

COALITION BUILDING IN A COMPLEX SYSTEM

Identifying and Maximizing Community Strengths to
Prevent Falls Among Older Adults in DC

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Aging in America Conference 2012

Community Partnerships in Fall Prevention - March 31, 2012

Identifying Partners

- Private Providers
 - ▣ Physical & Occupational Therapists
 - ▣ Pharmacy Groups
- DC Office on Aging (DCOA)
 - ▣ Oversees Aging and Disability Resource Center
 - ▣ Funds Lead Agency within each ward
 - Transportation, Nutrition, some case management
- Nonprofit Organizations (non-DCOA funded)
 - ▣ Health/Aging Advocacy Groups
 - ▣ Villages

Villages

- What are Villages?
 - ▣ Grassroots membership organizations
 - ▣ Geographically based
 - ▣ Self-governing
 - ▣ Self supporting
 - ▣ Consolidates services
 - ▣ Engages strategic partners
- Who do they serve?
 - ▣ Those who want to age in community
 - ▣ Families of these individuals



Villages as Partners in DC

- Highest concentration of Villages in the country is in the DC Metro Area
- Provides direct connections to the target population of the coalition
- Existing professional network
- Missions align
- Financially independent



FORMING A FALLS FREE COALITION IN WASHINGTON DC

Aging in America
2012 Annual Conference of ASA

Community Partnerships in Fall Prevention
March 31, 2012

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Introduction

- Occupational Therapist with private practice
- Focus was on Home Modifications and Accessibility
- Realized importance of addressing fall prevention
- NCOA encouraged formation of DC Coalition

Falls Free Coalitions

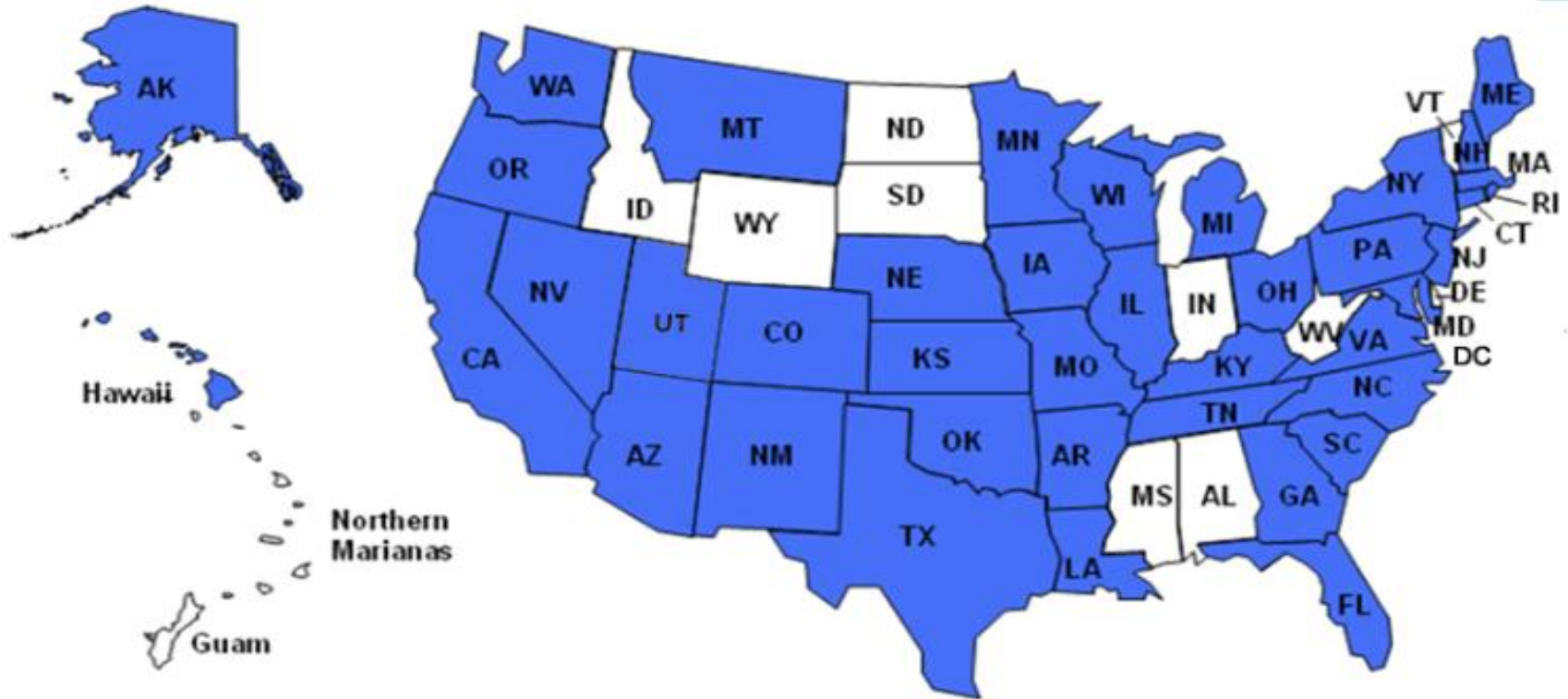
“The Falls Free™ Coalition is a collection of national organizations and state coalitions working to reduce the growing number of falls and fall-related injuries among older adults. “

NCOA Center for Healthy Aging Falls Free Initiative
(<http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/>)

State Falls Free Coalitions

State Coalitions Map

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■ States operating or developing Fall Prevention Coalitions (June 2011)

[AK](#) | [AZ](#) | [AR](#) | [CA](#) | [CO](#) | [CT](#) | [DC](#) | [FL](#) | [GA](#) | [HI](#) | [IL](#) | [IA](#) | [KS](#) | [KY](#) | [LA](#) | [ME](#) | [MD](#) | [MA](#) | [MI](#) | [MN](#) | [MO](#) | [MT](#) | [NE](#) | [NV](#) | [NH](#) | [NJ](#) | [NM](#) | [NY](#) | [NC](#) | [OH](#) | [OK](#) | [OR](#) | [PA](#) | [RI](#) | [SC](#) | [TN](#) | [TX](#) | [UT](#) | [VA](#) | [WA](#) | [WI](#) |

Members Involved

- Senior Lead Agencies
- DC Villages
- Pharmacist
- Occupational Therapists
- University staff
- DC Office on Aging staff

Additional Resources

- Contractors specializing in accessible remodeling/building
- Physical therapists
- Northern Virginia Falls Free Coalition
- Community partners
 - ▣ Health clubs
 - ▣ Medical Professionals (Medical House Call Program)

Goals

□ Short Term

- Advocate for legislative changes for easier access to existing programs in DC
 - Medicaid Waiver
 - Single Family Residential Rehabilitation Program
- Implement evidence based education program city wide
 - Matter of Balance

Goals

- Long term
 - ▣ Become 501c3 for funding
 - ▣ Become a referral source for senior and health care providers in DC
 - ▣ Create a network of resources for seniors to access including and beyond Matter of Balance
 - Additional evidence based classes
 - City resources
 - ▣ Conduct research with local universities

INCORPORATING MATTER OF BALANCE

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What are the Components of a MOB Course?

- Structured group intervention addressing fear of falling & teaching fall prevention strategies via Coaches (lay leaders)
- Includes group discussion, problem solving, skill building, assertiveness training, videotapes, sharing practical solutions & exercise training

Why MOB in DC?

- The program was designed to benefit community-dwelling older adults who:
 - ▣ Are concerned about falls
 - ▣ Have sustained a fall in the past
 - ▣ Restrict activities because of concerns about falling
- Program aligns with coalition goals
- Program utilizes community members to disseminate program

Master Trainers

- Trained by MaineHealth Partnership for Healthy Aging
- Train individuals in the community to become Coaches (lay leaders)
- Provides guidance & support during MOB classes
- Ideally two Master Trainers for each Coaches training class



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Trained by MaineHealth Partnership for Healthy Aging

Lead Trainers



Trained by Lead Trainers in a 2 day training program

Master Trainers



Trained by Master Trainers in 2 4-hour classes

Coaches (Lay Leaders)



Matter of Balance Class

8-12 Participants in 8 2-hour sessions

Becoming a Coach (Lay Leader)

- Characteristics of ideal Coaches are:
 - Good communicators
 - Enthusiastic
 - Dependable
 - Interested in working with older populations
 - Able to perform exercises of MOB program
 - Background in health or education are a plus
- Trained by Master Trainers in 2 4-hour sessions
- Attend 2.5 hours of coach training updates annually
- Agree to lead two MOB classes within the first year of certification

What is the role of the guest healthcare professional?

- 1-2 MOB class sessions invite a health professional to attend and answer questions on fall prevention
 - ▣ Occupational Therapist to discuss assistive devices
 - ▣ Physical Therapist to discuss how to go up/down stairs
- Utilizes coalition connections to professional groups
- Expands coalition goals by engaging new professionals

MOB and the DC Falls Free Coalition

- Seeking funding to train 20 Master Trainers
 - ▣ 2 Master Trainers per ward
 - ▣ 2 Master Trainers in Village community

- Master Trainers would train lay leaders in coalition community partner groups

- Howard County, Maryland acts as a local model of disseminating the MOB program

A MATTER OF BALANCE HOWARD COUNTY EXPERIENCES

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Outline

- Matter of Balance in Howard County
- Goals/Objectives
- Evaluation/Results Based Accountability
- Role of OT Professionals as MOB students and/or coaches

Matter of Balance in Howard County

- Offered through Howard County Office on Aging: Health and Wellness Division
- Planning Stages:
 - ▣ Evaluate different Fall Prevention programs (2007)
 - ▣ Obtain funding for Matter of Balance (2008) MDoA
- Begin Program
 - ▣ Train Master Trainers (2008) Maine
 - ▣ Market Program /Identify coaches
 - ▣ Offer Coach Training (Summer 2009, 2010)

Matter of Balance in Howard County

- Offer Matter of Balance Classes in the Community
 - Market Program
 - Seven classes (2009-2010) 9 classes completed
 - Five classes (2011) 3 classes completed
 - Five classes (2012) 1 class completed
- Develop Partnerships (current)
- Expand into Community Settings (current)

MOB In Action...



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Matter of Balance

What We Do

13 Classes offered at 7 Senior Centers
142 enrolled, 128 completed class

2009-2010 Goal 7 classes
2011 Goal 5 classes

2 Coach Trainings (2009, 2010)
26 coaches trained

How Well We Do It

90% completion rate

2009-10 Offered 9 classes 128%
2011 Offered 3 classes 60%

Recommend program to others: 67 % strongly, 30% agree, 3 % disagreed
54% of trained coaches, taught classes

Is Anyone Better Off?

of participants making home safety changes to reduce fall risk factors after taking MOB

of participants who can identify 6 or more fall risk factors after taking MOB

of participants who reported signing up for an exercise class after taking MOB

Is Anyone Better Off?

Currently evaluating.....

Outcomes



- Changes to the environment
- Increased Exercise
- Increased self confidence
- Increased awareness of surroundings
- More assertive
- Increase use of adaptive equipment

Benefits of OT Students and Professionals as MOB Students/Coaches

- Participate in an Evidence Based Program
- Increased knowledge of fall prevention, fall risks, home hazards, etc.
- Better understanding of peoples' feelings, fears, values
- Better understanding of the adult learner
- Better understanding of group dynamics
- Therapeutic use of self
- Importance of promoting health and wellness in the community
- Educate public about OT

Challenges

▣ Coaching Issues

- Full all day 8 hour training: too long, overwhelming, too large a class, people did not have a chance to practice coaching, did not have MOB classes set up, people trained were not always the right people to coach classes, time commitment too great
- 2009: 5 out of 15 trained coaches (34%) led classes

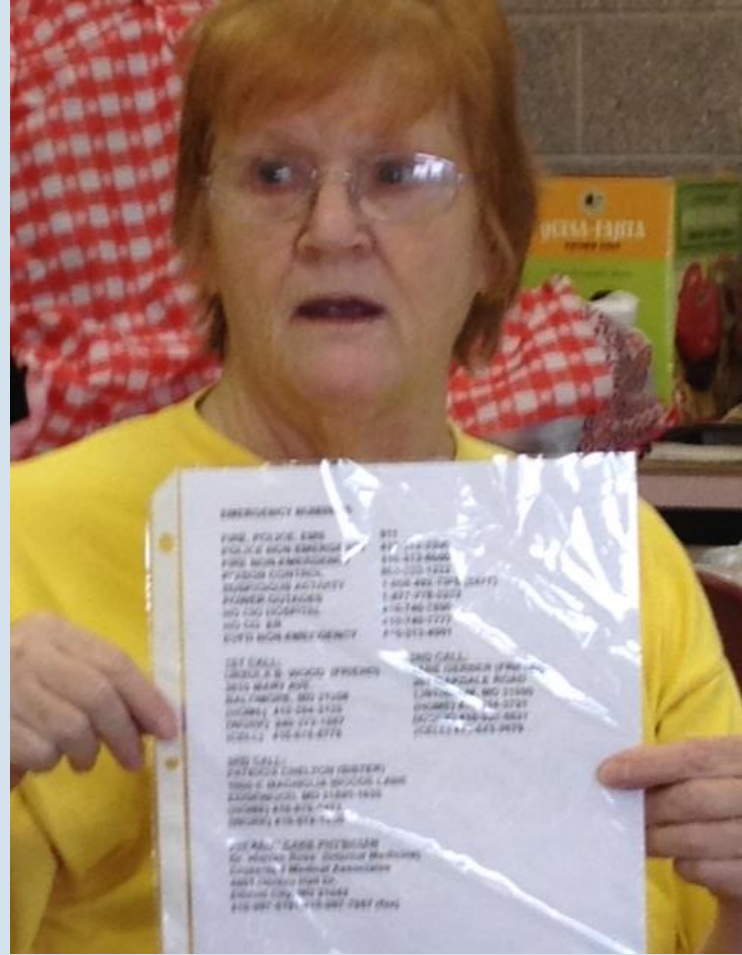
▣ Changes

- Two day four hour training, smaller class, coaches had a chance to digest material, ask questions, practice coaching, people wanted to coach
- 2010: 10 out of 11 trained coaches (90%) led classes

▣ Lack of Ownership of Program

- Staff changes, limited partnerships





Questions?

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