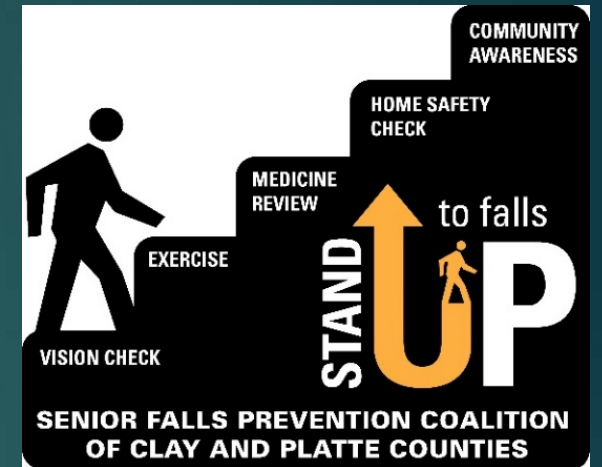


Senior Falls Prevention Coalition of Clay and Platte Counties

2020 YEAR IN REVIEW



2020 Coalition Member Organizations

- ▶ Ability KC
- ▶ AccessAble Living
- ▶ Clay County Senior Services
- ▶ Department of Health & Senior Services
- ▶ Good Samaritan Center
- ▶ Home Instead Senior Care
- ▶ KC Lift & Elevator
- ▶ Kearney Fire & Rescue
- ▶ Kearney Enrichment Council
- ▶ Mals Medical Equipment
- ▶ Mid-America Regional Council
- ▶ North Kansas City Hospital
- ▶ North Kansas City Hospital Home Health
- ▶ Northland Shepherd's Center



2020 Coalition Member Organizations



- ▶ Oak Pointe Assisted Living & Memory Care
- ▶ Pat Papenfuhs
- ▶ Partners in Primary Care
- ▶ Platte County Community Center – YMCA
- ▶ Platte County Health Department
- ▶ Platte County Senior Fund
- ▶ Rebuilding Together Kansas City
- ▶ Right at Home
- ▶ Saint Luke’s Hospital of Kansas City
- ▶ Stay at Home Solutions
- ▶ Tri-County Mental Health Services
- ▶ University of Missouri Extension

Education Programs in 2020



- ▶ January - Presentation by Maria Lindbergh, Stay at Home Solutions, on bathroom safety
- ▶ February – Presentation on Leadership in Falls Prevention by Vicki Landers, a Physical Therapist and Clinical Systems Coordinator at North Kansas City Hospital.
- ▶ March – Presentation on Cannabis Use by Celtina Reinert, PharmD
- ▶ April – meeting cancelled when Covid-19 hit
- ▶ June - Special presentation by Sally King, MSW, LSCSW, LCSW, RYT 200 :

Elder Justice – Advocacy Challenges When Working with Seniors who are isolated

Education Programs in 2020 (continued)



- ▶ July - Presentation by Juliet Simone, MPH, MBA, National Health & Program Director at Oasis Institute: "Free from Falls" - Falling is not a normal part of aging and most falls can be prevented. Learn how to reduce your risk by modifying your habits and home environment.
- ▶ August – Presentation on addressing social isolation: panel of speakers:
 - Tom Esselman with PCs For People (formerly Connecting for Good);
 - Becky Franklin/Tri-County & Rachelle Morgan with Soundscape talked about a new Missouri Crisis Counseling benefit and how these 2 agencies are partnering together in our area;
 - Firehouse Tech café—Shelley/Angela discussed hands on technology training & assistance
- ▶ September - Presentation by Amie McDonald, Practice Administrator, Liberty Cardiovascular Specialists, presented: "How Telehealth Appointments Work".
- ▶ October - Presentation: Nancy Petersen, MSW, and Shannon Lepper, Adult Rehab Director, *Ability KC*, presented "Vision Facts and When Therapy Can Help."
- ▶ November - Presentation: Becky Franklin, Tri-County Mental Health, presented: "Mental health: fall risks related to social isolation."
- ▶ December – Holiday sharing and celebration

Special Events



► Falls Prevention Awareness Week - September 21 - 25

We held a Facebook event to emphasize the importance of falls prevention all week long. We featured videos highlighting our five pillars of falls prevention, photos of members in their red SFPC t-shirts, educational posts and a gift card drawing for followers who liked our posts throughout the week. Right at Home and the Coalition provided the gift cards. During the week, we had 5,247 people reached and 832 engagements!

► Knox Box Contribution - November 6

We utilized paid membership fees to purchase and contribute two Knox Boxes for the Gladstone Fire/EMS Department. A Knox Box is a commercial lock box the fire department will install outside the home of a "frequent faller" so they can access the homeowner's key to enter the residence, without requiring them to break in to provide emergency assistance. In addition, Rebuilding Together KC was awarded a grant to purchase additional Knox Boxes for North Kansas City and Kearney Fire Departments.

Partnerships with Fire & EMS



- ▶ We partner with Gladstone Fire/EMS, Kearney Fire & Rescue Protection District, Excelsior Springs Fire Department, North Kansas City Fire Department and Northland Regional Ambulance District.
- ▶ We have received 11 referrals this year and have made 14 additional six month follow up calls.
- ▶ We have connected residents to services such as: minor home repair/safety modifications, personal emergency response systems, transportation and exercise programs, and in-home care.

A Matter of Balance



A Matter of Balance programs were offered throughout the year in various locations until all senior communities were closed due to the pandemic.

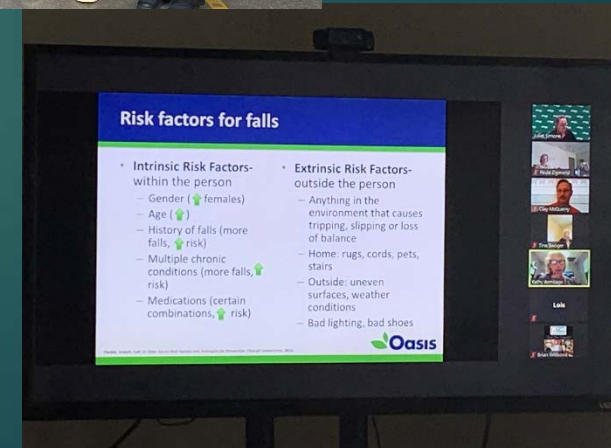
- Liberty Silver Center
- North Kansas City Hospital
- Oak Pointe in Kearney Assisted Living
- Destiny Towers Senior Community
- Kearney Firehouse for the Creative Arts
- Platte County Senior Center

Exercise Programs



- ❖ Stay Strong Stay Healthy: This program improves strength, balance, and flexibility. It was offered by University of Missouri Extension throughout the year.
- ❖ Tai Chi for Arthritis & Falls Prevention was offered in NKC by University of Missouri Extension.
- ❖ Peer Exercise Program Promotes Independence (PEPPI) and Life Improving Fitness Training (LIFT) were offered at Northland Shepherd's Center. PEPPI is also offered at Kearney FireHouse.
- ❖ Clay County Senior Services continues to offer exercise scholarships to residents at community centers, hospitals, and other locations.
- ❖ Platte County Senior Fund offers exercise scholarships to the Southern Platte County YMCA.

Coalition Happenings



Looking ahead to 2021



- ▶ Continue outreach and awareness.
- ▶ Look at sponsorship opportunities.
- ▶ Build on partnerships with Clay and Platte County EMS departments.
- ▶ Increased participation in MO Show Me Falls Free State Coalition.

Join us in January for brainstorming 2021 goals!

Thank you to all of our coalition members!



Our coalition is successful because of your participation!
We appreciate your attendance at our monthly meetings
and your continued dedication to keeping older adults safe
in their homes.

We will continue to meet via Zoom in 2021.

Happy Holidays to all!