



### **Falls Free CT Quarterly Meeting**

**Date/Time:** September 8, 2025, 1:00 – 2:00pm

**Location:** Zoom

**Facilitators:** Meghan Brady, Department of Aging and Disability Services and Robin Tousey-Ayers, Department of Public Health

**Attendees:** Allison Anka, Amanda Hubbard, Amy Watkins, Angela Vázquez, Anne Bernick, Beth Massey, Christy Ross, Claire Côté, D Blackmer, Debi Noujaim, Ellen Ryan, Erin Estey, Michelle Saunders, Jennifer Monahan, Joslyn French, Laura Netro-Price, LeadingAge Connecticut, Lillian Swan, Lori Rygielski, Meg Haffner, Michael D’Elia, Michelle Silva, Mike Zacchera, Olivia Morris, R Doherty, Steven Katz, Susan Logan, Susan Yurasevecz

### **I. Welcome & Introductions**

Megan Brady & Robin Tousey-Ayers welcomed everyone to the meeting, and noted that the Falls Free CT Coalition has reached its one-year anniversary! Robin reviewed current mission of Falls Free CT and the meeting agenda.

### **II. General Announcements**

- Governor Lamont has provided a proclamation for Falls Prevention Awareness Week
- On August 21, Falls Free CT leaders presented at the Connecticut Public Fire & Life Safety Educators Conference on the topic of local data and collaborations that support community risk reduction
- Falls Prevention Awareness Week (9/22 – 9/26) toolkit and resources are available to support local FPAW events
- Shared about upcoming events offered by other state falls prevention coalitions

### **III. Reframing Aging Presentation**

Claire Côté was introduced as the guest speaker. Claire spoke on Reframing Aging in connection with outreach efforts for Falls Prevention Awareness Week. Topics covered included ageism, ableism, tips for effective storytelling, and related insights and examples. See PPT for more information.

### **IV. Working Group Highlights**

Meghan noted that the coalition Working Groups continue to meet monthly, except for months when there is a quarterly coalition meeting, and encouraged coalition members to contribute to these groups. The following Working Groups updates were provided:

#### Community-Based Programming & Screenings

- Christy Ross provided a recap of a falls risk screening train-the-trainer event on August 8<sup>th</sup>. There were 32 attendees from a variety of backgrounds and professions. The training was interactive and hands-on, teaching about the importance of early risk assessment, the CDC falls algorithm, various



screening tests, and more. Attendees practiced the screenings on one another and were charged with organizing a falls risk screening event and/or incorporating best practices into their work and outreach. There is interest in offering the training again. This training resulted in many new Falls Free CT coalition members.

#### Data Collection & Surveillance

- Susan Yurasevecz noted and celebrated the coalition's one year anniversary, and introduced the working group. Susan has been working on an expanded falls data report. The report is currently open to coalition members for review and comments. Susan shared about the Steps to Safety program as an example of data driven decision making and evidence-based insights that guide coalition activities. EMS falls responses align with hospital discharge data for burns. Density maps visualize this geographic alignment and the importance of Steps to Safety.

#### Community Awareness & Education

- Robin shared about this group's promotion of FPAW and recent events. Currently, the group is looking at examples of outreach materials from other coalitions as inspiration for Falls Free CT outreach materials. Also focusing on increasing coalition membership.

#### Home Safety Modifications & Falls Prevention Technology

- Robin noted that this group continues to be very active, sharing about local falls prevention technology projects and encouraging collaborative initiatives.

#### Workforce Development & Training

- Robin reported out on the purpose of this group and a pilot project of a survey to be sent to CNA programs. This survey will help us better understand what information about falls prevention is covered in the curriculum of CNA programs across the state and how the upcoming workforce is being educated on the topic of falls prevention.

Robin again encouraged Falls Free CT Coalition members to participate in a Working Group.

#### **V. Wrap Up Announcements & Next Meeting**

Attendees were encouraged to complete the coalition's quarterly survey.

A SharePoint site is in development as a place to share resources and events.

Next meeting: Tuesday, December 9 at 11:00am