

## Q2 State Advocate Quarterly Meeting Agenda and Check In

April 25, 2022: 08:00 PM Eastern Time

### 1. **Announcements:**

- a. Kudos: (Who has some good news to share!?)
  - i. Great job Diane in Ohio for organizing a meeting with OPTA Sports SIG discussing the Senior Athlete Fitness Exam!
  - ii. Sharon in PA - Welcome to your new little one!!
  - iii. Swathi in CA - Starting Bingocize evidence based fall prevention program in senior community soon! (Bingo Exercise!!)
- b. Announcement from Sarah Smith - Delaware
  - i. The Geriatrics Residency Fellowship SIG is looking for a VP and Secretary for the upcoming elections
- c. Budget:
  - i. New year, new programming, new budget! Please get approval from your Regional Coordinator for funding of support for Chapter conferences, Community Events or SAFE table runners.
  - ii. <https://www.cognitofirms.com/APTAGeriatrics/StateAdvocateEventRequestBoothInABox>
- d. Dates for 2023 Quarterly Meetings:
  - i. 3rd Quarter Meeting - Tuesday July 25th
  - ii. 4th Quarter Meeting - Wednesday October 25th
- e. APTA Geri FORUM
  - i. We are getting more guidance from leadership on whether or not this platform is here to stay and how they would like us to use it and test it
  - ii. Is anyone still actively using it and trying it out?
  - iii. Do you have any feedback?

### 2. **Welcome new SAs:**

- a. Nandina Ustaris - Co-State Advocate for Virginia
- b. Swathi Balantrapu - Co-State Advocate for California
- c. Patrice Ayala - SA for Arizona
- d. Jessica Mathis - SA for Arkansas
- e. Gerry Morigerato - SA for Vermont
- f. Rebecca O'Dell - Co-State Advocate for Georgia

### 3. **Accountability Buddy Idea**

- a. Thank you to New Hampshire's SA Laurel Horne for the suggestion and for meeting with us to give ideas about the program!
- b. When you are the only State Advocate, or maybe one of 2 co-advocates for your state, it's easy to feel like you are alone on an island. But you are not alone on an island! There are about 75 people on your island (other State Advocates besides the 3 Regional Coordinators!!)

- i. Give your year more structure
- ii. Bring students in as well (jr. advocates?)
- iii. 3 qualities that make a good accountability partner (thanks Laurel for this research!!)
  - 1. Committing to checking in
  - 2. Cheers for you
  - 3. Holds you to your word
  - 4. Current SA interest::
    - a. Megan Wells would like a Student Advocate
    - b. Laurel Horne - Wants accountability buddy
    - c. Barbara Wilson - interested in sharing ideas with others wants to act as an accountability buddy to others
    - d. Grace Gayatinea- wants an accountability buddy
    - e. Tiffany Salido from WA wonders if OR or ID are interested in collaboration
    - f. Vishakha - Indiana would like an accountability buddy
    - g. Nandina - Virginia would like an accountability buddy
    - h. Tammy - NJ would like an accountability buddy
    - i. Gerry - VT - would like an accountability buddy
    - j. MN Christa accountability buddy
    - k. Mary Jamison - share posts to the whole group so that facebook posts and ideas can be utilized by multiple states
    - l. Howard - wants a co-advocate

#### 4. **NFPAW - (National Falls Prevention Awareness Week)**

- a. Presentation by Tammy McHugh
- b. Link to sign up for Kick off call June 6th:
  - i. [https://us02web.zoom.us/meeting/register/tZYrde-vrjwvHtw4UUmRvTabgzJ8bYD\\_8MDH#/registration](https://us02web.zoom.us/meeting/register/tZYrde-vrjwvHtw4UUmRvTabgzJ8bYD_8MDH#/registration)
  - ii. History of NFPAW:
    - 1. Launched by National Council of Aging in 2007 to bring awareness about fall prevention and the health professionals that assist with this issue
    - 2. How can we as professionals help with the aging population and falls
    - 3. Fall Season = Fall prevention (Sept 18th-22nd)
    - 4. Highlight educating our patient population
- iii. Kickoff call - started a few years ago 2016. Will be June 6th this year (link above)
  - a. Conversation - what is everyone planning on doing on NFPAW
  - b. Progressed to more formal event - speakers
  - c. Balance and Falls SIG for Geri is joined with Oncology and Neuro to form a Tri-Alliance

- i. All aspects of how to prevent falls - working together to educate and plan
    - ii. Adding in additional specialty area in the next few years
  2. What is the best way to present materials during your event?
    - a. Do we have promotional materials from APTA for these events?
      - i. STEADI from CDC is appropriate
      - ii. Tons of materials available on APTA Geriatrics Site - can be downloaded (flyers, falls prevention, strengthening, home safety...) (if print - just request community event funding from your RC first and we can get it reimbursed for a certain amount)
      - iii. Booth in a box is another option if you are going to a State Conference Event
      - iv. NCOA - National Council of Aging website has info available as well
  3. Consider the audience you are working with
    - i. Don't have too much material (where it gets lost)
    - ii. Gear material towards the group you're working with
    - iii. Have bags for take-homes for older adults/community members)
  4. Anne in Oregon:
    - a. Also, in preparation for this year's Falls Prevention Awareness Week observance, the National Falls Prevention Resource Center at the National Council on Aging hosts the 2023 Falls Prevention Awareness Week Webinar on Thursday, June 1, 2023 @ 2-4p ET. <https://ncoa.org/article/get-ready-for-falls-prevention-awareness-week-2023>
    - b. If anyone wants to connect with me on the Age Well Expo, or other Senior Center connections, etc - please feel free to reach out! [annedgr@hotmail.com](mailto:annedgr@hotmail.com)
  5. Patrice - Arizona
    - a. STEADI - toolkit - easy to use
      - i. Print right from the site
      - ii. Great resource for students (multidisciplinary)
  6. Barriers:
    - a. Jessica - Arkansas - Limitation in getting people to show up for the event
      - i. Location may have been an issue; needs to be accessible for older adults
      - ii. Rachel in Georgia -

1. Don't call it a Fall Prevention event. Older adults actually don't think they are at risk of falls (right or wrong - unsure). I think targeting it as a fitness or something similar type event is better.
2. Anne in Oregon Agrees: We hosted an "Age Well Expo" and had assessments as one booth.
  - a. Invite organizations from across the state (up to 3 hours away) addressing something that was a risk factor for falls (pharmacy for med review, ophthalmology group came for vision screens...) 240 people (screened 175)
  - b. <https://www.ncoa.org/article/how-to-contact-your-states-falls-prevention-coalition>
3. Mihir - West RC
  - a. I agree but on the other hand, the older adult population I work with wants to sign up for any event related to fall prevention as they are more motivated and want to be more active. So. It entirely depends upon what population you're targeting.
  - b. Language is important - older adult vs senior
  - c. Melanie (MI) - Senior Centers and libraries are great to contact to potentially hold an event. I keep in contact with 2 local senior centers throughout the year which is helpful.
  - d. Rachel (GA) - I love the Senior Center idea and calling it Aging Well Expo! Our senior center is super active.
  - e. Rachel (GA) - Another tip we learned: Advertise in the medium they trust and receive their information. We found that the older adults in our community didn't take our event seriously because it wasn't advertised in the local newspaper.
  - f. Beth (NM) - Another idea to get older adults to participate in screening or event, offer freebies! Night lights, exercise bands, bags as Tammy talked about, getting Lowe's or Home Depot to donate things to give away.
  - g. Swathi (CA) - I also suggest going to the nearby senior meal programs and talking about something like balance and fall prevention while they have their meal 😊 I did this

earlier this month and has about 15 people appreciate the talk.

- h. Diane (OH) - Has anyone collaborated with their state department of health?
  - i. Anne (Oregon) - We collaborate with our County and State Department of Health. They have been very supportive, when they have the capacity. The Klamath County Department of Health was one of our big partners for the Age Well Expo.
- 7. Beth C - Educate 1 person; have an event for 3 people!
  - a. Not every state has a NCOA locally
  - b. Don't get discouraged
- 5. 1st/2nd week in July - National Senior Games Need Volunteers!!
  - a. Announcement by Patrice in Arizona (Will be there final weekend)
  - b. Could use the help; the more licensed therapists that can over-see students, the better!
  - c. SAFE in PA this Year!!
  - d. Sign up Link:  
<https://www.signupgenius.com/go/10c0e44ada72aa0f9c34-seniorathlefitne#/>
  - e. What is the SAFE?: <https://youtu.be/pNKJ4wcxkRo>
  - f. Volunteer Recruitment Video: <https://youtu.be/rDa5IXeglks>
  - g. SAFE on NSGA's website: <https://nsga.com/healthygames/>
    - i. Beth B (NM) - The National Senior Games was in Albuquerque in 2019. I also highly recommend participating, a great experience!
    - ii. Tiffany (WA) - I am trying to coordinate the SAFE at WA State games - a great place to start if you can't travel to PA!!
    - iii.

**Open State Advocate Positions:**

East Region: District of Columbia, Maine

Mid Region: South Dakota, North Dakota, possibly Kentucky and Louisiana

West Region: None

**Open Co-Advocate Positions:**

East Region: Massachusetts (hopefully filled this month), New Hampshire, New York

Mid Region: Minnesota (hopefully filled soon)

West Region: Hawaii, Nebraska?, New Mexico.

State Advocate Check in:

- a. Alabama
- b. Alaska
- c. Arizona
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Yes!**

- ii. If so, what are you planning? **Performing the STEADI at Assisted living facility**
  - iii. Do you have any questions for your Regional Coordinators? **What is our budget? ( looks like we are going over this !) Can we provide any promotional items at our events for members and participants**
- d. Arkansas
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Yes**
  - ii. If so, what are you planning? **Local falls screening in the community at a Senior Center or work facility**
  - iii. Do you have any questions for your Regional Coordinators?
- e. California
- f. Colorado
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Yes**
  - ii. If so, what are you planning? **Collaborating with HH group for event at Senior living communities**
  - iii. Do you have any questions for your Regional Coordinators? **No**
- g. Connecticut
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Not yet, but we are conducting a health fair in July and will be doing fall risk screening and education as part of this**
  - ii. If so, what are you planning? **collaborate with the Sacred Heart University Geriatric Elective Health Fair at a local senior center.**
  - iii. Do you have any questions for your Regional Coordinators? **Not at this time.**
- h. Delaware
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Not yet**
  - ii. If so, what are you planning? **Could reach out to local senior center for falls screen with PT students**
  - iii. Do you have any questions for your Regional Coordinators? **Not at this time**
- i. DC - (Open position)
- j. Florida
- k. Georgia
- l. Hawaii
- m. Idaho
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Unsure**
  - ii. If so, what are you planning?
  - iii. Do you have any questions for your Regional Coordinators? **Yes, we are planning to perform the SAFE at our State Games in Aug/Sept. How can we get the SAFE table runners?**

- n. Illinois
- o. Indiana
- p. Iowa
- q. Kansas
- r. Kentucky
- s. Louisiana
- t. Maine (Open position)
- u. Maryland
- v. Massachusetts
- w. Michigan
  - i. Are you planning an event for National Falls Prevention Awareness Week? I (Melanie) am working with a local senior center to give a falls risk & prevention presentation and screening. It might have to be the week before NFPAW due to scheduling
- x. Minnesota
  - i. Are you planning an event for National Falls Prevention Awareness Week?  
No set event. Planning Facebook group postings
- y. Mississippi
- z. Missouri
- aa. Montana
- bb. Nebraska
- cc. Nevada
- dd. New Hampshire
- ee. New Jersey
- ff. New Mexico
  - i. Are you planning an event for National Falls Prevention Awareness Week? Yes, working with NM Adult Falls Prevention Coalition
  - ii. If so, what are you planning? Annual Falls screening at Albuquerque City Senior Center; PT, PTA, OT, podiatry students participating; includes STEADI, home mods education, foot screening
  - iii. Do you have any questions for your Regional Coordinators? No
- gg. New York
- hh. North Carolina
- ii. North Dakota
- jj. Ohio
  - i. Are you planning an event for National Falls Prevention Awareness Week?  
1. Yes
  - ii. If so, what are you planning?  
1. Aliya would like to do some sort of facebook live event or Q&A session with local department of recreation  
2. Possibly work with ohio injury prevention or falls coalition?
  - iii. Do you have any questions for your Regional Coordinators?

1. No

kk. Oklahoma

ll. Oregon

i. Are you planning an event for National Falls Prevention Awareness Week?

1. Anne - Yes!

ii. If so, what are you planning?

1. Anne -

a. Annual Age Well Expo at the Klamath Basin Senior Citizens' Center - "At the Age Well Expo, get plugged in to health and wellness classes; learn how to make your home safer to maintain your independence; learn about resources available to you in Klamath to help you Age Well; receive health screenings by various providers; play games; win prizes and more. We will also be providing a Vaccination Clinic during the Expo. All are welcome and encouraged to attend. The ability to age well starts by creating healthy habits and behaviors in early adulthood." Last year, we hosted 32 organizations from across South Central Oregon.

b. Oregon Fall Prevention Coalition (OFPC) will be discussing more planned events at next meeting 4/26.

i. At the June 1, 2023 Falls Prevention Awareness Week Webinar, Dr. Hiroko Kiyoshi-Teo (of the OFPC) will provide an overview of how to incorporate motivational interviewing when engaging with older adults in falls prevention.

iii. Do you have any questions for your Regional Coordinators?

1. Anne - Not currently

mm. Pennsylvania

i. Are you planning an event for National Falls Prevention Awareness Week? Not currently

ii. Do you have any questions for your Regional Coordinators? No

nn. Rhode Island

i. Are you planning an event for National Falls Prevention Awareness Week? Yes.

ii. If so, what are you planning? We are planning to coordinate with the University of Rhode Island DPT Program to offer an informational table for the community during a monthly balance screening.

iii. Do you have any questions for your Regional Coordinators?

oo. South Carolina

i. Are you planning an event for National Falls Prevention Awareness Week? Yes trying to do locally-Barb

Yes, would like to do something locally, looking for venues - Karlene



- ii. If so, what are you planning? **Mini lecture with 3 simple tests for those interested in knowing their numbers - Karlene**  
**Barb would like to combine screen with Bone Health info**
- iii. Do you have any questions for your Regional Coordinators?
- pp. South Dakota
- qq. Tennessee
  - i. Are you planning an event for National Falls Prevention Awareness Week? **-no, Sarah and Bianca have done several other events/ programs. Lauren is volunteering at the senior games for SAFE screenings**
- rr. Texas
- ss. Utah
- tt. Vermont
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Unsure at this time**
  - ii. If so, what are you planning?
  - iii. Do you have any questions for your Regional Coordinators? **Not yet, just getting me feet wet 😊**
- uu. Virginia
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Not sure yet**
- vv. Washington
- ww. West Virginia
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Not currently during that week, but I do have one event coming up related to Fall Prevention.**
  - ii. If so, what are you planning? **Presenting to Nurses and Case Managers at a Payer Forum for our state on the Role of PT in Fall Prevention.**
  - iii. Do you have any questions for your Regional Coordinators? **Not that I can think of at this time.**
- xx. Wisconsin
- yy. Wyoming
  - i. Are you planning an event for National Falls Prevention Awareness Week? **Yes**
  - ii. If so, what are you planning? **Balance screening at Senior Center**
  - iii. Do you have any questions for your Regional Coordinators? **No, thank you!**

**Attendees:** 30 total in attendance

Beth C, Aliya, Karlene, Gerry, Patrice, Nandina, Tammy, Melanie, Ann, Leigh, Hannah, Sharon, Beth B, Christa, Laurel, Diane, Jessica, Katie, Swathi, Anne, Stephanie, Sarah, Barbara, Pooja, Rachael, Tiffany, Angela, Mihir, Rebecca, phone attendee