



Show Me Falls Free Missouri Coalition

November 2022



Agenda



Continuum of Programming
Fire EMS partnerships
Needs/Idea sharing

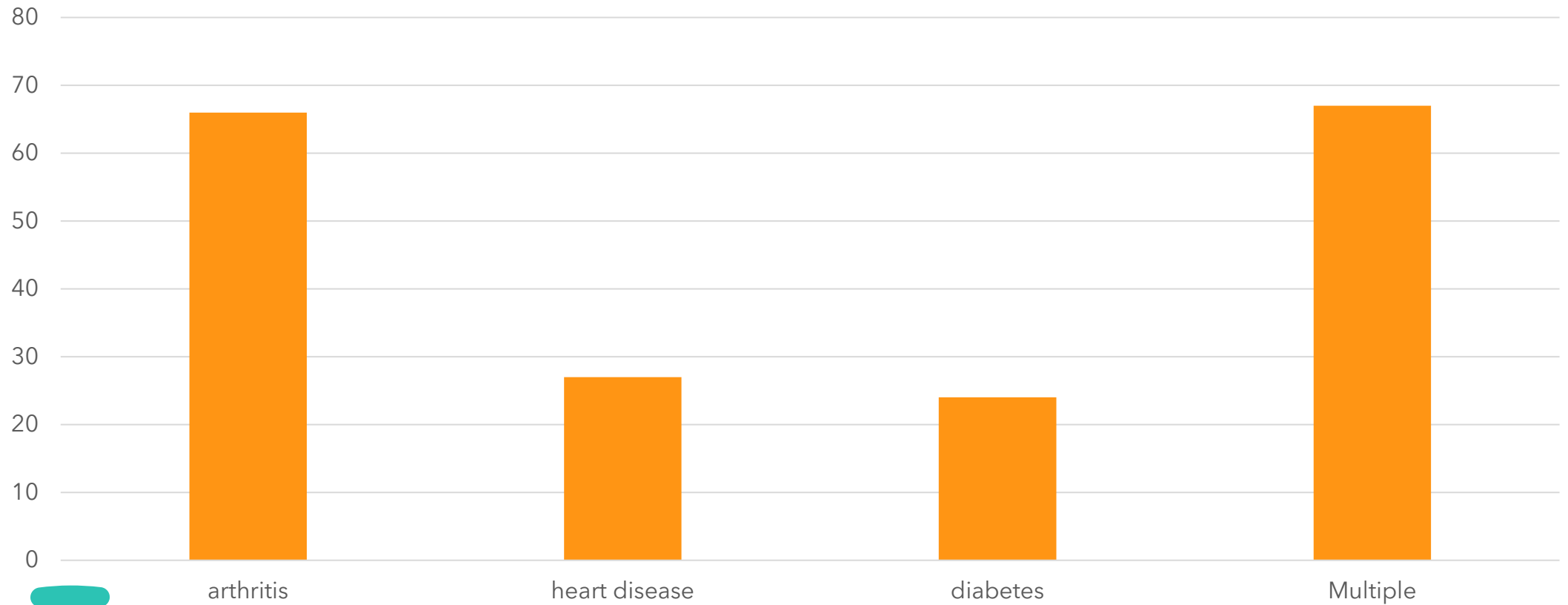


Continuum of Programming

What is Continuum of Care?

- Promoting evidence-based programs across the continuum of care, or offering a “continuum of programs,” helps participants, program providers, and health care providers to consider these connections and to encourage participation in more than one program to address chronic conditions and fall risk.

Fall prevention programs and chronic conditions



Why continuum of programming?

- encourages community partnerships and collaboration
- adults with arthritis 2.5 times more likely to report 2 + falls or fall-related injury than those without.¹
- health care providers & program providers can increase awareness about the connection between arthritis and falls by promoting and implementing evidence-based programs for arthritis and fall prevention.



1. Barbour KE, Stevens JA, Helmick CG, Luo YH, Murphy LB, Hootman JM, Theis KA, Anderson LA, Baker NA, Sugerman DE. Falls and fall injuries among adults with arthritis—United States, 2012. *Morb Mortal Wkly Rep.* 2014;63(17):379-383. Accessed September 28, 2021.

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6317a3.htm>

Tips for engaging partners & participants

Partner with local health care providers

- host information sessions exploring the relationship between chronic conditions and fall risk. Promote the continuum of programs that your organization offers with local health care providers.





Meet with community providers : explore currently offered programs, and which programs could be added to support offering a continuum of programming

- develop partnerships that could support offering this continuum

Evaluate: Do you have a broad range of programs that support the management of chronic conditions and fall risk?

Chronic Conditions and Falls Risk: Heart Disease

Learn the link between heart disease and falls, and which falls prevention program is right for you.


Common Types		<ul style="list-style-type: none">• Arrhythmia• Atrial Fibrillation• Coronary Heart Disease• Health Failure• Myocardial Infarction
Falls Risk Factors		<ul style="list-style-type: none">• Low body weight & muscle strength• Dizziness or fainting from low blood pressure• Low vision & hard of hearing
Solutions		<ul style="list-style-type: none">• Exercise to maintain muscle volume• Discuss medicine changes with your doctor• Make sure home is clutter-free
Falls Prevention Program Options		
Contact Information		



Partnering with Fire and EMS



Firefighters and EMT's

- Trusted sources of information
 - can play an important role in engaging and educating older adults on services available in the community before and after a fall
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EMS

- often see older adults in their homes
- can provide us with valuable information
 - common causes of falls
 - emerging trends
 - insights into the social and behavioral aspects of the community



Needs/Ideas?

SMFFMO Website:

<https://health.mo.gov/seniors/showmefallsfreemissouri/>

Facebook:

<https://www.facebook.com/ShowMeHealthyAgingMO>

Missouri EMS

<https://health.mo.gov/safety/ems/>

emsinfo@health.mo.gov as a general