

Appendix F: Injury Prevention (Falls In Older Adults) Work Plan

Goal: Evaluate and reduce fall related hospitalizations by 5%.		
OBJECTIVE 1: INCREASE AWARENESS OF INDIVIDUAL FALL RISK AMONG SENIORS, INDIVIDUALS WITH DISABILITIES, PROVIDERS AND CAREGIVERS.		
Strategies	Short-term Performance Targets	Intermediate Performance Targets
<ol style="list-style-type: none"> 1. Convene a community partner led regional injury prevention workgroup to guide planning and execution of objectives. 2. Identify evidence based risk assessment tools. 3. Increase availability of Falls Prevention Master Trainers in the region. 	<ol style="list-style-type: none"> 1. Review and revise Injury Prevention Work Plan. 2. Distribute standardized risk assessments to at least 6 providers and senior caregivers. 3. Identify Falls Prevention Master Trainers in the Seacoast Public Health Region. 	<ol style="list-style-type: none"> 1. Develop and distribute Fall Prevention Tool-Kits to at least 3 providers and senior caregivers for dissemination to clients. 2. Promote or hold at least 1 Falls Prevention Master Trainer class in the Seacoast Public Health Region.
OBJECTIVE 2: INCREASE AWARENESS OF EVIDENCE BASED FALL PREVENTION PROGRAMS AMONG SENIORS, INDIVIDUALS WITH DISABILITIES, PROVIDERS AND CAREGIVERS.		
Strategies	Short-term Performance Targets	Intermediate Performance Targets
<ol style="list-style-type: none"> 1. Identify evidence based fall prevention programs. 2. Assess evidence based fall prevention programs . 	<ol style="list-style-type: none"> 1. Distribute information about and/or support demonstration of balance management and fitness programs in at least 3 communities. 	<ol style="list-style-type: none"> 1. Develop and distribute Fall Prevention Tool-Kits to at least 3 providers and senior caregivers for dissemination to clients including the regional October 2016 Senior Fair.
OBJECTIVE 3: INCREASE SENIOR, PROVIDER AND CAREGIVER AWARENESS ABOUT MEDICATION RELATED FALL RISK.		
Strategies	Short-term Performance Targets	Intermediate Performance Targets
<ol style="list-style-type: none"> 1. Identify and assess education about prescription medication management strategies. 2. Recruit and retain pharmacy subject matter expertise to injury prevention workgroup. 	<ol style="list-style-type: none"> 1. Partner with Portsmouth Regional Hospital to provide medication management to seniors in the community. 	<ol style="list-style-type: none"> 1. Distribute prescription medication management guidance to at least 6 providers.