

**Older Adult Falls Prevention Advisory
Meeting Minutes**

July 23, 2012

Members present: Kate Joyce, Patty Porter, Sharon Autrey, Leslie Fitzhugh, Tracy McKeown, Zach Root, Reena Shetty, Jennifer Lamb, and Gail O'Connor. **Staff present:** Tracy Wendling and Avy Doran

Welcome/Introductions

Avy Doran opened the meeting; members introduced themselves.

Senior Day at the Oklahoma State Fair – 19th of September

Review

- Tai Chi demonstrations are scheduled for 9:25-9:35am and 1:00-1:15pm
- Volunteers are needed - volunteer sheet was passed out.
- The 2012 Senior Day Timeline was passed out.
- Members discussed passing out a Tai Chi class resource list and fact sheets to seniors during the event.
- Other items that may be passed out during this event are garbage bags and double sided tape, in an effort to symbolize cleaning up clutter and taping down rugs to avoid a fall.

Tai Chi: Moving for Better Balance

Instructor Training Survey

- The Tai Chi instructor survey is being developed to determine the successes and barriers of the *Tai Chi: Moving for Better Balance* instructor trainings. Results of the surveys will be analyzed in order to evaluate the program's effectiveness.
- Members gave feedback on the survey. It was suggested to add questions for those who have been trained, but prefer team teaching a class.
- Members discussed the possibility of having the survey accessible on the Oklahoma State Department of Health (OSDH) website.
- Avy Doran requested questions, suggestions, and comments on content be sent to her.

Upcoming Events/Activities

National Falls Prevention Day – 22nd of September

- A banner will be created to post on IRENE (OSDH's internal information site) to create awareness and share prevention tips. Members will get an email of this banner to post on their website or print and post at work and/or within the community.
- Explore the idea of collaborating with the YMCA and Metropolitan Library System to spread awareness.
- The National Council on Aging (NCOA) provides a media toolkit for Falls Prevention Awareness Day – <http://www.healthyagingprograms.org/content.asp?sectionid=149&ElementID=933>; link to the main page – <http://www.ncoa.org>.

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Announcements

- As of now, this committee will meet once annually.
- There is a Tai Chi train-the trainer training planned for August 2nd and 3rd, in Sapulpa.
- Falls fact sheet will be updated and added to the OSDH website.