Health Educator
Chattanooga- Hamilton County Health Department

3. Implementing Steadi: All Hands On Deck

Candace J Bishop, DNP, APN, FNP-BC
Family Nurse Practitioner, UTC School of Nursing
Faculty Coordinator for the Interprofessional Collaborative Practice Approach for Geriatric Education Strategies Award

Heather Stanfield, MSN, APN, FNP-BC
Family Nurse Practitioner, UTC School of Nursing
Faculty Coordinator for the Providing Advanced, Culturally Competent Care through Clinical Training for Interprofessional Geriatric Care Grant

4. Staying Active As You Age: Where You Live Matters Too!

John Bilderback, M.S.
Step ONE Program Manager
Chattanooga-Hamilton County Health Department

5. Aging In Place: The Importance Of Transportation Policy

Stefanie deOlloqui, MS MCHES
Associate Director
Active Living and Transportation Network

GROUP 2 (10:30-11:20)

6. Fire Department Response To Fall Victims

Chuck Hartung
Assistant Fire Marshal
Chattanooga Fire Department

7. Fall Prevention In The Acute Care Setting

Bernadette DePrez, MSN, MBA
Chief Operating Officer / Chief Nursing Officer
SkyRidge Medical Center

8. Active Aging - Connecting Older Adults With Physical Activity Opportunities

Rick O'Rear, MS ACSM-PAPHS
Recreation Division Manager
Youth and Family Development Department
City of Chattanooga

9. Bone Health: Absorption Of Nutrients, Overall Quality Of Diet And Related Fall Risk Factors

Dr. Charlene Schmidt, PhD, RD, LDN
Assistant Professor/Licensed Dietitian, UTC

Diedri White, MS, RD, LDN
Director, Didactic Program in Dietetics, UTC

10. Improving Vestibular Function To Reduce Falls

Michelle Allyn, PT
Physical Therapist
Siskin Hospital for Physical Rehabilitation

GROUP 3 (12:45-1:35)

11. Standing Like A Tree And Moving Like Water

Dr. Zibin Guo
Medical Anthropology
UTC/Chattanooga Tai Ji Community

12. Falls In The Frail Elderly - A PACE Perspective

Cyndi Young, RN
Director of Quality at Alexian Brothers Senior Ministries for PACE
Alexian Brothers Community Services

13. Down The Rabbit Hole-- Alice In Wonderland Isn't The Only One Falling

Amy Boulware, LAP MSW
Director of Social Services
The Jewish Federation of Greater Chattanooga

14. Occupational Therapy Services For Low Vision

Amy Burba, OTR/L
Occupational Therapy Supervisor
Siskin Hospital for Physical Rehabilitation

15. Brain Injury After Falls- Signs/Symptoms/Resources

Lisa J. Morgan
Service Coordinator
Chattanooga Area Brain Injury Association

GROUP 4 (1:45-2:35)

16. Acute Care Evidence Based Fall Program

Tessa Mullinax Baker MSN, RN, CNL
Clinical Faculty UTC School of Nursing
Clinical Nurse Leader Erlanger Medical Center

17. Who Ya Gonna Call..... When You're Up Against A Wall?

Christin McWhorter
Family Caregiver Support Program Coordinator
Southeast Tennessee Area Agency on Aging and Disability

18. Fall Assessment And Intervention In The Assisted Living/Memory Care Setting

Stacy Hill RN, BS
Executive Director
The Lantern at Morning Pointe Alzheimer's Center of Excellence

19. Certified Aging In Place

Teresa Groves
Executive Officer
Home Builders Association of Greater Chattanooga

20. Knowledge-The Motivation And Power To Prevent Falls

Sharon Agar, MS, RN-BC, CCM, CCP
Clinical Quality Research Analyst
BlueCare CHOICES Quality, BCBST

According to the CDC, many falls can be reduced or prevented with:

- Regular Physical Activity
- Annual Eye Exams
- Annual Medication Review
- Home Safety

(Source: <http://www.cdc.gov/homeandrecreationalafety/Falls/adultfalls.html>)

FALL PREVENTION WORKGROUPS

Representatives from the following organizations will facilitate future workgroups to address specific areas of fall prevention. A schedule will be available at the Summit and on the Fall Prevention Chattanooga event calendar. Please RSVP online.

Community Based Exercise Options for Fall Prevention

Lisa Harrison, Memorial Health Care System

Community Fall Prevention Awareness

Amy Burba, Siskin Hospital for Physical Rehabilitation
Lisa J. Morgan, Chattanooga Area Brain Injury Association

Implementing STEADI

Candace Bishop, UTC School of Nursing
Heather Stanfield, UTC School of Nursing

Preventing Falls in an Acute Care Setting

Amy Boulware, The Jewish Federation of Greater Chattanooga
Martina Harris, Chattanooga State Community College

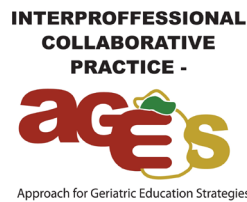
Fall Prevention Chattanooga Partnership

Carleena Angwin, Chattanooga-Hamilton County Health Department

SUMMIT PLANNING COMMITTEE AND SPONSORS:

Fall Prevention CHATTANOOGA

THE UNIVERSITY of TENNESSEE **UT**
CHATTANOOGA
SCHOOL of NURSING



Representatives from the following organizations have registered to participate in Chattanooga's Fall Prevention Summit.

Active Living and Transportation Network
Adult Protective Services
Alexian Brothers
Alexian Brothers Community Services
Alexian Brothers PACE
Alive Hospice
Blue Cross Blue Shield of Tennessee CHOICES
Boynton Terrace Residential Association
Center for Mindful Living
Chattanooga Area Brain Injury Association
Chattanooga Fire Department
Chattanooga Fitness Center
Chattanooga Goodwill Industries, Inc.
Chattanooga Goodwill/Corporation for National and Community Service
Chattanooga - Hamilton County Health Department
Chattanooga NAPFE Towers
Chattanooga State Community College
Chattanooga Taiji Community
CHI Memorial Health Care System
City of Chattanooga Office of Economic and Community Development
City of Chattanooga, Youth and Family Development Department
City of Chattanooga/ Parks and Recreation/
Chattanooga Fitness Center
ContinuCare HealthServices
Department of Children Services
Eastgate Senior Activity Center
Eastside Medical Center
Erlanger
Erlanger / SSSA Health Centers
Erlanger Health System
Erlanger Hospital
Erlanger Medical Center
Goodwill HELPs Program /Emergency Management
Hamilton County 9-1-1
Hamilton County 9-1-1 Emergency Communications District
Health Center at Standifer Place
Health Center At Standifer Place - Department of Rehabilitation
Healthsouth - Chattanooga Rehabilitation Hospital
Hill-Rom
Home Builders Association of Greater Chattanooga
Home Health Care of East TN
Hospice of Chattanooga
IHP/Morning Pointe
Indiana State University
Independent Health Properties/Morning Pointe
Jaycee Towers Social Services Program
Jewish Federation of Greater Chattanooga
John Calvin Apartments
Johnson Clinic
Kindred Hospital Chattanooga
Ladies of Charity/Chattanooga
Life Care Center - East Ridge
Life Care Center of Athens
Life Care Center of Cleveland
Life Care Center of Collegedale
Life Care Center of Hixson
Life Care Center of Ooltewah
Life Care Center of Red Bank
Life Care Centers of America
Mary Walker Tower Home for Elders
Memorial Health Care System
Memorial Health Care System EMS
Memorial Home Health
Memorial Hospital
Metropolitan Ministries
Moccasin Bend Mental Health
Morning Pointe
Morning Pointe Assisted Living
Morning Pointe of Chattanooga
Morning Pointe/Independent Healthcare Properties, LLC
Parkridge East Hospital
Parkridge Medical Center
Parkridge Valley Adult and Senior Campus
Parkridge West Hospital
Partnership for Families, Children and Adults
Partnership Homemaker Services
PK Management
Sequoyah Health Center
Sharon's Senior Services
Signature Healthcare
Signature HealthCare of Cleveland
Siskin Hospital for Physical Rehabilitation
Siskin Hospital's Low Vision Program
Sky Ridge Medical Center
Southeast Tennessee Area Agency on Aging and Disability
Southeast Tennessee Area Agency on Aging and Disability - Care Transitions Program
Southern Adventist University
State of TN., Department of Children's Services
Summit View
Summit View Senior Community
TenderCare Community Outreach
Thankful Missionary Baptist Church
The Bridge at Monteagle
The Health Center at Standifer Place
The Lantern of Collegedale
The Samaritan Center
TN Department of Health
TN Organization of Nurse Executives
TriStar Skyline Medical Center
TriStar Southern Hills Medical Center
University of Tennessee at Chattanooga
Volunteer Behavioral Health Care
Walgreens
YMCA of Metropolitan Chattanooga

*List reflects registration as of August 18th 2014.

Thank you, Siskin's Community Re-entry Services Program clients, who volunteered to collect items and prepare attendee bags.

Program layout designed by www.StevenLlorca.com