

## **Safe Communities “Only Leaves Should Fall” 2016 Final Report – Leck Grant**

On September 20, 2016, Safe Communities in collaboration with the Dane County Falls Prevention Task Force and the Boys and Girls Club of Dane County, hosted its annual “Only Leaves Should Fall” falls prevention event. The event was from 10:30am to 2:00pm and consisted of numerous screenings, demonstrations, speakers, and community resources for attendees.

### **Number of Older Adults Served:**

51 older adults attended the event, which was a 46% increase in attendance from the previous year’s event.

### **Marketing & Event Location:**

OLSF 2016 was marketed in a variety of ways, including through local radio, newspaper, health fairs, newsletters, health care systems, senior centers, the Aging and Disability Resource Center (ADRC), Parkinson’s Support Group, senior housing complexes, and community groups. The location for the event was strategic. The area near Allied Drive has been an underserved area for falls prevention programming so the success of OLSF 2016 is indicative of the need for more programming in this area of Dane County. As a result of OLSF, Safe Communities has established a relationship with the Boys and Girls Club and will strive to provide more falls prevention programming moving forward for older adults in this community.

### **Screenings, Resource Booths, Demonstrations, Speakers:**

Screenings at OLSF 2016 included blood pressure, vision, medication reviews, home safety, cognition, and physical therapy and were provided by physical therapy, occupational therapy, pharmacy, and nursing faculty and students at UW-Madison. Resource booths included the ADRC, United Way of Dane County, Safe Communities, incontinence (through UnityPoint-Meriter), alcohol abuse (through Journey Mental Health), Dane County transportation, Dane County nutrition program, SAIL, Home Health United, Madison School and Community Recreation (MSCR), and Independent Living. A keynote address was made by Dr. Judith DeWane, Assistant Professor in the Physical Therapy Program in the School of Medicine and Public Health at UW-Madison. Local class demonstrations included Tai Chi, Ballroom Basics for Balance, and Chicago Steppin’. Lunch was provided for all attendees and a resource bag was distributed at the conclusion of the event.

### **Transportation:**

Through a collaborative effort with Dane County transportation, we were able to provide transportation for individuals who may otherwise not have attended the event. Pick up sites included Park Glen Commons (a senior housing complex), Madison Senior Center, Capitol Lakes, and Meadowood Community Center. Individuals were also picked up in Stoughton and Waunakee at their homes.

### **Post Survey Results and Three Month Follow Up Outcomes:**

Each attendee was given a post survey upon leaving the event. Nearly half of attendees who completed a survey had fallen in the past year and well over half indicated being fearful of falling. 93% of respondents indicated that the demonstrations were helpful and 96% reported that the screenings were informative. 78% of respondents felt that the keynote speaker covered information they were hoping to learn more about and indicated that they learned something new at the event. *(Please see attached compiled survey results for additional information.)*

To better gauge the outcomes from OLSF, staff from the ADRC conducted a 3 month follow-up for all OLSF attendees who indicated they would like follow-up. All follow-up calls, except one, were extremely positive and demonstrated some healthy behavior changes including more walking, properly exercising, and one couple shared that they purchased a stationary recumbent bicycle to use at home and installed an extra handrail on the stairs to increase home safety. These follow up calls also provided the opportunity for ADRC staff to offer additional community resources.

To conclude, “Only Leaves Should Fall” 2016 was a success with new collaborative relationships established and old ones strengthened with the goal of providing falls prevention resources to older adults in Dane County. We look forward to continuing the good work and striving towards reducing the fall rate among older adults in our community. Funding partners like those through the Leck Grant have contributed to the success of this annual event, and we thank you.