



# Fall-Free Fridays: Expanding Education to Prevent Injuries

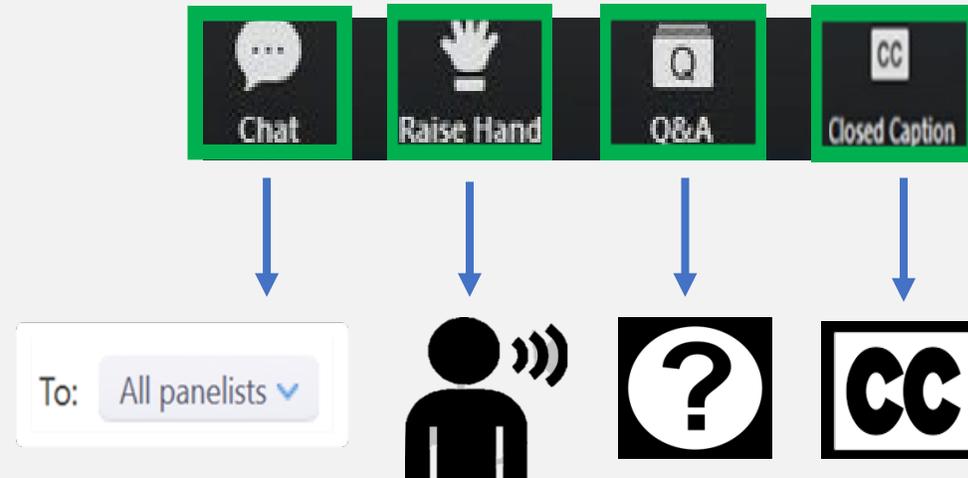
September 25, 2024

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Enjoy the session!

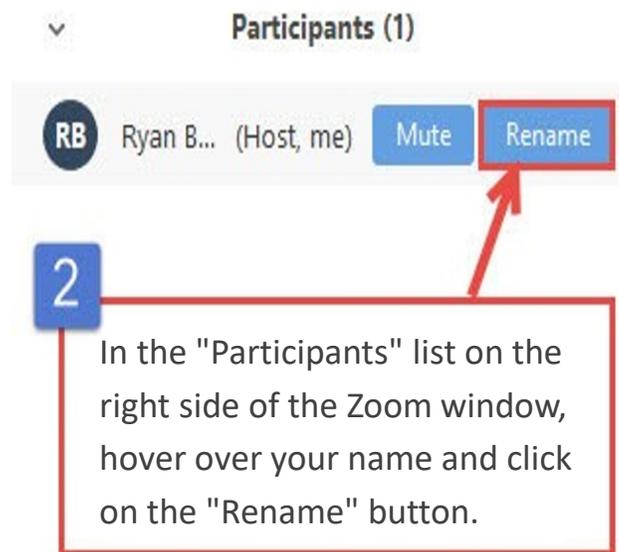


# How to Change Name in Zoom

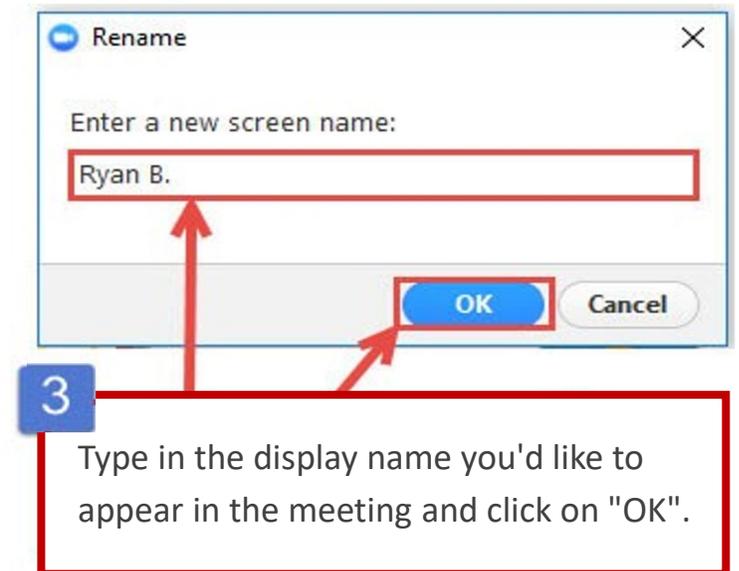
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Change your name to show:  
Name, last initial  
Ex: Cary D.





## Disclaimer

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# Webinar Objectives

- Explain how the partnership between the Area Agency on Aging District 7 (AAA7) and Shawnee State University in southern Ohio came about
- Discuss the role of each partner in developing, implementing, and sustaining the Fall-Free Fridays initiative
- Provide an overview of efforts to make sure the livestream reaches a wide audience
- Describe how Fall-Free Fridays complements AAA7's other programs to reduce the fear of falling and help elders stay active

# Today's Presenter



**Jenni Lewis**  
**Director of Community Outreach**  
Area Agency on Aging District 7, Inc. (Ohio)

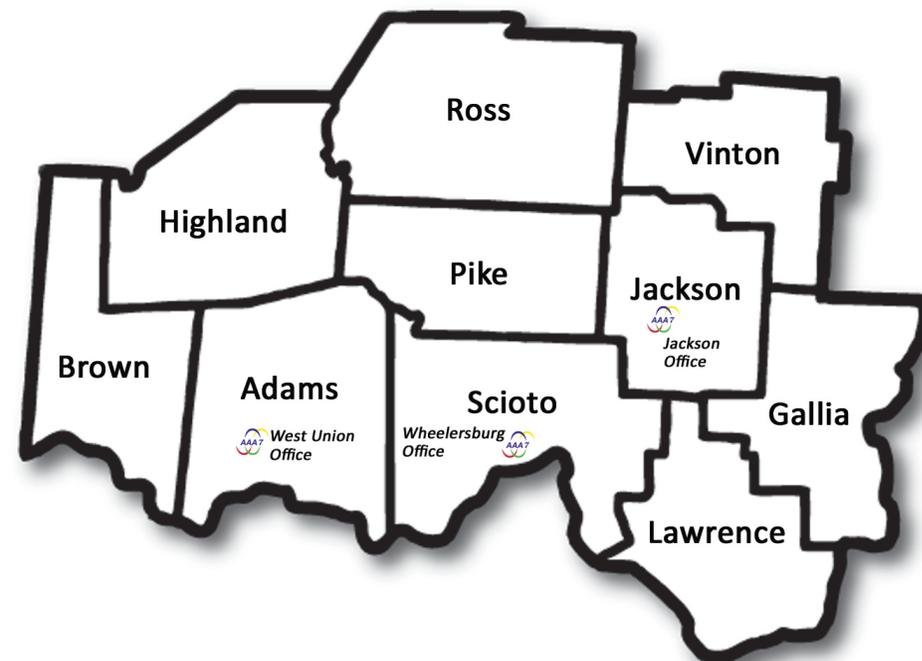
# Introducing ... Fall-Free Fridays

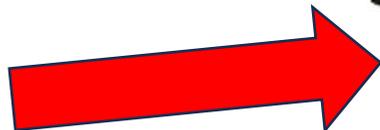
- Virtual education partnership between the Area Agency on Aging District 7 (Ohio) and Shawnee State University's occupational therapy program.
- Livestream on Facebook
- Platform gives graduate students the opportunity to meet a classroom requirement of providing community education and gives AAA7 the opportunity to provide the public with information about falls prevention

# Area Agency on Aging District 7 (AAA7)



- Serves 10 core counties in rural southern Ohio
- Has provided services since 1972
- Long-term care home- and community-based services
- Has offered evidence-based wellness programs for many years, including falls prevention





# Shawnee State University (SSU)



- Located in Portsmouth, Ohio
- Founded in 1986 – Ohio’s newest public university
- Accredited by the Higher Learning Commission
- Offers a variety of academic programs, including associate, bachelor’s, master’s, and doctoral degrees, as well as certificate and licensure programs
- Prepares students to succeed in tomorrow’s world – accomplished through a variety of focus areas, including community engagement

# SSU's Occupational Therapy Programs

- Occupational therapy is a health profession that works with individuals across the lifespan to address challenges impacting a person's ability to engage in their daily activities
- 1984: Associate degree program prepares certified occupational therapy assistants
- 1994: Entry-level bachelor's degree in occupational therapy developed
- 2006: Master of Occupational Therapy program – profession transitioned to requiring a graduate degree for entry-level occupational therapists (OTRs)
- 2019: Post-professional doctorate developed for practicing OTRs

# SSU's Master of Occupational Therapy Program (MOT)

- Accredited by the Accreditation Council for Occupational Therapy Education (ACOTE®)
- The SSU classes that incorporate Fall-Free Fridays include:
  - MOT 6652: Evaluation and Intervention: Older Adult I
  - MOT 6653: Evaluation and Intervention: Older Adult II
- The Fall-Free Fridays initiative creates an opportunity for meaningful interactions and creativity
  - Students enjoy watching previous presentations and trying to build on what was presented to make the content even more meaningful and engaging for the audience
  - Students learn to collaborate with each other and the staff at the AAA7 to promote community health and wellness for the older adult population

# The Partnership – AAA7 and SSU



- Began in 2008
- Students initially worked with AAA7 on falls prevention initiatives:
  - Senior Home Information Program
  - Matter of Balance Falls Prevention Program
- Students learned from AAA7 about a variety of topics:
  - Elder abuse
  - Regional long-term care ombudsman program
  - AAA7 services and programs

# The Concept of Fall-Free Fridays

- Pre-2020 – Students trained in Matter of Balance to teach at locations within the community
- 2020 – Pivot and adjust!
- Social media and the pandemic
  - Moved community education to livestream platform
- Embarking on fifth round in 2024
- Helps AAA7 continue to promote falls prevention to a larger audience and support the agency's wellness initiatives

# The Development of Fall-Free Fridays

- Livestream platform to provide education on Facebook
- Take the concepts taught in community education and move to a virtual format
- Topics determined and divided among students through a team approach
- Each group does research and presents during the livestream for up to 15 minutes

# The Focus of Fall-Free Fridays

- Episode 1: Facts About Falls – What’s My Risk?
- Episode 2: Your Health and What’s On Your Feet Matters!
- Episode 3: Exercise is the Best Medicine
- Episode 4: Home Safety: Kitchen, Stairs and Laundry Room
- Episode 5: Community Mobility
- Episode 6: Work Smarter, Not Harder
- Episode 7: Fall-ty Habits: Everyday Activities

# The Focus of Fall-Free Fridays (Continued)

- Episode 8: Putting it All Together: Your Plan for Falls Prevention
- Episode package included on website after livestream
  - Recorded presentation
  - Student handout
  - Fall-Free Fact (shared on social media)



# Fall-Free Fact

with the Area Agency on Aging District 7 (AAA7) and Shawnee State University Occupational Therapy Program

**Incorporating exercise in your life can help reduce fall risks and minimize injuries. Watch our recent Fall-Free Fridays livestream to learn more about exercises you can do at home.**

Shawnee State UNIVERSITY | AAA7

## Fall Free Friday

Exercise is the Best Medicine

Are you looking to add more exercise into your everyday routine? Not sure where to start? Below are various pieces of equipment and exercises you can utilize almost anywhere! Make sure to talk to a doctor before starting a new exercise plan.

**Exercise Equipment:**

			
<b>Foam Pad:</b> Can be used for vestibular, visual, or proprioceptive balance as an unsteady surface.	<b>TheraBands:</b> Can be used for strength training and range of motion exercises. Different colors are different resistances.	<b>Dumbbells:</b> Can be used for strength training and has a variety of weights. Targets larger muscle groups.	<b>Dina Disc:</b> Can be used for vestibular, visual, or proprioceptive balance as an unsteady surface.

**Exercises for Older Adults:**  
\* All exercises can be completed seated or standing

**Weight Shifting:**  
Standing with your feet at hip-width, shift your weight to one side, lifting your opposite foot off the floor. Hold the position as long as you can, then shift to the other side.



**Leg Raises:**  
Start by sitting in a chair with feet flat on the floor. Extend one leg in front of you, with toes pointing up towards the ceiling. **DO NOT** lock the knee. Hold for one second and alternate to the other foot.



**Tandem/Heel-Toe Walking:**  
Stand with arms straight out and feet next to each other. Focusing on a spot in front of you, step forward with one foot, and place the heel of the back foot directly in front of you.



**Marches:**  
Sit or stand tall with feet hip width apart. Lift one knee until the thigh is parallel with the floor (or as high as you can lift it). Make sure to keep torso/back straight and do not lean. Pause then lower foot to the floor.



Photo Credit: Evalvo. (2020). Exercises for seniors. Retrieved from <https://www.evalvo.com/exercises-for-seniors/>  
Saabo. (2019). Retrain your stability. Retrieved from <https://www.saabo.com/>

# Going Live with Fall-Free Fridays

- Student groups are assigned to cover selected topic
- Students have a practice run prior to the Friday livestream with their OT professor
- As they prepare, students stay in communication with AAA7, and they forward along handouts and any supporting materials, such as visual aids and additional resource links

# Promoting Fall-Free Fridays

- News releases and public service announcements promote series and episodes
- “Teaser” infographic is promoted on social media
- Fall-Free Fact specific to each episode is shared after the episode for further promotion of the episode and series

# Fall-Free Fridays

It's Back!

with the Area Agency on Aging District 7 and  
Shawnee State University Occupational Therapy Program

**Join us Thursday, October 12th  
at 2:00 pm**

**This week's feature:**

**Exercise is the Best Medicine**

AAA7 Facebook Page



# Fall-Free Fact

with the Area Agency on Aging District 7 (AAA7)  
and Shawnee State University  
Occupational Therapy Program

**Follow the six Ps to conserve  
your energy - Prioritize,  
Plan, Position, Pace Yourself,  
Positive Attitude, and  
Pursed Lip Breathing.**

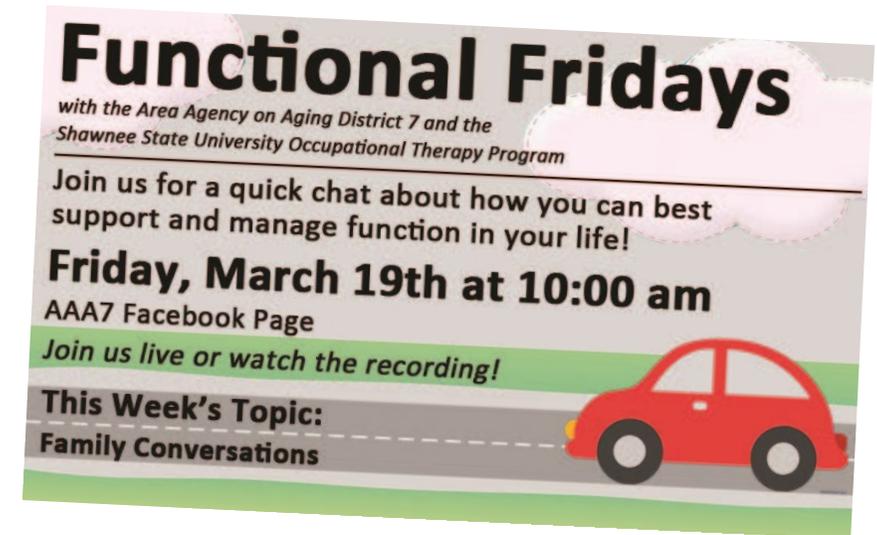
# The Effect of Fall-Free Fridays

- 2020: Average reach was 1,005; highest episode reach was 1,593
- Spring 2022: Average reach was 397; highest episode reach was 479
- Fall 2022: Average reach was 135; highest episode reach was 201
- 2023: Average reach was 368; highest episode reach was 597

# The Expansion: Functional Fridays

## Functional Fridays – Spring 2021

- Focused on stroke, chronic conditions, and older adult driver safety awareness
  - Episode 1: Everyday Activities After a Stroke
  - Episode 2: Anticipating Changes That Affect Driving
  - Episode 3: Family Conversations
  - Episode 4: Screening and Evaluation of Driving
  - Episode 5: Interventions That Can Empower Drivers and Families
  - Episode 6: Staying Engaged in the Community with or without a Car
  - Episode 7: Chronic Condition Management with Diabetes
  - Episode 8: Importance of Daily Routines and Habits for Those Living with Dementia
  - Episode 9: Energy Conservation with COPD and Other Pulmonary Issues



# The Expansion: Functional Fridays

## Functional Fridays – Spring 2023

- Focused on technology, fitness, and better sleep
  - Episode 1: Technology Made Easier
  - Episode 2: Helpful and Useful Apps
  - Episode 3: Functional Fitness for Healthy Aging
  - Episode 4: Improve Your Daily Routine
  - Episode 5: Tips for Better Sleep

## Functional Fridays

with the Area Agency on Aging District 7 and the  
Shawnee State University Occupational Therapy Program

Join us for a quick chat about how you can best  
support and manage function in your life!

**Friday, March 31st at 10:00 am**

AAA7 Facebook Page

*Join us live or watch the recording!*

**This Week's Topic:**  
**Tips for Better Sleep**



# The Expansion: In-Person Education

- Back in the community! – 2024
  - Students provided education at local senior centers and senior apartment complexes
  - Program titled “What are the Benefits of Occupational Therapy?”
  - Demonstration of exercises to increase mobility and strength
  - Tips to prevent falls
  - Suggested resources to support health and well-being

# What are the Benefits of Occupational Therapy?

JOIN US

**Thursday, April 4th  
12 Noon  
(Lunch at 11:30 am)**



third&center  
arts. inspire. community. impact.

**Ironton Senior Center  
202 Park Avenue, Ironton**

- What is Occupational Therapy?
- Exercises to increase mobility and strength.
- Falls prevention tips.
- Resources in your community to support your health and well-being.

**Learn More About**

Education will be presented by students in the Masters of Occupational Therapy Program at Shawnee State University.

The event is a partnership between **Shawnee State University**, the **Area Agency on Aging District 7 (AAA7)** and **Third and Center**.

Questions? Call the AAA7 at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org)



# The Award for Fall-Free Fridays

- Recognized at the 2024 USAging Conference in Tampa, Florida
  - Aging Achievement Award – “Fall-Free Fridays”
  - One of 22 U.S. programs recognized

**USAging**  
Leaders in Aging Well at Home

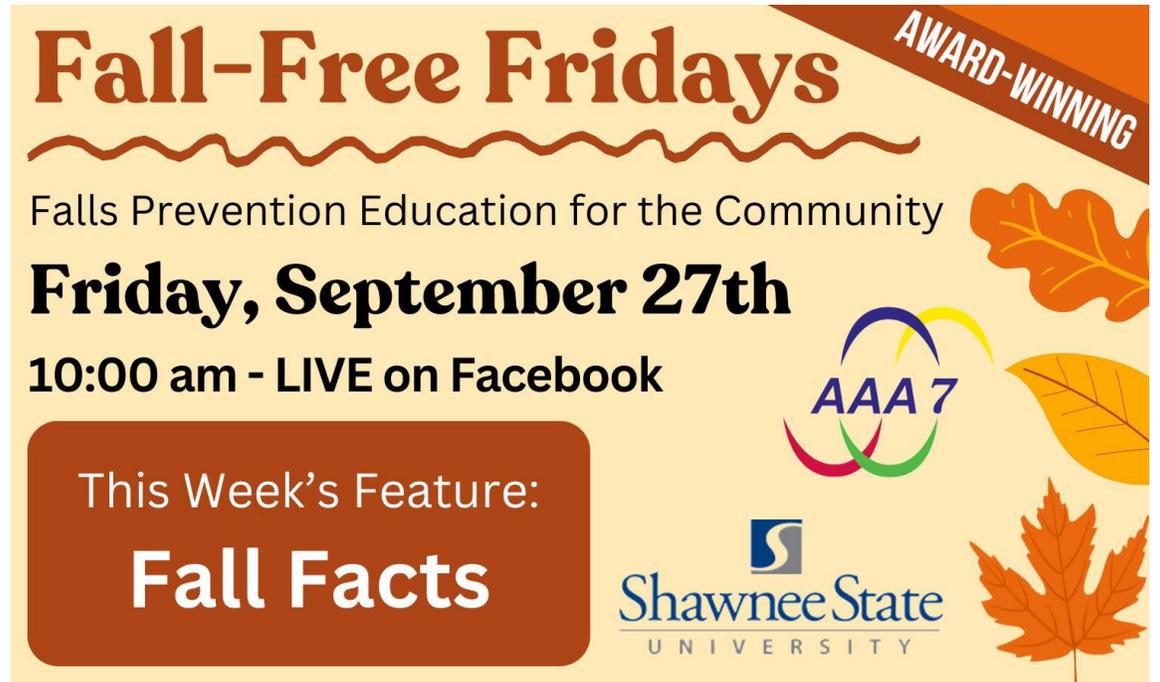


# Cost-Effectiveness of Fall-Free Fridays

- No additional costs for staffing; falls within the duties of the director of community outreach
- Part of educational experience and class requirements for students
- Free livestream platform
- All promotion done at no cost (news releases, PSAs, social media posts)

# Fall-Free Fridays 2024

- Beginning this Friday, September 27!
- National Falls Prevention Awareness Week
- Student contest
- Episode titles
  - Fall Facts
  - Tripping Hazards in the Home
  - Lighting in the Home
  - Animals in the Home
  - Avoiding Falls in the Community
  - Appropriate Footwear/Exercise
  - Dressing Techniques



**Fall-Free Fridays** *AWARD-WINNING*

Falls Prevention Education for the Community

**Friday, September 27th**

10:00 am - LIVE on Facebook

This Week's Feature:

**Fall Facts**

AAA 7

Shawnee State UNIVERSITY

The graphic features a light orange background with a wavy line under the title. It includes logos for AAA 7 and Shawnee State University, along with several autumn leaves. A dark orange banner in the top right corner says 'AWARD-WINNING'.

# A Successful Partnership

- Fall-Free Fridays has served as a wonderful partnership
- Goals met for both organizations – educational requirements and experience for students and important falls prevention information shared with our communities to prevent injuries and aid in increased confidence for older adults and caregivers
- Intergenerational focus
- Cost-effective
- National recognition





## **Jenni Lewis**

**Director of Community Outreach**  
Area Agency on Aging District 7, Inc.

800-582-7277, ext. 22224

[jlewis@aaa7.org](mailto:jlewis@aaa7.org)



**Questions?**

