



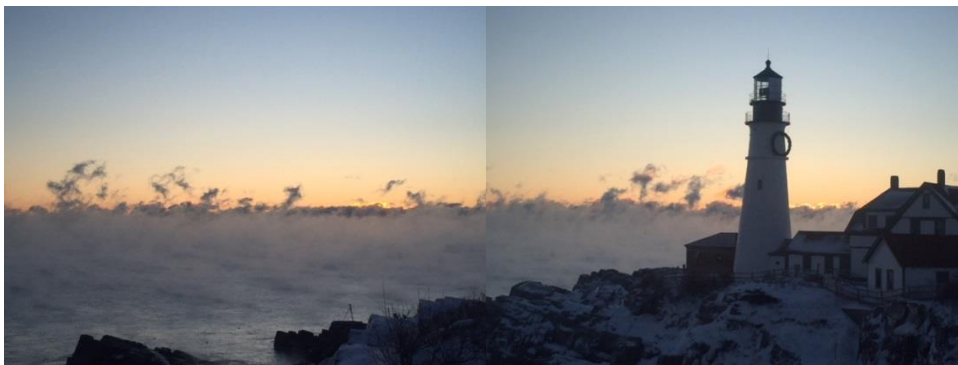
A Matter of Balance Volunteer Lay Leader Model January Conference Call Notes

News Flash

MaineHealth recently launched new website: the new URL for Master Trainer resources is www.mainehealth.org/mobresources. Please check it out! The most frequently requested resource materials are provided here for you to download. *Please do not share the link; it is for licensed Master Trainers only.*

AL,AR,AZ,CA,CO, DE, FL,IA, IL, IN, HI, KS, LA, MA,MD, ME, MI, MN, MO,MS, NC,NH, NJ, NM, NY, OH, PA, SC, TN, TX, VA, WA, Virgin Islands,

Over 150 Master Trainers joins the Calls in January



Sea smoke is fog which is formed when very cold air moves over warmer water

Additional resources for those involved with older adults

National Council on Aging Resources:

Engaging American Indian/Alaskan Native Elders in Falls Prevention Programs:
<https://www.ncoa.org/wp-content/uploads/Tribal-Falls-TipSheet-PDF.pdf>

Engaging Veterans in Evidence-Based Programs :

<https://www.ncoa.org/wp-content/uploads/2017-NCOA-Engaging-Veterans-in-Evidence-Based-Programs-Tip-Sheet.pdf>



Here are some ongoing notes from previous calls:

Some notes from previous calls

POINTS for connecting with First responders from Nanette Rodriquez Fire and Safety Specialist Mesa Fire and Medical Department, 13 W. 1st Street, Mesa, AZ 85201

- Anyone wishing to coordinate efforts with local fire departments will want to contact a representative from the public education area. Most fire departments have an organization chart listed on their website. The terminology that MOB Master Trainers will look for are:
 - Fire and Life Safety Education
 - Community Education
 - Community Outreach
 - Public Education
 - Community Risk Reduction
 - Fire & Life Safety Education Specialist

POINTS for connecting with medical systems:

IDEAS for Referrals

- Talk to medical provider about referrals directly into community classes
- Connect with Trauma and Emergency departments-They see the fallers
- Talk with rehabilitation providers including Skilled facilities, Physical Therapy and Occupational Therapy- A Matter of Balance can be the next step once therapy is completed
- Think about a direct referral system that can make it easy to refer to programs

- Hold classes regularly and with some prediction so referred clients do not have a long wait to join a class
- Hold classes on a hospital campus as well as community venues
- Pain Management clinics are referring to classes in different areas of the country
- Brain Injury Alliances or trusts

CLASSES

- **Hold classes wherever Older Adults gather**
 - Libraries
 - Senior housing/Independent Living
 - Assisted living
 - Senior or community centers
 - Banks
 - Universities
 - Hospitals
 - Medical Practices
 - Fire departments
 - Retirement Centers
 - YMCAs
 - Area Agencies on Aging
 - Senior meal sites
 - Faith Based organizations
 - Libraries
 - Brain Injury Alliances
 - Banks
 - Restaurants
 - Healthcare practices

Think about what the next step is after A Matter of Balance: What other programs do you offer or are available in your community:

*Physical activity classes like **Enhance Fitness, Tai Chi, Walk with Ease***

*Other self-management classes- **CDSME-** any of the chronic disease self- management classes,*

Fit and Strong!

Home Meds- Medication Management

Silver and Fits offerings

YMCA

Community Rec Programs

MARKETING ideas

- Public Service Announcements on Radio, TV, Paper
- State Fairs
- Prescription pads
- Banners in senior
- Join your State's falls Coalition or a local group

- Get local, city or State proclamations to acknowledge September 22nd as Falls Prevention Awareness Day
- Use your local 211 resources to market classes
- Work with your local University Extension services to market and recruit
- Emergency Departments can be a place to market programs
- A letter from participants to their healthcare providers sharing their involvement in A Matter of Balance classes- This can be completed during session 8 and mailed to providers
- Work with your local pharmacies and invite pharmacists to be a part of your falls prevention team

COACHES

- Connections with Universities- Being a coach can serve as a service learning experience or part of a community class. Coaching as a student can enrich a student's experience. Hear from students at AT Still University in Mesa Arizona: <https://www.atsu.edu/aging-studies-project/testimonials.html>
- Think of your local Medical Reserve Corps for coaches
- Have your current coaches talk to potential coaches about their experience
- Recruit through local libraries for coaches
- RSVP-Retired Senior Volunteer Program or Senior Corp
- Services for those with low vision
- Some elected officials are getting into leading classes in Michigan

TRANSLATIONS

Utilize this link for (**Master Trainers only**) to download current translations www.mainehealth.org/mobresources :

- Spanish-Coach and Participant workbooks, Voice over for DVDs
- Portuguese-
 - Brazilian Participant workbook
 - European- Coach Handbook
- Chinese-Mandarin and Cantonese coach and participant workbooks, Voice over for DVDs
- Low Vision materials
- Chinese coach and participant manuals
- Vietnamese- participant workbook
- Russian- participant workbook
- Korean Translation participant workbook

States with ONLINE centralized listing of classes- This can make it easy to locate classes for both health professionals and the community

Here are a few:

Healthy Living Center for Excellence: <http://www.healthyliving4me.org/>

Illinois Pathway to Health: www.ilpathwaystohealth.org

North Carolina: <http://healthyagingnc.com/>

Maine: <http://www.smaa.org/falls.html>

From Illinois:

ENGAGE-IL (ENhancement of Geriatric Care for All through TraininG and Empowerment). The ENGAGE-IL modules cover many topics related to working with older adults EngageIL.com.

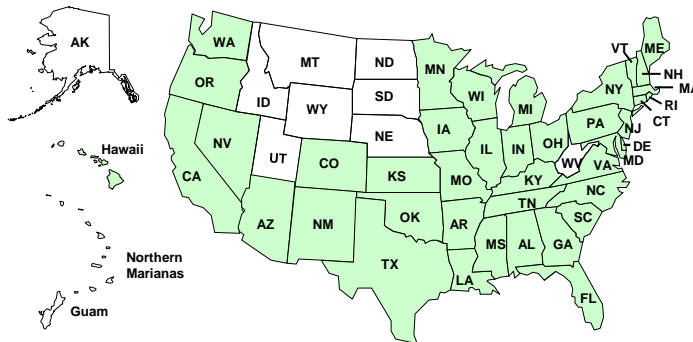
Check us out on Facebook:  Find us on Facebook

Thank you for all the work you do every day to raise awareness and touch the lives of older adults in your communities.

You are A Matter of Balance: Sharing the message that there is something you can do to prevent falls and respond to one if it should occur!

Respectfully Yours
Patti League

A Matter of Balance (MOB) Lay Leader Model Master Trainer Sites by State



 MOB Lay Leader Model Master Trainer Sites

650 Master Trainer Sites in 41 States and the U.S. Virgin Islands

