

Connecticut's Fall Prevention Coalition
June 10, 2025

#### **WELCOME!**

 The Falls Free CT coalition brings together falls prevention champions to take action to decrease the incidence of falls among older adults in Connecticut





### **AGENDA**

- Steps to Safety Training Recap
- University of Hartford Screening Event Recap
- NCOA Grant Award Overview
- Age + Action Conference Highlights
- Guest Presentation: Bingocize
- Final Updates, Reminders, and Announcements

## STEPS TO SAFETY TRAINING RECAP





#### STEPS TO SAFETY GRANTEES

- Chesprocott Health District
- Town of Brookfield
- Town of East Hartford
- Town of Wallingford
- Town of West Hartford
- Town of Windham

#### SCREENING EVENT RECAP

Christy Ross, PT, DPT, CADDCT
Board Certified Clinical Specialist in Geriatric Physical Therapy
University of Hartford
Department of Rehabilitation Sciences





## MANDELL JCC Balance & Memory Screen Update

Test	# of Individuals at Fall Risk (N=43)
STEADI	21
30 Sec Chair Rise	25
4SBT(tandem/SLS)	Tandem: 9, SLS: 26
TUG	12 (only 1 used AD)
TUG Cog	17
PGS (<1.0m/s)/ (<1.3m/s)	7 (Fall Risk), 19 (Community speed)
ABC Scale	6
Calf Raise Senior	14
MiniCog ( =3)</td <td>8</td>	8
10 Point Sensation Testing	24 (impaired sensation)

# Preliminary\* Statistically Significant Findings

Test	Test with Significant Correlation
STEADI	30 Second Chair Rise Preferred Gait Speed TUG TUG Cognitive - Calf Raise (Treading towards significance – we more people, we would be able to identify more clearly)
TUG	TUG Cognitive Preferred Gait Speed
MiniCog	TUG Cognitive Preferred Gait Speed 30 Second Chair Rise

<sup>\*</sup>Not all statistically analyses were finalized as of 6/9/2025

## NCOA GRANT AWARD

- Falls Free CT's Proposal:
  - Coalition Infrastructure: Strategic Planning, Older Adult Advisory Councils, and formalizing membership
  - CT Falls Prevention Outreach Campaign
  - A Matter of Balance & Bingocize Program Trainings
- https://www.ncoa.org/article/funding-opportunity-state-fallsprevention-coalitions/

## AGE + ACTION CONFERENCE







## BINGOCIZE

Kristeen Owens, Vice President



#### FALLS PREVENTION AWARENESS WEEK

- September 22 26, 2025
- NCOA FPAW Toolkit:

https://www.ncoa.org/page/falls-prevention-awareness-week-toolkit/

### **WORKING GROUP HIGHLIGHTS**

- Community-Based Programming & Screenings
- Community Awareness & Education
- Data Collection & Surveillance
- Home Safety Modifications & Falls Prevention Technology
- Workforce Development & Training

## **QUARTERLY COALITION SURVEY**

https://www.surveymonkey.com/r/FallsFreeCT-June2025





## 2025 QUARTERLY MEETINGS

- Monday, September 8 at 1:00pm
- Tuesday, December 9 at 11:00am



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## THANK YOU!