

A Matter of Balance Volunteer Lay Leader Model January 2020 Conference Call Notes

Be a beacon to others in Falls Prevention!



*****News Flash*****

Updates to the Master Trainer Manual!!!!

Website to download any updates to the Master Trainer Manual: this URL for Master Trainer resources is www.mainehealth.org/mobresources. ALL Translations are available for download through this link. 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, WY, NE, SD, AK

170 Master Trainers joined the Calls in January
TOPIC: Home Modifications

Speakers:

Guest Speakers: Melissa Stutzbach and Susan Hawfield joined our call from Rebuilding Together- the National office in Washington DC

<https://rebuildingtogether.org/>

- Mission is to repair homes, revitalize communities and rebuild lives



- Work is done in rural and urban areas
- Income requirements-\$20,968
- Serving these populations: 81% >65, 56% have a disability, 10% children, 55% minorities and 13 % Veterans
- Assessment of the needs of the homeowner – no extreme makeovers
- Safe and healthy housing – dry, clean, pest free, safe and well ventilated
- Help assist to make people safe at home: Projects include: grab bars, wheel chair ramps, flooring, sanitation issues along with many other modifications
- Need education to change environment to prevent falls
- Assess the needs of the homeowner

Guest Speaker: Julie Overton, MSG, MHA, UC Davis, Leonard Davis School of Gerontology.

Resources: www.homemods.org , www.stopfalls.org and www.stopfalls.org/the-falling-monologues/ .

These links will provide inventories of assessment tools, safety checklists, inventories of funding sources and consumer materials for various groups and some great videos

- Gerontology studies all aspects of aging. UC Davis has the largest and oldest School of Gerontology in the country.
- As many more people are wanting to age in place in their homes, home modification services are not meeting the demand. The lack of planning home design to meet the needs of seniors compromises their ability to care for themselves.
- Home assessment is very important to make sure the modifications meet the needs of the individual. Our focus is on homes in the community

Guest Speaker today is Alice Bonner, IHI

Topic: Capable Program: https://nursing.jhu.edu/faculty_research/research/projects/capable/ or <https://www.ncoa.org/resources/capable-program-summary/>

- Evidence based program for 10 years
- 2 Random control trials, demo and research
- Fall prevention and mobility program, home modification is one piece
- Goal is to help seniors with home modification, early intervention to reduce back and forth to hospital and rehab which reduces cost considerably. Stop the cycle.
- Shown improvement in ADL, IDALS, depressions scores, reduce cost adds up to millions in savings

Voices from the field:

- Marc Eisman from CA has been connecting with HMO s and will supply an overview of how he made these connections
- Many Sites across the country are connecting with local Rebuilding together and starting program utilizing the Capable Program and working with certified home modification specialists

Voices from our January Master Trainers

- Tuesday Tool man- In Michigan to supply minor home repairs in areas of the State of MI
- Classes held in a church – reaching out to college students to teach
- Partnering with Primary Care referrals based on Annual Wellness Visit



- Recently provided AMOB to Parkinson's support group with discussions about home modifications
- OTA Level I students – learning and helping
- Area Agencies on Aging are collaborating with Health Care organizations to deliver classes
- Connecting with local organizations to provide home modifications
- Discussion around modifying rental units and some of the rights for people with disabilities:
<https://www.ada.gov/cguide.htm>
- In Washington referrals coming from the Fire Department, they will change smoke alarm batteries
- Rebuilding together sites are partnering with A Matter of Balance classes to share information about minor home repairs
- Managed Care Organizations in TX think of A matter of Balance as a value added to their recipients
- Working with librarians to connect people and classes
- Neighbors helping Seniors in Alabama matches senior with home repair need provider
- Certified Occupational Therapy Students are coaching classes in Michigan
- Exercise Science Students are delivering classes as coaches
- Some sites are supplying transportation to classes through volunteer programs
- Some States have State Funds earmarked for Home Modifications
- Some Faith Based organizations are utilizing volunteers to provide some home Modifications
- 211 help lines are a way to access some home modifications
- Working with Age Friendly communities to supply some wrap around referral repair services
- Working within local communities to offer assistance with grab bar purchasing and installation
- Working with local park services to increase access to classes and community resources
- Many Humana sites with senior centers offered A Matter of Balance class this fall and the response was very positive
- More partnerships with hospitals and trauma centers: Class fill quickly
- Some rural counties offer home repair through contracts in their communities
- Area Agencies on Aging may have verified lists of contractors that will do home modifications
- Some communities have a "Honey Do" service, which supplies minor home modifications
- Working with local coalitions, get to know your community
- Working with Local construction companies has yielded very positive and affordable access to home modifications in some states
- Some organizations have secured local funding grants to assist with making older housing stock safer
- Age Friendly communities are part of a National initiative and can often link people to home repair/modification services in their communities
- Some counties and cities have a home modification committee to help address the issues of home modification and safety in their communities
- Handy Helper local groups are available in communities across the country
- United Way in some areas are supporting home modification efforts
- Some Cities/town/civic groups have grants for home modifications
- Some volunteer efforts will install grab bars after discharge from a hospital or rehab in a few days
- Some Aging and Disability Resource Centers are very involved in home repairs and modifications
- Finding competitive prices on items through Amazon or other on line shopping
- Using a web-based referral system, local non-profit connects people to services
- Outreach to New Jersey Carpenters Network who will do repairs pro bono
- Permanent Supportive Housing. Little Tokyo Maintenance, walkways/railings



- Advancing Vibrant Communities – volunteer handy man for home restoration
- Working with AARP Home Safety List
https://assets.aarp.org/external_sites/caregiving/checklists/checklist_homeSafety.html
- Rebuilding Together

Notes from Previous Calls:

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- Coach and participant books
 - Brazilian
 - European
- Chinese-Mandarin and Cantonese coach and participant workbooks, Voice over for the older DVDs
- Low Vision materials
- Vietnamese- participant workbook
- Russian- participant workbook
- Korean Translation participant workbook
- Albanian- Participant workbook
- Japanese- Coach and Participant workbook coming soon

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



MOB Lay Leader Model Master Trainer Sites

770 Master Trainer Sites in 46 States, Puerto Rico and the U.S. Virgin Islands

Check us out on Facebook:  Find us on Facebook Check out the locator at the Evidence-Based Leadership Collaborative website <http://www.eblcprograms.org/evidence-based/map-of-programs/>

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 RN



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

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

Illinois Pathway to Health: www.ilpathwaystohealth.org

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

Maine: <http://www.smaaa.org/falls.html> or www.healthyforme.org

Minnesota shared a website [JUNIPER](#)

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