

## Show Me Falls Free Missouri

*Making a Difference to Address Falls Prevention*



### Goal and Objectives

Missouri older adults will have fewer falls and fall-related injuries, maximizing their independence and quality of life, while decreasing healthcare costs and deaths.

The Coalition objectives include:

- Missouri older adults will have fewer falls and fall-related injuries, maximizing their independence and quality of life, while decreasing healthcare costs and deaths.
- Missouri older adults will have knowledge of the benefit, and access to fall risk assessment as appropriate to their individual needs.
- Missouri older adults living in the community will have knowledge of, and access to, effective programs and services that preserve or improve their physical mobility and lower the risk of falls.
- Missouri older adults, their caregiver(s) and healthcare provider(s) will be aware that falling is a common adverse effect of some prescription and nonprescription medications and have the tools/information to ameliorate the risk.
- Missouri older adults have access to home and community environments that lower the risk of falls, and facilitate full participation, mobility and independent functioning.
- Missouri older adults benefit from intentional state and community infrastructure development to lower risk of falls and fall-related injuries.

### Leadership

- SMFFM currently has an executive lead team made up of employees of 5 of the long-time member organizations.
- Missouri Department of Health and Senior Services
- AARP

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## Key Partners

- AARP Missouri
- Atlas Physical Therapy and Sports Medicine
- Barnes-Jewish Hospital
- BJC Home Care & Lifeline
- Care Connection for Aging Services
- Central MO Area Agency on Aging
- Leading Age Missouri
- Clay County Senior Services
- Columbia Balance & Dizziness Center
- Department of Social Services/Bureau of Rehab for the Blind
- DHSS
- Missouri Association of Area Agencies on Aging
- Fit and Free
- Harry S Truman Veterans Hospital
- Heartland Health Regional Hospital
- Boone Hospital
- Mid-East Area Agency on Aging
- Missouri Center for Patient Safety
- Missouri Chapter of the American Physical Therapy Assoc, University of MO School of Health Professions
- Missouri Hospital Association
- Missouri Occupational Therapy Association
- Missouri Optometric Ass.
- Periciaro Senior Care Consultants
- Missouri Pharmacy Association
- Missouri State Univ.
- Mitigation Solution, Owner
- MO Arthritis & Osteoporosis Program University of Missouri-Columbia
- MO Center for Patient Safety
- MO Occupational Therapy Association
- Mo Pharmacy Association
- NEMO AAA
- Physical Therapy Facility Administrator
- Ripley County Caring Community Partnership
- Senior Falls Prevention Coalition of Clay and Platte Counties (St. Luke's Health System)
- ServLink HomeCare/Grundy Co.Falls Coalition
- Southwest Missouri Office on Aging
- St. Louis AAA
- St. Louis County Department of Health
- St. Louis University – School of Nursing
- The Kearney Clinic
- The OASIS Institute
- University of Missouri-KC Center on Aging Studies
- Washington University School of Medicine/Program in Occupational Therapy
- University of Missouri-KC Center on Aging Studies

## Structure

An executive lead team made up of employees of five of the long-time coalition member organizations.

Committees include:

- Executive Leadership Team
- Best Practices
- Best Practices
- Healthcare Provider Education
- Data and Evaluation

## Measured Outcomes

- Emergency room visits, hospitalizations and deaths due to falls among seniors ages 65 and older.

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- data on process measures tracking presentations, events, health fairs, educational programs, screenings, lives touched, etc.

## Key Successes

- The state has continued to support the coalition. The Director of the Department of Health and Senior Services as well as the Lieutenant Governor frequently mention the coalition during speaking engagements and interviews.
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- The coalition continues to foster relationships with other groups doing work relevant to fall prevention. This includes those working in injury prevention and physical activity, among others.
- A great effort was made in 2014 to coordinate events and programs across the state around Fall Prevention Awareness Day. In total, over 213 events were held statewide including education seminars, screenings and professional presentations reaching a record number of participants at 11, 922.

## Falls Prevention Programs Offered

- A Matter of Balance
- Tai Chi: Moving for Better Balance

## Major Funding Sources

- The coalition currently has no funding source and all activities are offered in-kind by member organizations.

## Website(s)

- <http://health.mo.gov/seniors/showmefallsfreemissouri/>
- <http://www.ma4web.org/resources-publications/falls-free-mo>

## Coalition Lead Contact Information

For additional information, contact:

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## About the Falls Free® Initiative

The National Council on Aging leads the Falls Free® Initiative, a national effort to address the growing public health issue of falls, fall-related injuries and deaths. The initiative includes a 44-member State Coalition on Falls Prevention Workgroup charged with collaboratively promoting effective strategies to address falls. Members are engaged in disseminating proven falls prevention programs, advocating for funding, and educating older adults about how they can reduce their risk of falling. Learn more at [www.NCOA.org/FallsFreeInitiative](http://www.NCOA.org/FallsFreeInitiative).

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