



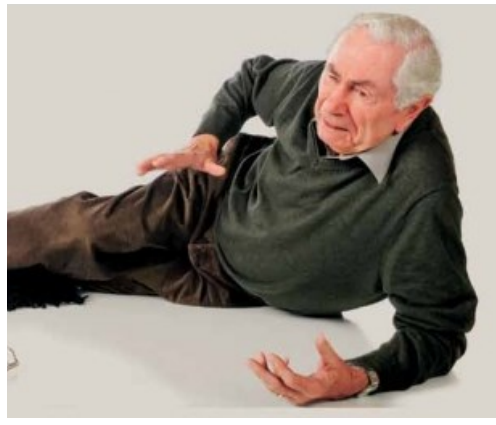
Our Vision

Older Iowans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

FALLS ARE THE LEADING CAUSE OF DEATH FROM INJURY AMONG PEOPLE 65 AND OVER

The mission of the Iowa Falls Prevention Coalition (IFPC) is to foster collaboration between state, community and health care system partners to reduce falls by building awareness and providing education about fall prevention.

What is the Impact of Falls in Iowa?



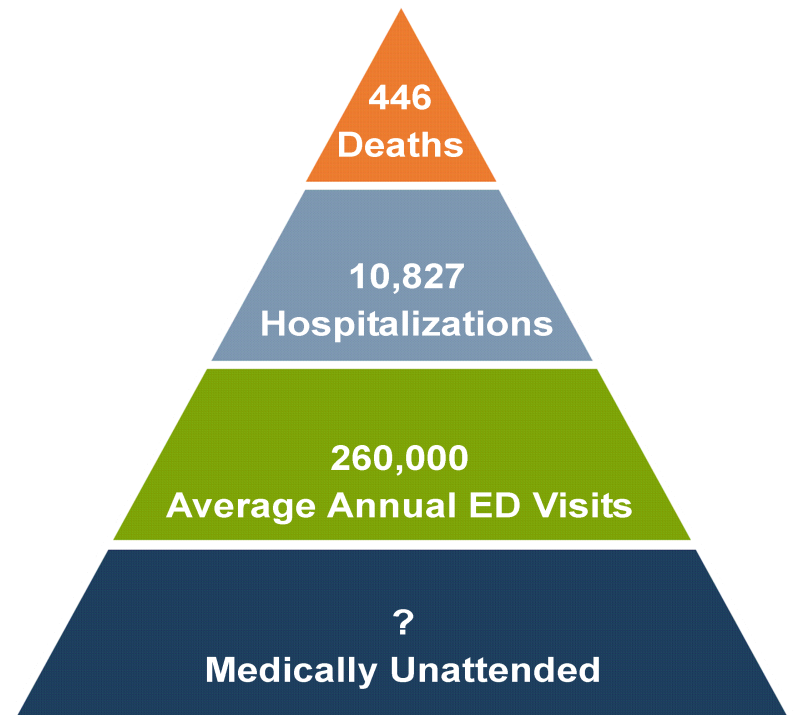
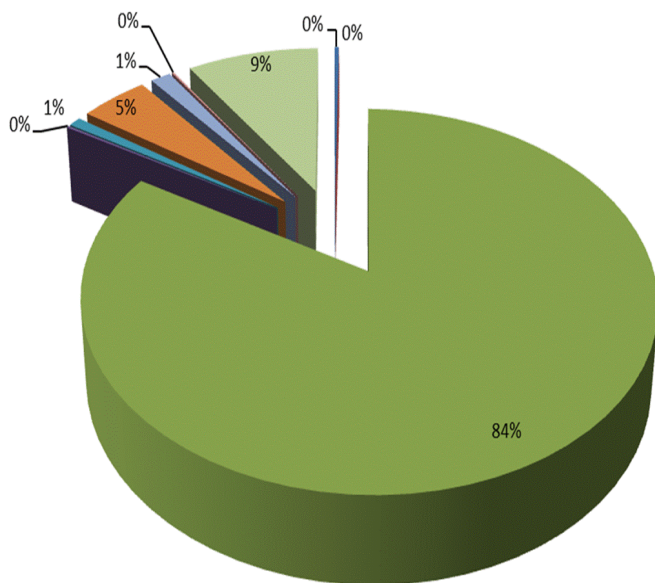
Falls are the leading cause of injury hospitalizations and emergency visits in Iowa.

Older Iowans die from a fall **SIX** times more often than all ages combined.

One out of every **27** Iowa residents aged 65 and older are hospitalized for a fall-related injury.

2013 Emergency Department Visits: Residents 65 and Older

- Assault Related
- Fire Related
- Poisoning Related
- Drowning Related
- Hip Fractures Related
- Suicide Attempt Related
- Fall Related
- Motor Vehicle Crash Related
- Traumatic Brain Injury Related



All ages, annual averages 2009—2013

How Costly are Falls?

The average charge for a hospital visit associated with a fall for someone over 65 was \$26,388.

Data is from 2009-2013 death certificates and hospitalization records.



The Iowa Falls Prevention Coalition provides education and information to help older adults in Iowa improve their flexibility and balance, reduce their fear of falling and decrease the likelihood of a fall.

IFPC Education and Prevention Programs

A Matter of Balance

An evidence-based falls/injury prevention program for older adults. The program targets older adults who have sustained falls in the past, have limited physical activity due to concerns about falling and are interested in learning more about flexibility, strength, balance and how to prevent falls. Classes are held twice a week for four weeks and are taught by trained leaders in the community.

Stepping On

An evidence-based falls prevention program that empowers older adults to carry out health behaviors that reduce the risk of falling. Community-based workshops are offered once a week for seven weeks. In a small-group setting, participants learn balance exercises and develop specific knowledge and skills to prevent falls. Workshops are highly participative; mutual support and success build up participants' confidence in their ability to manage their health behaviors to reduce risk of falling.

Tai Chi for Arthritis & Falls Prevention

Tai chi consists of slow, relaxed movements that combines physical exercise with a meditation component. Studies show that tai chi may improve balance, reduce fear of falling, reduce pain and stress, increase strength, improve functional mobility and flexibility, increase psychological well-being and reduce the risk of falling.

Register now to attend upcoming instructor training workshop, deadline is April 24, 2015:

Instructor Training Workshop

Facilitated by Master Trainer Linda Ebeling

May 16 - 17, 2015 9 a.m. - 5 p.m.

Recertification: May 17

YMCA Healthy Living Center, Clive, Iowa

\$60 - TCA Instructor Training Workshop

\$30 - Recertification Only

To register by phone, call 515.226.9622.

DVD's and books will be mailed upon completion of registration.

Upcoming Webinar

Taking Steps to Address the Impact of Falls in Iowa

This two-part webinar series covers:

- Use of the STEADI toolkit for health care providers
- Assessment to measure fall risk
- Utilization of a referral system to connect professionals and individuals at risk for falling to Matter of Balance, Stepping On and Tai Chi programs

Who should attend?

- Health care professionals
- Public health providers
- Area Agencies on Aging
- Accountable Care Organizations
- Community-based fall prevention program leaders

Part I - April 22, 2015

10:00 - 11:00 a.m.

To register for Part I, please visit:

www.iowapha.org/events

Part II - May 27, 2015

10:00 - 11:00 a.m.

To register for Part II, please visit:

www.iowapha.org/events

For more information, contact:

Carlene Russell

Iowa Department of Aging

515.725.3330

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Fall Prevention Resources

STEADI Tool Kit

CDC's Injury Center created the STEADI Tool Kit for health care providers who see older adults in their practice who are at risk of falling or who may have fallen in the past. The STEADI Tool Kit gives health care providers the information and tools they need to assess and address their older patients' fall risk.

Materials in the tool kit include:

- Checklist for Safety: Home Fall Prevention
- What You Can Do to Prevent Falls
- Integrating Fall Prevention into Practice

Visit www.cdc.gov to download or order STEADI Tool Kit materials.



Providing Education and Building Awareness
to Reduce Falls of Older Iowans



SAVE THE DATE

IOWA STANDS UP TO PREVENT FALLS SYMPOSIUM 2015



FRIDAY, JULY 10

9:00 a.m. - 5:00 p.m.
Hawkeye Community College
Waterloo, Iowa

Presented by



For more information, contact:
Mark Hanson
Community Program Coordinator
Grant Administrator
Iowa Assoc. of Area Agencies on Aging
515.210.7008
mhanson@i4a.org

Contact IFPC

Leaders from around the state have been trained in Matter of Balance, Stepping On and Tai Chi. For more information about the fall prevention programs and scheduled workshops, please visit: www.iowaaging.gov/fallprevention.

For additional information about the Iowa Falls Prevention Coalition and the availability of leaders to schedule a workshop in your area, please contact:

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