

**Northern Virginia Falls Prevention Alliance  
Steering Committee Meeting  
July 25, 2019; 10:00 – 12 noon  
Fairfax County Health Dept., Kelly Square**

**Minutes**

**Welcome/Introductions:** Sara welcomed everyone and each person introduced themselves and shared updates on current aging and falls prevention activities.

**Presentation:** Dr. Uma Kelekar (Marymount University) gave a presentation on the business case for evidence-based falls prevention programming. She shared current outcome data on our participants as well as ideas on providing ROI reports to sites. She also discussed ways to start the conversation with insurance companies on third-party reimbursement for falls prevention classes.

**Grant and Alliance Activities:** Sara and Rita gave an update on the activities of the grant and Alliance, including the grant deliverables for 2018-2021. Updates included:

- In addition to all of our current and potential new sites, we continue to focus on expanding to low income areas and need assistance from our partners to identify sites for our programs. The group brainstormed a ideas for additional outreach.
- RTO: AMOB and SAIL leader booster sessions were held in June. There is a SAIL leader training scheduled for Sept. 26<sup>th</sup> and a MOB coach training scheduled for Oct. 21<sup>st</sup>. The website has been updated with this information so people can register now.
- We need our partners to continue (and in some cases re-start) collecting data for the grant. We have streamlined the process and ask for everyone's help in assisting us to meet our grant deliverables.
- We are actively working on getting the Otago (regular) program implemented at a few sites. Brookdale Assisted Living in Arlington started a class for residents this month. Students from Marymount are assisting with the class. Everyone was encouraged to reach out to contacts and let Sara or Rita know if you have any leads.
- We plan to hold an Otago interest meeting in the fall. We will keep everyone informed.
- Virginia DARS and the VA Falls Prevention Coalition will have a quarterly meeting on Aug. 13th. All are encouraged to participate (in-person or via phone).
- Sara gave a brief demo on the new website and the falls prevention program class listing. There is now an online form that partners can complete so we can get all of our programs listed. People can search by class type (SAIL, AMOB, Otago).
- Sara and Julie Ries will be guests on the Arlington Aging Matters TV show in Sept. It will be taped in late Aug.
- The group shared planned events around the region for FPAW (9/16 – 25 with some wiggle room during the month). Inova has an event set for Sept. 20<sup>th</sup> and VHC plans to hold one Sept. 27<sup>th</sup>. Everyone was asked to send event information to Sara who will maintain a calendar on the website.
- The group shared current programs and services being offered throughout the region.

The meeting adjourned at 12:00 p.m.