

POLICY ADVISORY BOARD FOR ELDER AFFAIRS (PABEA)

Friday, August 5, 2016

MEETING MINUTES

Members Present: James Cisler, Laurel Coleman, Patrick Duarte, Tony Lenzer, Joy Miyasaki, Adele Rugg, Suzie Schulberg, Gary Simon, John Tomoso, Beverly Jean Withington, Sarah Yuan, Kathy Ishihara, Keith Ridley, Melina Sanchez, Eldon Wegner, Tessy Yokota

Members Absent: Colette Brown, Marilyn Seely, Scott Spallina, David Rodriguez

Others present: EOA Staff: Caroline Cadirao, Jen Ching, Debbie Shimizu

Charlene Iboshi, Neva Keres, Carol Makainai, Barbara Service, Audrey Suga-Nakagawa, Deborah Stone-Walls, Kealoha Takahashi, Lori Tshako, Valerie Yontz

The meeting called to order by Joy Miyasaki at 12:05 p.m.

ROLL CALL

Fifteen (15) members present.

MINUTES

July minutes were approved. Eldon commented that he didn't agree with EOA Director's report on advocacy recommendations.

INTRODUCTIONS

Everyone introduced themselves.

DISCUSSION ISSUES

Chair's Report

No report except that next PABEA meeting is on Sept 9.

PABEA Committees

*Legislative*

Gary reported:

- 2 FACE representatives attended the committee meeting. FACE has been organizing a coalition to advocate for a public LTC Financing program. Eldon will be PABEA's liaison as a member of the coalition. For the new biennium, a new bill will have to be introduced.
- Eldon mentioned that there was discussion that the Public Awareness Media Campaign should be held later in fall and another one right before the start of the Legislative session in January.
- Tentative advocacy agenda was discussed with emphasis on EOA's Core programs: Kupuna Care, ADRC, and Healthy Aging. Other items: LTC Ombudsman Program, Posting of Inspection reports, LTC Financing, Paid Family Leave, and APS.
- Kokua Council has filed suit against DOH on the posting of inspection reports.
- On August 15, the committee will meet with the Governor's office to advocate for kupuna programs.

### *Plans and Projects Review*

- Joy commented that the committee joined the Legislative committee and did not meet. The next meeting should be the wrap-up meeting for the revisions to the by-laws.

### *Recognition and Awards*

Jim gave an update on OAM:

- Stakeholders (HMSA, AlohaCare, St Francis Health Care systems, Galihier DeRobertis Waxman) in the elder community extended verbal support for OAM and interested in being regular, sustainable partners in hosting the annual event and expand its impact.
- The committee is taking a step-by-step approach to incorporate the advocacy efforts with OAM— building sustainable partnership is one of the first steps.
- 15 Craigside will host the 2017 event

### Aging Network

#### *Executive Office on Aging*

Caroline commented:

- Terri is at the SHIP/SMP conference in WI
- Two new staff will be starting shortly – one for Program and System Management and one for No Wrong Door
- Tony and Eldon commented on the pressing need to seek funding for Lifespan Respite and Healthy Aging
- Joint funding application with NAPCA was not approved

#### *Elderly Affairs Division*

Carol reported:

- EAD will be moving soon (in the next 3 weeks)
- Hiring 3 case managers and 1 supervisor
- Attended the N4a conference in SD with Nalani
- Currently have 10 Community Service Aides and still hiring (up to 15)

#### *Hawaii County on Aging*

*(See attached HCOA report from Kimo.)*

#### *Kauai County on Aging*

Kealoha attended the N4a conference and toured the San Pasqual Academy.

*(See attached KAEA report from Kealoha.)*

#### *Maui County on Aging*

Deborah reported that:

- 4 staff attended the N4a conference
- Deb was elected 2<sup>nd</sup> Vice President of the N4a this year and in 2 years will be President
- Deb, Kealoha, and 2 NAPCA staff presented a workshop on multicultural adaptation of evidence based programming on Asian/pacific islander population
- Beginning Aug 15, all AAAs will be tracking data resulting from the last Legislative session that captures points in time that demonstrate the effectiveness of the ADRC system.

### Members Report

Tessy from SSA:

- In July, SSA sent letter to Hawaii DOE employees on receiving a settlement on payback of their wages. This is not fraud and it's a court settlement that they got back-payment.
- In July 30, mySSA.gov implemented an additional security measure in receiving a text with a code to

login. Those that don't have texting capability will have to do everything manually.

Melina from DCCA shared upcoming senior events.

- August 6, Women and Money event is at Japanese Cultural Center  
(See attached DCCA Event handout.)

Keith from DOH reported:

- Emergency preparedness kits for hurricane season include medications
- Fight the Bite (pre-cautions against mosquito bites)
- Hawaii continues to lead the nation in the lowest use of antipsychotic medications in skilled nursing facilities
- Legislature approved funding for 2 surveyors and 1 support staff in OHCA Medicare section
- Continue to work on national background check program to implement a web-based portal for LTC providers
- Continue to work on setting up dispensaries for Medical Marijuana

#### STATEMENTS FROM THE PUBLIC

Valerie mentioned that the Fall Prevention Consortium finalized the 2015 Fall Prevention Evaluation Report.

(See attached 2015 Evaluation Report).

Audrey mentioned that AARP Hawaii is hosting Advocacy Celebrations in August.

#### OLD BUSINESS

Debbie from NWD:

- Loren Okamura starting next week
- Visited AAA in June

RAC has excess funding balance (\$106.04) from OAM event. PABEA approved donating the excess funds to Star of the Sea School.

#### NEW BUSINESS

Aging Summit deferred to next meeting.

- Eldon commented that the 2 bullet points on Terri's report is in contrary to PABEA advocacy functions. According to Eldon, 2008 resolution included autonomy from DOH and EOA and specific wording in submitting testimony: "PABEA is not representing the Executive Office on Aging. We are an advisory committee and we advocate on behalf of the elderly."
- Deborah commented that she believes Terri's comments were geared towards the Aging Summit and not trying to diminish PABEA's advocacy efforts. She hopes that PABEA can provide focus and emphasis for the core areas. We need to have strong voice and strongly advocate for these programs.

#### ANNOUNCEMENTS

- HPGS Conference on Sept 12 and 13. Early bird registration (\$235) extended to Friday Aug 12.
- John Tomoso was ordained.
- Next meeting is Friday, September 9.

#### ADJOURNMENT

The meeting was adjourned at 1:20p.m.

**From:** Alameda, Kimo [<mailto:Kimo.Alameda@hawaiicounty.gov>]

**Sent:** Wednesday, August 03, 2016 5:42 PM

**Subject:** Re: HCOA PABEA REPORT

RE: 3 key Updates.

1. HCOA is revisiting its area plan allocation section which forecast the amount of clients expected, the funds needed, and the funding source for each of its services for the next 4yrs. Every county's area plan should have the same allocation section which should be the basis for which the State's legislative funding request are made. **In the absence of getting advice from on how to forecast**, we figured an increase of the 75+ population by 3% (remember the average age of KC consumer is 82 years old) so the silver Tsunami won't hit the "KC shoreline" until another 10 years) + 2% inflation. And then we worked backwards to see if we have the workforce to deliver on those services. Maybe EOA could use this methodology to justify the request for more funds while assessing workforce issues.

2. We are reviewing our contracts and business model to ensure that we are using the federal, state, county, and program income funds the way it is intended to be used, paying particular attention to Title III and the CFRs, federal service definitions, and our county's concerns of comingling funding streams. In this regard we are also waiting for EOA to revise it's KC guidelines. It's been a year since we've provided feedback on the 1999 version, and would like to ensure that the original target group for this funding stream is the "gap-group and frail senior", NOT the active senior or non60+ people with disabilities.

3. Lastly, we are starting to feel the resource burden of the data consolidation effort, the no wrong door initiative, and accommodating the "D" in the ADRC. Hence, our partners on the disability side has risen to equal our partners on the Aging side and their expectations and demands (making the ADRC website ADA accessible, having our aging newsletter in braille and other alternative formats, having a disaster recovery plan for peoples with disabilities, and expecting my staff to attend disability legislative hearings) of HCOA has begun to pull on our resources which is making it a challenge to meet our Area Plan objectives. But we will remain optimistic.

Thank you for the opportunity to submit our report.

Kimo

## Kaua'i County PABEA August Report 2016

- Diabetes Self-Management Program workshops series in partnership with National Kidney Foundation of Hawaii starts Sept. 16, 23, 30, Oct 7
- Staff In-service training with presenters Howard Wilson, RN from Bayada on How to Work with Individuals with Alzheimer's/Dementia and. Dr. Kimo Alameda on Customer Service
- N4A Conference  
Toured San Pasqual Academy, a first-in-the-nation residential education campus for foster youth, was created to address the needs of foster youth in San Diego County. The concept of the Academy began in the late 1990s when the Board of Supervisors, Health and Human Services Agency and the Presiding Judge of the Juvenile Court identified critical issues within the foster care system. Many foster youth were experiencing high numbers of placements; they lacked fully developed independent living skills; and they were leaving foster care without earning their high school diploma. 238-acre campus opened in 2001. Academy has licensed capacity to serve up to 184 youth, ages 12-18 years old. Over 750 foster teens, including 200 youth who are part of a sibling group, placed at the Academy since 2001. A Child Welfare Services Unit are co-located at the Academy. What's unique about this Academy is that it has an intergenerational program where elderly can live on campus with low rent in exchange for 10 hours per week volunteering at the Academy.

Currently 85 students enrolled: 44% Latino, 43% African American, 5% Multi Race, 2% American Indian/Alaska Native, 6% White, and 1% Pacific Islander. The attendance rate is at 99% with a 12:1 student-teacher ratio. The 2015 graduating class was 18 graduates, 6 went to four-year colleges/universities and 12 enrolled in two-year colleges.

## **DCCA**

### **Senior Presentations:**

Plaza Assisted Living Pearl City (08/09) @ 918 Lunalilo St, 10:00am

Plaza Assisted Living at Moanaloa (08/11) @ 1280 Moanalualani Pl, 10:00am

Plaza Assisted Living Pearl City (08/16) @ 1048 Kuala St, 10:00am

KAP Lanai Health Fair (08/20) @ 840 Ilima Ave, 8:00am

### **Community Events:**

August 6 Small Business Fair at Honolulu Community College from 7:30 am to 1:00 pm

AARP Women & Money (08/06) @ 2454 S Beretania, 7:30-1:00pm

Small Business Fair (08/06) @ 874 Dillingham Blvd, 8:00-1:00pm

# 2015 EVALUATION REPORT ON THE IMPLEMENTATION OF THE HAWAI'I FALLS PREVENTION STATE PLAN

## I. INTRODUCTION

The key implementation activities and their outputs are captured in this 2015 falls prevention report as a way to describe the accomplishments and progress made in assisting older Hawai'i adults with mobility safety and preventing falls. This is the second annual report on the implementation of the Hawai'i Falls Prevention State Plan. Fortunately, the Falls Prevention Consortium and its partners are made up of more than 100 active members and they continue to create and administer healthy activities as guided by the Hawai'i Falls Prevention State Plan. The State Plan is dated to serve the years from 2013-2018.

Being safe in mobility and balance are essential since falls are the leading cause of injury for 46% of older Hawai'i adults and has led to death with 92 fatal falls in 2014. Every **day** on average 22 seniors are treated for fall-related injuries in Hawaii's hospitals, which strikes harm at nearly one every hour. This translates to 8,010 fall-related injuries per year. (Reference: IPCP Overview of Injury Among Seniors in Hawai'i, 2015). The good news is that falls can be prevented throughout one's life span, especially with older adults. The Hawai'i Fall Prevention State Plan and Consortium were formed to decrease these problems and ensure safer mobility for everyone. The Hawai'i Fall Prevention Consortium was formed in 2003 with support and leadership provided by the Emergency Medical Services & Injury Prevention System Branch (EMSIPSB) of the Hawai'i Department of Health (DOH). The mission of the consortium has been to prevent falls through networking, education, advocacy, and resource development. Stanley Michaels is EMSIPSB's lead person for the campaign as Senior Fall Prevention Specialist and has worked hard to coordinate the consortium and its members.

Highlights of 2015 efforts are showcased with an increase in physical activities, completion of a successful Fall Prevention Conference, expanded awareness efforts in television media, a broadened range of medication reviews at pharmacies statewide and impact data results. The report includes the following items: I) introduction, II) state plan background, III) evaluation methods, IV) results, V) public awareness and screening VI) impact results, VII) 2015 Fall Prevention Conference Report, VIII) discussion of results and IX) recommendations for next steps in 2016 and X) contributors and/or volunteers. The purpose of the evaluation report is to clearly document the status on obtained outputs and outcomes.

## II. STATE PLAN BACKGROUND = THE DESIGN.

An important facet of the state plan is the evidence-based methods adopted by the State of Hawai'i, which are referred to by the stakeholders as the "four foundational pillars" of fall prevention. These four pillars give content and specific focus to fall prevention campaign activities for all groups involved.

**Foundational Pillar 1: Physical Activity.** The first pillar is about regular exercise and the key message is “Exercise regularly for balance and strength”. Exercises classes are formed so older adults have access to them, especially Tai Chi classes. The Centers for Disease Control and Prevention’s (CDC) program Stopping Elderly Accidents, Deaths & Injuries (STEADI) Tai Chi is still considered the number one evidence-based physical activity that anyone can do to ensure safe mobility and prevent falls.

**Foundational Pillar 2: Medication Management.** The second pillar is about medication management and the key message is to “Have your doctor or pharmacist review your medications yearly”. Medication checks are now being promoted to older adults when they go to the doctor’s office or to the pharmacy to pick up their medication refills. Older adults are encouraged to bring all their medications to their local pharmacy for a free medication check and balance testing.

**Foundational Pillar 3: Vision Checks.** The third pillar is about vision checks and the key message is to “Have your eyes checked”. Vision checks are encouraged for older adults even though the cost is usually out-of-pocket. Equally important is to have the older adult get the vision impairments corrected as needed with glasses, medications, or surgeries.

**Foundational Pillar 4: Home Modifications.** The fourth pillar is about home assessment and modification and the key message is to “Make your home safer by removing fall hazards and improve your lighting”. Stakeholder partners such as firemen on the Big Island and the Project Dana (statewide) have been helping with home assessments and modifications.

This emphasis on the four pillars’ activities are important since the Hawai’i Falls Prevention State Plan was designed around three recommendation areas and these areas were well initiated and implemented since 2013. These three recommendation areas include:

Recommendation Area 1: Raise awareness campaign about fall prevention among older adults, caregivers, and providers.

Recommendation Area 2: Increase availability and accessibility of fall prevention programs statewide.

Recommendation Area 3: Engage professionals and community members in fall prevention activities.

This report will address all three recommendation areas within each foundational pillar.

### III. EVALUATION METHODS AND SYSTEM = THE APPROACH.

A Data Tracking Committee was formed based on recommendations from last year’s report. This committee has representatives from all islands and several key consortium members who serve as focal points while coordinating a systematic gathering of results and activities. The committee members used various evaluation methods to collect the data presented in this report which include: a) observations, b) direct contact with individuals and organizations, c) tracking sheets, d) group discussions especially during fall prevention work group meetings and consortium meetings, e) surveys, f) key informant interviews, and e) epidemiological data compiled by the Injury Prevention and Control Program. The purpose of the process evaluation is to determine the progress on the implementation of the Hawai’i Falls Prevention State Plan,

determine the progress according to both the plan and last year’s outputs, make recommendations for next steps, and then make adjustments and refinements to better implement the plan and fully reach the fall prevention goals. Stanley Michaels worked closely with the Data Tracking Committee and Valerie Yontz, Evaluator and Specialist at UH-Public Health to jointly assemble this report.

#### IV. RESULTS = THE ACTIVITIES AND DATA.

The organizational approach of the results is presented in four sections with one for each foundational “pillar” area. Activities continue to be extremely robust within the areas of physical activity and home assessment and modifications. Activities with medication review and vision screening have included the recent rampant-up of planning and strengthening. Descriptions of each pillar’s activities are included in this section with Tables 1, 2, 3 and 4 presented with key elements summarized from the descriptions.

##### 1. Foundational Pillar 1: Physical Activities and Exercise 2015

Table 1: Foundational Pillar 1: Physical Activities and Exercise Elements		
Key Message: Exercise regularly for balance or strength		
<b>Evidence-Based and Promising Practices:</b> <ul style="list-style-type: none"> <li>• Tai Chi both standing and/or seated</li> <li>• Enhance Fitness</li> <li>• Silver Sneakers</li> <li>• Move with Balance</li> <li>• STEADI Testing (CDC recommended)</li> <li>• Walking</li> <li>• Other forms of aerobic exercise</li> <li>• All forms of safe exercise</li> </ul>		
Contributors and/or Lead Coordinators	Partnering Organizations	Types of 2015 Activities
Stanley Michaels Rachelle Bachran Linda Mau Chris Ridley Mary Santa Maria Karen Peterson Paula Keele Lorrin Pang Priscilla Dragon Deborah Nakaji Craig Yamaguchi Merlita Compton	<p style="text-align: center;"><b><u>Kauai</u></b></p> DOH-Kaua’i District Health Office Kaua’i Agency on Elderly Affairs Kaua’i Veterans Memorial Hospital (KVMH) KVMH Adult Day Care Center Samuel Mahelona Memorial Hospital (SMMH) <p style="text-align: center;"><b><u>Lāna’i</u></b></p> DOH- Lāna’i Health Office Lāna’i Senior Center Long Term Care Center of Lāna’i Hospital <p style="text-align: center;"><b><u>Maui</u></b></p> DOH-Maui District Health Office	Exercise Classes Tai Chi for Health (TCH) Enhance Fitness Silver Sneakers Seated Tai Chi Seated Tai Chi for Arthritis Health Maintenance Tai Chi Instructor Workshops Pickleball Games Nordic Walking STEADI Testing Fall Prevention Screening and

Billie Jean Tang Sandi Brekke	Maui County Office on Aging (Maui’s Area Agency on Aging) Maui Adult Day Care <p style="text-align: center;"><b><u>Hawai’i</u></b></p> Hilo ADRC and their Seniors for Services Life Care Center of Hilo Hawai’i County Office of Aging Yukio Okutsu State Veterans’ Home <p style="text-align: center;"><b><u>O’ahu</u></b></p> Kōkua Kalihi Valley (KKV) Comprehensive Family Services Elderly Affairs Division (O’ahu’s Area Agency on Aging) Project Dana DOH Emergency Medical Services & Injury Prevention System Branch (DOH-EMSIPSB) Lanakila Senior Center (Catholic Charities) Mō’ili’ili Senior Center (Catholic Charities) Straub Health Center-Hawai’i Pacific Health Kaiser Permanente Hawai’i YMCA at Kaimuki, Leeward, Windward, and Nu’uanu Kaiser’s Medical Clinics at Kapolei, Waipio, Kailua, Mapunapuna and Honolulu	Education
----------------------------------	--	-----------

**IMPLEMENTATION ACTIVITIES FOR PHYSICAL ACTIVITY AND EXERCISE BY ISLAND**

Details of all actions taken January 1-December 31, 2015 are provided below starting with the five major islands Kaua’i, Maui, Lāna’i, Hawai’i Island and O’ahu followed by a statewide recap.

**A. Kaua’i--Foundational Pillar Area 1: Physical Activity.**

- **Tai Chi Sessions.** The Samuel Mahelona Memorial Hospital and the Kaua’i Veterans Memorial Hospital are currently offering Tai Chi for Health (TCH) classes twice a week for residents and patients (about 100 sessions). The attendance has been consistently around 10-15 participants for each session all year long.
- **Kaua’i Exercise Classes.** In addition to Tai Chi for Health, Enhance Fitness and Seated Tai Chi classes were held at Kaua’i Veterans Memorial Hospital and the Adult Day Care Center this year for a total of 40 sessions with an average of 12 participants per session.
- **Silver Sneakers Classes.** Jane Riley reported that she teaches weekly Silver Sneakers classes for a total of 50 classes in 2015 with about 780 total attendees.
- **Pickleball Games.** Pickleball started in April 2015 on Kaua’i. Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two to four players can use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net (<https://en.wikipedia.org/wiki/Pickleball>). There are about 110 active members, with games including 50-60 players each Tuesday and Thursday and 25 players on Fridays primarily on tennis courts on the south and west side of the island. The north shore has 50+ players. The average age is 65. One player was quoted as saying: “I am 68 years old, have been playing pickleball for a little over a year, have met many, many new friends, have lost 18 pounds, and I no longer need to take my cholesterol medication. This game has changed my life. “
- **Nordic Walking.** The County of Kaua’i—Parks and Recreation hired Esti Grinpas to coordinate Nordic Walking sessions at key senior centers with more than 200 participants reported for 2015

with an average age range between 60-65 years old. The popularity of the exercise has involved public awareness engagements at Wilcox Hospital, Worksite Wellness, and the Kaua'i Community College. Esti Grinpas was interviewed by Hawai'i Public Radio (NPR) and plans to start an educational campaign in 2016 geared for Medical Providers about the Nordic Walking format and benefits for their patients.

- **Move With Balance (MWB).** Training based on Move With Balance (MWB) was held on November 13, 2015 and 10 caregivers/leaders were trained by Karen Peterson who traveled from Maui to Kaua'i to ensure more service providers can use Move With Balance with their clients (reported by Rachelle Bachran, MS, DOH Public Health Educator on Kaua'i).

## **B. Lāna'i--Foundational Pillar Area 1: Physical Activity.**

- **Seated Tai Chi.** Seated Tai Chi is offered by Linda Mau at the Long Term Care Center of Lāna'i Hospital in the Serenity Gardens every Thursday from 10:30-11:30am. Hospital staff members bring down any long-term care residents who are willing when staff members are available. On average two or three of the 10 residents can actually engage in the exercise while the other residents although present cannot mentally and physically perform the movements. The staff members help move these residents' arms through the movements. One success story was a participant resident can now do seated Tai Chi with confidence after a couple months when initially he was not even able to keep up due to his poor balance.
- **STEADI Testing.** Linda Mau, continues to teach TCH twice a week at the Lāna'i Senior Center. She conducted the STEADI pre-tests for all participants, and at the completion of the first 12 weeks conducted the post-tests with positive ratings. She and the records indicate a steady improvement directly related to participants test scores and increased attendance levels (reported by Linda Mau, DOH Public Health Nurse on Lāna'i).

## **C. Maui--Foundational Pillar Area 1: Physical Activity.**

- **Enhance Fitness Classes.** Enhance Fitness classes under the direction of Paula Keele, Master Enhance Fitness instructor, are conducted through the Maui County Office on Aging and continue to grow in Maui County. Currently there are 13 classes, 3 times a week (i.e. 39 classes a week) at 11 different locations (10 on Maui, 1 on Lāna'i) with 297 participants enrolled in the program. In 2015 there were a total of 469 participants throughout the year. Testing is done regularly to determine levels of improvement in strength and balance. The two assessments related to balance...the 8-foot Up & Go and the One Leg Stand showed 80% improvement on the Up & Go, and a 61% improvement on the One Leg Stand based on 2015's raw scores (reported to Mary Santa Maria from Paula Keele).
- **Tai Chi.** The Maui District Health Office continues to offer free noon Tai Chi classes for the public in front of the State Building in Wailuku every Monday and Thursday. While attendance fluctuated some, there is always a steady attendance of at least 8 to 15 people. Dr. Lorrin Pang and Priscilla Dragon lead these sessions.
- **Move with Balance (MWB).** "Move with Balance" created by Karen Peterson is currently in the second round of 13 week classes for seniors with dementia or Alzheimer's disease. The MWB is a sequence of activities and movements that not only help elders regain muscular confidence, but also sharpen elders' mental acuity. In 2015, a newer version of MWB was accompanied with music

created specifically for the activities of MWB. The program is currently going through beta testing, with final testing for participant balance, memory and general functional change. The current program has 15 participants and 13 mentors. The version of the program with music was first done in 2015 with a dementia unit at the Maui Adult Day Care with 10 participants, and 10 or more mentors. Move with Balance has been adopted nationwide by several states' Executive Offices on Aging as one of their statewide programs.

- **Physical Activity Awards.** Move With Balance was honored on February 25, 2015 with \$24,000 by Premier, Inc. as a finalist for the 23rd Annual Monroe E. Trout Premier Cares Award for preventing falls and fall-related injuries, and enhancing brain function and cognitive skills in a growing population of frail elders. In addition to the Premier Cares Award, Move With Balance was voted the "Indie Book of the Year" finalist in Health Category in 2013 and was the Hawai'i state winner of a \$10,000 award from *Toms of Maine* (reported by Mary Santa Maria, MPH, DOH Public Health Educator on Maui).

#### **D. Hawai'i (Big Island)--Foundational Pillar Area 1: Physical Activity.**

- **Tai Chi for Health Instructors.** The Big Island continues to struggle with programming partly due to its enormous size and inability to reach some of the more isolated communities. However, Services for Seniors (SFS) at the Hilo ADRC took the initiative and used the Tai Chi for Health Institute (TCHI) scholarship program to achieve instructor certification for three of its staff.
- **Tai Chi Certified Instructors.** The Yukio Okutsu State Veterans' Home in Hilo also took advantage of the TCHI Scholarship program and has two newly certified instructors now offering two classes a week for residents with an average attendance of 14 to 16. Leadership at the Veterans' Home indicated that the program is now an integral part of their system and will remain so for the future.
- **Tai Chi Classes.** Debbie Nakaji of the Hilo ADRC reported to Chris Ridley that she and a colleague, Marian, are teaching Tai Chi for Arthritis classes. They taught a 12 week course on Seated Tai Chi. They hope to offer another class on the regular standing Tai Chi for Health that allows for a larger class. Currently, the seated class has been limited to eight members and fills up quickly as it is advertised in the Silver Bulletin. Debbie Nakaji is the certified instructor of Seated Tai Chi for Arthritis.
- **Contact Physicians.** Chris Ridley at the Life Care Center of Hilo sent letters with brochures to all 90 East Hawaii physicians in December 2015 about the Fall Prevention program as a reminder and seeking referrals for their ongoing classes with four series a year that can handle ten individuals (reported by Chris Ridley LCSW, Program Specialist for Life Center of Hilo on Big Island).

#### **E. O'ahu--Foundational Pillar Area 1: Physical Activity.**

- **Health Maintenance at KKV.** Kōkua Kalihi Valley (KKV) provides for a daily Health Maintenance program including seated exercise, educational sessions and lunch to over 150 frail elderly individuals at two locations including the Gulick Elder Center and the Kuhio Park Terrace Housing Center. This program includes seated exercises and public awareness presentations for seniors on eighteen (18) health-related educational topics.
  1. Making Your Wishes Known: Advance Directives for Health Care
  2. Osteoporosis
  3. Communicating with Members of Your Health Care Team

4. Management of Chronic Arthritis
  5. Learning to Prevent Complications of Diabetes
  6. Simple Tips to Follow When You are Sick
  7. Eat Well for Eye Health
  8. The Importance of Health Screening
  9. Easy Steps to Emergency Preparedness
  10. What to Do When Breast Cancer is Found
  11. Diabetes Self-Management Program
  12. Cutting Back on Sugar
  13. Word Puzzles: Brain Health Game
  14. Take Time for Your Health
  15. Brighten Your Mood in the Garden
  16. Memory Clinic
  17. Tips to Eat Well on a Budget
  18. Home Safety Tips to Prevent Falls in the Home
- **Enhance Fitness.** Exercises based on the evidence-based program called Enhance Fitness are also part of the KKV on-going health program. KKV also mentions that as of November 2015, none of the participants of this program has experienced any falls, been injured or been placed in an institution. The diversity of the health topics and presentations indicate how KKV encompasses total wellness in all of their programming.
  - **Tai Chi for Health.** Catholic Charities continues to offer regular TCH classes at the Lanakila Multi-Purpose Senior Center (LMPSC) with three weekly classes averaging 10-15 seniors at each class (first three areas reported by Craig Yamaguchi, Planner, Elderly Affairs Division on Oahu).
  - **Tai Chi for Lunch.** Hawaiian Electric Industries, the first corporation to adopt tai chi as part of an employee health program, continues to host “Tai Chi for Lunch” once a week at two of its largest facilities. This program is supported from the top down, especially by the Director of Corporate Health and Wellness, Wanya Ogata. She has indicated that the response from her employees and leadership is outstanding and she is willing to share that with other Hawai’i corporations so they can also offer TCH to their employees.
  - **Tai Chi for Health at JABSOM.** Dr. Steven Hankins, Associate Director of Family Practice at the John A. Burns School of Medicine at the University of Hawai’i, filed a formal proposal to include TCH within the curriculum of its Family Practice Program in 2015. It is Dr. Hankins intent to demonstrate the vital aspects of balance and fall prevention that is inherent in TCH to all physicians that concentrate on Family Practice. Dr. Hankins backed up his proposal by becoming a certified TCH instructor and is continuing to host classes at the medical school. He has sponsored a second doctor to become a certified TCH instructor. He submitted a formal paper to the National Association of Family Practitioners in 2015 to support the inclusion of TCH within their guidelines and curriculum. He is using all of the research that CDC used to determine that TCH is an effective, evidence-based fall prevention intervention.
  - **Stay Healthy and Injury Free.** Sandi Brekke, COTA, from Kaiser Permanente Hawai’i reported that Kaiser offered five (5) classes, each one hour long on the topic of “Stay Healthy and Injury Free While Exercising” in January 2015 at five different sites including 1) Kaimuki-Waialae YMCA, 2) Leeward YMCA, 3) Windward YMCA, 4) Waipio Medical Office, and 5) Nu`uanu YMCA.
  - **Fitness Testing.** Kaiser also offered five more sessions with each being three (3) hours long on Fitness Testing using the STEADI Assessment. In August 2015, five different Kaiser sites were

involved and included: 1) Kapolei Clinic, 2) Waipio Medical Office, 3) Kailua Clinic, 4) Mapunapuna Medical Clinic and 5) Honolulu Medical Clinic.

- **Improve Your Memory and Balance with Kaiser.** Kaiser offered five more sessions with each being one (1) hour long on Improve Your Memory and Sense of Balance with Brain Gym at the same five sites in April 201 (all Kaiser Permanente Hawai'i areas reported by Sandi Brekke. COTA, Healthy Living & Senior Summit Coordinator with Kaiser Permanente Hawai'i).
- **Mō'ili'ili Senior Center.** Mō'ili'ili Senior Center (MSC) has a weekly scheduled class on Fall Prevention which involves strengthening, stretching and balance exercises to help prevent falls. It also has aerobic classes based on a program developed in Japan called "Rhythm and Life". Classes were held three times a week and also included a class with chair exercises for those that are more disabled. Further, MSC also has several Tai Chi classes for its members, including a beginner and advanced class, as well as Tai Chi for Arthritis.
- **Lanakila Multipurpose Senior Center.** Besides offering the Tai Chi for Health classes, LMPSC also offered weekly Tai Chi as well as Fan Tai Chi for its members. Other exercise/stretching/balance classes offered include a "Stretch and Tone", "Intro to Yoga", "Exercise with Karate", "Fusion Exercise" (chair exercises), and Sahm Bo Dahn (Korean based Tai Chi). The LMPSC also organized a "Walking Group" where seniors get together twice a week to go on walking excursions.

## **F. Statewide--Foundational Pillar Area 1: Physical Activity.**

- **Tai Chi for Health.** Tai Chi for Health, co-sponsored by Tai Chi for Health Institute (TCHI) and DOH, is the most important evidence-based intervention and it continues to grow statewide with expanded availability and inclusion in many organizations and communities as listed in Appendix A.
- **Tai Chi for Health.** Kaiser Permanente Hawai'i continues to host TCH in two of its clinics, Honolulu and Waipio, and is still indicating that they wish to expand the program to every clinic statewide. However, small adjustments in leadership have kept the final decision in limbo for additional staff members to become certified at this time.
- **Tai Chi Instructor Workshops.** As part of their continuing training and outreach, Emergency Medical Services Injury Prevention System Branch (EMSIPSB) co-sponsored Tai Chi Instructor Workshops at four (4) locations on three (3) islands. All of the trainings were conducted by Ileina Ferrier, Master Trainer from the Tai Chi for Health Institute.
- **Schedule of Tai Chi Instructors Classes.** We recently posted on the DOH Injury Prevention website the New 2016 Schedule of Classes for Certified Tai Chi Instructors. There are 31 locations statewide up from 22 in 2014.
- **Scholarship Program for Instructors.** The TCHI scholarship program for new instructors continues to be effective. We have added nine (9) new locations to the master Tai Chi schedule of certified locations for classes, including six (6) new directly related to scholarships.

## **2. Foundational Pillar 2: Medication Management 2015**

**Table 2: Foundational Pillar 2: Medication Management Elements**

**Key Message:** Have your doctor or pharmacist review your medications yearly”

**Evidence Based and Promising Practices:**

- Medication review by health care professionals
- Look for those medications that can cause balance problems
- Target key groups of medications that cause vertigo
- Watch for older adults with more than four medications or polypharmacy clients

<b>Contributors and Lead Coordinators</b>	<b>Partnering Organizations</b>	<b>Types of Activities</b>
Stanley Michaels Sandi Brekke Walt Schroeder Kerri Okumura Pat Adams Catalina Cross Kim Svetin Kevin Glick Brian Carter	Wilcox Medical Center Kaua’i Veterans Memorial Hospital Foodland Pharmacists Times Pharmacists Walgreens Pharmacists KTA Superstores Pharmacists (Big Island) Molokai Drugs Westside Pharmacy Lihue Pharmacy KHON television station KGMB television station KHNL television station KIKU television station Living 808 Generations Magazine Kaiser Permanente Hawai’i	Medication Review by Pharmacists at Pharmacies Bag Stuffers Television Campaign Public Service Announcements Print Media

**IMPLEMENTATION**

Details of all actions taken January 1-December 31, 2015 are provided below for Kaua’i and O’ahu and a statewide recap.

**A. Kaua’i--Foundational Pillar Area 2: Medication Management.**

- **Medication Reviews.** Medications reviews are regularly conducted at Wilcox Medical Center and the Kaua’i Veterans Memorial Hospital with assistance from the Kaua’i Agency on Elderly Affairs. Seminars are offered at senior centers all over the island (reported by Rachelle Bachran).

**B. O’ahu and Statewide Campaign--Foundational Pillar Area 2: Medication Management.**

- **Pharmacy Medication Review.** The 2015 Summer Awareness Campaign involved 51 stores including Foodland, Times, Walgreens, KTA Superstores on the Big Island, Molokai Drugs and three (3) stores on Kaua’i. Through use of “Bag Stuffers” there were 51,000 invitations to the “Appointment Only” medication review and balance testing distributed. The invitation also

included our four (4) major tips for fall prevention on the back. Reports from stores were encouraging with some doing an outstanding number of reviews and others did just okay.

- **Television Campaign.** The Television Media campaign resulted in 222 Public Service Announcements being broadcast across the entire spectrum. KHON, KGMB, KHNL, and KIKU ran PSA’s, while KITV did some news coverage of the campaign. The PSA’s totaled 111 minutes of broadcast air time, and resulted in high viewer response with the individual stations opting for follow up stories on their news broadcasts. This resulted in an additional 51 minutes of broadcast air time.
- **Living 808.** The campaign’s successful story coverage was conducted by “Living 808” from KHON which ran the 4 minute 30 second story six different times.
- **Print Media.** Two newspapers picked up the story and ran small features and the Generations Magazine again gave us wonderful coverage with a story in their fall issue.
- **How Medications Affect Your Balance at Kaiser.** Sandi Brekke, COTA, from Kaiser Permanente Hawai’i reported that Kaiser offered four (4) sessions, each one hour long on the topic of “How Medications Can Affect Your Balance” in August 2015 at four different sites including the 1) Kaimuki-Waiialae YMCA, 2) Leeward YMCA, 3) Waipio Medical Office and 4) Nu`uanu YMCA.

### 3. Foundational Pillar 3: Vision Checks 2015

Table 3: Foundational Pillar 3: Vision Checks Elements		
<b>Key Message:</b> Have your eyes checked		
<b>Evidence-Based and Promising Practices:</b> Vision screening review by eye health care professionals Vision examination to determine vision level Use recommended eye glasses for vision correction Use medications and eye drops as needed to maintain or improve eye problems		
Contributors and/or Lead Coordinators	Partnering Organizations	Types of Activities
Elizabeth “Annie” Valentin Dr. Timothy Crane Sandi Brekke	Project Vision Lanakila Senior Center Crane Eye Care on Kaua’i Kaiser Permanente Hawai’i	Vision screening Vision examinations Vision improvement with eyeglasses and treatment
<b>IMPLEMENTATION</b>		
Details of all actions taken January 1-December 31, 2015 are provided below for Kaua’i and O’ahu.		

- **Vision Exams on Kaua’i.** Dr. Timothy Crane from Crane Eye Care in Lihu’e, Kaua’i provided one day of free vision examinations for 10 different seniors.
- **Vision Screening on O’ahu.** Project Vision provided free vision checks for seniors and for families at 10 different locations on O’ahu during their health fair activities with more than 60 people screened.

- **Common Eye Condition Affecting Seniors at Kaiser.** Sandi Brekke, COTA, from Kaiser Permanente Hawai'i reported that Kaiser offered three (3) sessions, each one hour long on the topic of "Common Eye Conditions Affecting Seniors " in July 2015 at three different sites including the 1) Leeward YMCA, 2) Waipio Medical Office and 3) Nu`uanu YMCA.

#### 4. Foundational Pillar 4: Home Assessment and Modifications 2015

<b>Table 4: Foundational Pillar 4: Home Assessment and Modifications Elements</b>		
<b>Key Message:</b> Make your home safer by removing fall hazards and improve your lighting		
<b>Evidence-Based and Promising Practices:</b> Have home assessed inside and outside for mobility safety Remove fall hazards and improve lighting Add assistive devices such as handrails and stair railings on both sides, chair level for second story Use smoke detectors in key rooms Enroll in medical alert system or cell phone alert as needed		
<b>Contributors and/or Lead Coordinators</b>	<b>Partnering Organizations</b>	<b>Type of Activities</b>
Rachelle Bachran Gregg Pacilio Mary Santa Maria Lorrin Pang Woody Kita Steven Yamami Chris Ridley Michael Cheang Jesse Ebersole Stanley Michaels Sandi Brekke Michael Dowell	Hawai'i Health System Corporation in Kaua'i Region DOH-Maui District Health Office Honolulu Police Department Big Island Japanese temples: Honpa Hongwanji Hilo Betsuin Papaikou Hongwanji Mission Puna Hongwanji Mission Hakalau Jodo Mission Daifukuji Soto Mission Kona Honwanji Mission Hilo Betsuin Mission Stay at Home Modifications: Project Dana Kaiser Permanente Hawai'i Hawai'i Island Fire Department	Home Assessments Home Modifications No-Motion Detectors Eden at Home Training
<b>IMPLEMENTATION</b>		
Detail all actions taken January 1-December 31, 2015 by island involvement are provided below for Kaua'i, Maui, Hawai'i Island and O'ahu.		

#### A. Kaua'i--Foundational Pillar Area 4: Home Assessment and Modifications

- **Physical Therapist Evaluations.** The role of physical therapists (PT) was reported by Gregg Pacilio, Physical Therapy (PT), who is the Director for the Hawai'i Health System Corporation's (HHSC) Kaua'i Region. Gregg is also the President of the Hawai'i Chapter of American Physical Therapy Association (HAPTA). PT providers constantly strive to help everyone with safe mobility plus to avoid and reduce fall risks. PTs in Hawai'i are providing interventions to reduce and prevent falls in many health care places including Hawai'i's emergency departments, intensive care units (ICUs), acute hospital beds, skilled nursing facilities (SNFs), rehabilitation units, and long term care organizations. The PTs interventions are evidence-based and patient-specific with 1:1 focused and involved highly personalized best practices and includes caregiver training.

PTs on Kaua'i in KVMH and SMMH provide PT evaluations on balance and fall risk with a barrage of standardized tests and measures such as TUG, 30STS, SLS, Rhombert, Turn 360deg, reach floor/overhead, tandem stance, detailed ROM and strength. Many more aspects of Fall Prevention are evaluated through patient-specific factors and medical awareness. These evaluations involve detailed gait analysis of quality and amount. Then there is follow up with balance specific exercises, strength or ROM enhancements to optimize mobility and gait training. PTs screen and do vision testing (Pillar #3), especially in new post-stroke patients or unique vision scenarios. The hospital interprofessional team includes an RN, PT, OT, CSW, Pharmacist, MD and others and they meet weekly to ensure optimal medication management (Pillar #2) and overall care planning, including Discharge Planning (DC) (Pillar #4). DC plans include referrals to Home Health providers to continue this care into the homes, PCP offices and follow-up care providers, such as outpatient PTs. PTs also are best at assessing proper assistive devices such as walkers, crutches, canes, wheelchairs, ramps when needed and training caregivers to do what is needed to actually prevent falls. KVMH and SMMH PT Departments participated annually in the National Fall Prevention Day on the first day of fall in September each year.

## B. Maui--Foundational Pillar Area 4: Home Assessment and Modifications

- **No-Motion Detector.** The Maui falls coalition is temporarily on hiatus. For now, Dr. Lorrin Pang is following up on the "no-motion detector" system that would be installed in strategic places in a person's residence. The purpose of the system is to better monitor falls, and provide quick response through the monitored motion detector. He is negotiating with vendors regarding the equipment and the software programs needed to make the system work well.

## C. Hawai'i (Big Island)--Foundational Pillar Area 4: Home Assessment and Modifications

- **Home Safety Evaluation.** Woody Kita of the Big Island reported that Project Dana continues to have seven (7) sites on this island:
  - ❖ Honpa Hongwanji Hilo Betsuin: Monthly activities include where elders gather for activity and a meal so that it provides respite for caregivers and socialization for the elders. Their volunteers also provide transportation, home cleaning, friendly visits, and may consider specific requests if they are capable.
  - ❖ Papaikou Hongwanji Mission: Transportation, friendly visits and phone calls encourage elder members to participate in church activities.
  - ❖ Puna Hongwanji Mission: Home and facility visits, socialization outings and select transportation are offered. The Pahoia satellite of the Puna Hongwanji Mission provides monthly activities for elder socialization and care giver respite.

- ❖ Hakalau Jodo Mission: A feeding program is offered three (3) to four (4) times monthly where groups are invited to come to socialize and have a nice meal. Some home delivered meals are offered on a very limited basis.
  - ❖ Daifukuji Soto Mission (Honalo – Kona): Monthly activities for elders include a meal, community presentations and massages. Activities provide socialization and caregiver respite.
  - ❖ Kona Hongwanji Mission (Kealakekua): Monthly activities for elders included a meal and activities/games. Activities provide socialization and caregiver respite. The project coordinator is a former Public Health Nurse so she also does community referrals.
  - ❖ Hilo Betsuin Mission. Steven Yamami at Hilo Betsuin provides Home Safety evaluations.
  - ❖ Seeking volunteers. Woody reports that all of the sites have an aging volunteer pool so part of their challenge is to recruit younger volunteers. Referrals can come to him for screening as he also does Information and Referral.
- **Home Safety Assessment.** Jesse Ebersole of the Hawai'i Island Fire Department made 39 home safety assessment visits and four (4) group presentations about fall prevention in 2015 and hopes to ramp it up in 2016. The Department applied for a "Persons in Need" (PIN) Grant from the Hawai'i Community Foundation to provide a funding mechanism for training and an increase of personnel to perform visits and other fall prevention efforts (reported by Chris Ridley).
  - **Home Training.** Chris also reported that they completed an "Eden at Home" training in Hilo in October 2015 conducted by Dr. Michael Cheang from the University of Hawai'i-Manoa along with two Hilo based trainers. It is uncertain when this will be offered next.

#### D. O'ahu--Foundational Pillar Area 4: Home Assessment and Modifications

- **Stay at Home Modifications.** Michael Dowell through his Stay at Home Modification (SAHM) program conducted 112 home safety evaluations and made home modifications to 53 of those homes, especially adding grab bars, night lights, handrails and ramps. These Home Safety Evaluations were based on the Home SAFE Fall Prevention Center of Excellence standards developed at USC Davis School of Gerontology and focused on: a) fall prevention (e.g., elimination of hazards such as throw rugs, clutter in pathways), b) home modification (e.g., environmental adaptations such as grab bars, better lighting), and c) fire protection measures (e.g., smoke alarms and escape plans).
- **Family Participation.** SAHM encourages family members, caregivers and seniors to participate in the evaluation process. Each time a potential concern is identified participants are provided with suggestions to eliminate the danger. Throughout the process SAHM works towards getting a buy-in from the end users by making them feel a part of the process. At the conclusion, safety and escape plans are created outlining what changes need to be implemented and the resources to accomplish them. The participants are provided information and list of resources available from local government agencies and non-profits or for purchase at hardware stores.
- **Home Assessment.** Project Dana on O'ahu regularly performs home safety assessments to educate both the elders living in their homes and their caregivers about things that may contribute to falls in the home and provide suggestions on how to resolve them. Project Dana will assist elders in finding the right person to install grab bars, ramps and railings.

- **De-Clutter Your Home Seminar at Kaiser.** Sandi Brekke, COTA, from Kaiser Permanente Hawai'i reported that Kaiser offered five (5) sessions, each one hour long on the topic of "De-Clutter Your Home Seminar" in May 2015 at five different sites including the 1) Kaimuki-Waiialae YMCA, 2) Leeward YMCA, 3) Windward YMCA, 4) Waipio Medical Office and 5) Nu'uuanu YMCA.
- **Veterans Administration (VA) Home Safety Assessments.** Lynn Sialana reported that VA's Home Base Primary Care Program complete many Home Safety Assessments for Veterans on each major islands including Kaua'i, Moloka'i, Maui, Lāna'i, Big Island and O'ahu. For O'ahu, it the Outpatient OTs and PTs conducted these Home Safety Assessments.
- **VA Falls Clinic.** Lynn Sialana conveyed that monthly VA Falls Clinic is conducted by Geriatricians and OTS for any referred Veteran. The referrals are made by those health care professionals in the VA system for Veterans who are at high risk for falls and/or sustained a fall.
- **Home Renovations Grants.** Lynn shared that there are grants available to Veterans for the cost of home renovations to increase safety and access.

## V. PUBLIC AWARENESS AND SCREENING

- **Four Pillars of Fall Prevention by Straub.** Billie Tang, PT, MPH, ATC, from PT at Straub presented her presentation entitled "Strategies for Fall Prevention" to 165 kupuna (Hawaiian for elders) as part of the JABSOM's "Mini-Medical School on Healthy Aging" lecture series. The topics included Hawai'i epidemiology of fall, fall risks and the four pillars of fall prevention plus three exercises were taught to do at home every day.
- **Fall Prevention Made Simple at Kaiser.** Sandi Brekke, COTA, from Kaiser Permanente Hawai'i reported that Kaiser offered four (4) sessions, each one hour long on the topic of "Fall Prevention Made Simple" in June 2015 at four different sites including the 1) Kaimuki-Waiialae YMCA, 2) Leeward YMCA, 3) Waipio Medical Office and 4) Nu'uuanu YMCA.
- **Fall Prevention Awareness Table at Fresh Markets.** In June 2015, Kaiser set-up five different Fall Prevention Awareness tables at five sites including the 1) fresh market at Honolulu Medical Office, 2) fresh market at Moanalua Medical Center, 3) fresh market at Mapunapuna medical Office, 4) fresh market at Windward and the 5) fresh market at Kapolei.
- **Public Service Announcements (PSAs).** In partnership with television stations KHON, KGMB, KHNL and KIKU ran PSA's, while KITV did some news coverage of the campaign. PSAs were run about general fall prevention and the partnerships with statewide pharmacies to highlight medication reviews and balance testing. A total of 222 PSAs were broadcast across the entire spectrum, which totaled 111 minutes with 51 additional minutes included because of high viewer response.
- **Fall Risk Prevention Program by Maui Nā Hoaloha.** Nā Hoaloha kicked off their 2015 Falls Risk Prevention Program "Stay on Your Feet" by training 52 volunteers to conduct in-home safety assessments. Trained volunteers and staff provided community education, distributed falls awareness materials, and conducted 7 presentations to senior groups throughout Maui County. All new participants enrolled are given the opportunity to have a falls risk assessment of their home. Nā Hoaloha receives referrals from the Maui County Office on Aging and Veterans Administration for at risk participants to help identify falls risk areas, take corrective action and to educate elders on ways to minimize their risk of falling. Falls Risk Prevention training is included at each new volunteer orientation. In 2016, Nā Hoaloha will implement a family awareness program by introducing a falls safety coloring book to the elementary students. This

program is designed to be presented by high school students in an afterschool setting. The goal is to engage people of all ages to invest in the safety of our Kupuna.

- **Special Presentation at Aloha No Na Kupuna Event.** The Honolulu Police Department (HPD) sponsored a senior event titled *Aloha No Na Kupuna* on May 23, 2015. This event brought together three aspects of senior safety as visualized by the HPD and was held at the Koʻolau Golf Course and Conference Rooms. The DOH Fall Prevention Coordinator, Stan Michaels partnered with Ileina Ferrier from Tai Chi for Health to lead one of three “break-out” sessions for more than 200 seniors. Their presentation included a brief outline of fall prevention techniques for seniors, a showing of the “Senior-to-Senior” safe mobility educational video and finally, a 40 minute tai chi training session where all the seniors got to “follow along” with the tai chi demonstration and learn the basic six (6) movements. Seniors were highly participatory in the tai chi sessions with positive feedback comments for this session.

- **Annual Wellness Visit (AWV).** The annual wellness visit for Medicare patients was introduced in 2011 and the purpose has been to identify potential concerns related to overall health including fall risk. HMSA’s Lara Adelberger noted that in 2014 the Affordable Care Act has authorized Medicare insurance program to reimburse for an annual wellness visit (AWV) from patient’s primary care provider. Providers are guided by the Centers for Medicare and Medicaid Services’ (CMS’s) checklist for AWV.

The AWV is a basic assessment of fall risk, medication review and a review of current physical activity. It may also include a basic vision assessment and a discussion of home risk. As part of the exam, providers have a wide choice of tools to use in their assessment. For example, one approach for falls risk assessments includes the basic questions like “*Have you fallen in the past year?*”, and “*Do you use a device to assist you with walking?*” plus conduct a “Get Up and Go” test. When done well, it would cover three of the four pillars, and when done really well, it includes questions about home risk (“*Do you have grab bars?*”, “*Are your stairs clear?*”). HMSA is not entirely clear whether the providers who do the exams are completing all of these expanded elements.

Lara reports that as of 2015, HMSA has about 10% of its Medicare Akamai Advantage population to receive this annual wellness exam (around 3,694 out 37,000). The goal is to motivate more seniors to complete their annual wellness visits moving toward a 30% completion rate for 2016 and onward.

- **EAD Advocacy in Kupuna Caucus.** Craig Yamaguchi reported about the important advocacy that has continued to be done by him and others in the Kupuna Caucus to be sure funding requests for fall prevention costs are placed in the legislative bills for 2016 legislative session. Outcomes will be reported in the 2016 report.
- **Annual Fall Awards.** The “2<sup>nd</sup> Annual End of Fall Awards” event was held on December 16<sup>th</sup> at the Plaza Club with a buffet breakfast for attendees. Stanley Michaels shared highlights of the year in Fall Prevention with a PowerPoint presentation before presenting the honorees their trophies and certificates. This year’s winners are Chris Ridley for fall prevention activities and leadership on the Big Island, especially at Services for Seniors in Hilo, Valerie Yontz for leadership in evaluation aspects, David Nakamaejo for leadership in public awareness presentations and serving as past Chair of the Fall Prevention Consortium, and Billie Jean “BJ” Tang for fall prevention screening activities at Straub and serving as the outgoing Chair of the Fall Prevention Consortium. Each of the winners’ activities included specific contributions to the campaign.

## VI. 2015 FALL PREVENTION CONFERENCE SUMMARY

The fourth Hawai'i Fall Prevention Conference was held on Friday, October 16, 2015 at the Hawai'i Convention Center with the conference title "Promising Practices in Fall Prevention and Beyond!" Almost everyone involved in the planning, presentations, coordination, volunteering and attendance stated that the conference was a success. The conference offered diversity with two keynote presentation sessions, two breakout sessions with five concurrent presentations per breakout and a post-luncheon panel presentation. The post-conference evaluations showed strong evidence that attendees gave high ratings in all sessions recording an above 4.00 average in all categories (with 5 = Strongly Agree, 4 = Agree, 3 = Neutral, 2 = Disagree, and 1 = Strongly Disagree). Average outcomes are summarized in Table 5 below.

Speaker Breakout Session	Educational objectives	Relevance to practice	Increase knowledge	Speaker organized	Speaker AV/handouts
Shari Kogan Keynote	4.93	4.78	4.81	4.81	4.57
Debra Rose Keynote	4.71	4.57	4.62	4.78	4.54
Breakout Session 1-Lockette	4.73	4.73	4.80	4.81	4.80
Breakout Session 2- Schroeder and Brekke	4.60	4.56	4.33	4.50	4.38
Breakout Session 3- Hirano	4.63	4.71	4.86	4.86	4.83
Breakout Session 4-Ferrier	4.78	4.89	4.78	4.80	4.67
Breakout Session 5-Rose	4.52	4.39	4.43	4.76	4.36
HPGS Track A-Kiriu	4.60	4.45	4.36	4.73	4.30
Panel-Yontz, Sialana, Tang, Bachran, and Dowell	4.58	4.59	4.51	4.57	4.31
Breakout Session 6- Cross et al.	4.67	4.67	4.50	4.67	4.67
Breakout Session 7-Hayashida	4.75	4.75	4.75	4.75	4.75
Breakout Session 8--Compton	4.47	4.33	4.39	4.35	4.41
Breakout Session 9- Piboolnurak & Garchell	4.76	4.76	4.74	4.79	4.81
Breakout Session 10-Yontz	4.83	4.67	5.00	4.83	4.40
HPGS Track B-Fischlowitz	4.88	4.88	4.88	4.88	4.75

The Fall Prevention Conference was planned and administrated by the Hawai'i Fall Prevention Consortium. The conference involved many helpful organizations that gave generous financial donations as sponsors as found in Table 6 below.

## **Table 6: 2015 Sponsors of Fall Prevention Conference**

### **Our Sponsors**

#### **PLATINUM SPONSOR**

**Neurotrauma Supports – DOH**

#### **SILVER SPONSORS**

**Attention Plus Care  
Plaza Assisted Living  
15 Craigside**

#### **BRONZE PLUS SPONSOR**

**The Queen’s Hospital Foundation**

#### **BRONZE SPONSOR**

**Hensel Phelps  
HMSA  
Kahala Nui  
St. Francis Healthcare**

#### **PEWTER SPONSOR**

**Caring Transitions**

#### **SPECIAL THANKS**

**Project Dana  
Valenti Print Group  
Pacific Rim Concepts  
Ms. Lee-Ann Choy**

The full attendance records confirmed 147 individual attendees who paid and signed-in, 25 attendees covered under Neurotrauma Supports sponsorship, another 20 volunteers who attended as helpers, and 6 EMS-Injury Prevention System Branch staffers who assisted for a total of 198 attendees. Continuing Education credits were earned by social workers with 5.0 CEUs from the National Association of Social Workers, Hawaii Chapter and occupational therapists were allowed to earn 4.5 CEUs with a Certificate of Attendance. There were many positive comments listed on the evaluation form with this quote that summed up the overall feeling about the Fall Prevention Conference: “Thank you for a great conference--overall very well organized with excellent speakers!” More conference presentations in the future will focus on partnering with others, especially with the Hawai’i Pacific Gerontological Society to participate in their biannual aging conference and by offering a fall prevention track. Conference agenda and presentation summaries are found in the Appendix B and C.

## VII. IMPACT DATA

There are four sources of impact data that were collected in 2015. These include a) Straub PT’s questionnaire, b) a survey administrated by the UH-Public Health Program under the guidance of Phoebe Hwang; c) a Prime Time Wellness survey conducted during Kaua’i’s Prime Time Wellness fair; and d) the behavioral risk factor surveillance system (BRFSS) results with a two-year (2011 and 2014) comparison.

- Community Fall Prevention Screening conducted at Straub.** Billie Tang, PT, MPH, ATC, from PT at Straub reported that on April 15, 2015 Straub’s PT department conducted an all-day screening and education session for 49 participants and their family members. They administrated a questionnaire where participants reported that 69% had no falls in the past six months, 70% exercised every week, 86% were getting regular eye checks, 86% had no dizzy spells and 82% did not use assistive devises.
- Survey and TUG Testing.** During 2015, the University of Hawaii Public Health Studies conducted a detailed set of Pre and Post tests using the CDC-based safety impact survey and TUG (Timed Up and Go), a CDC evidenced based balance test. This is part of a full evaluation on the effectiveness of tai chi for seniors. The program was part of a PhD study program for PhD candidate, Phoebe Hwang. She used two public health students from her program and was assisted at LMPSC by Diane Lim, Judy Taketa, and Sherry Tanaka. Ronald Lau (a certified TCH instructor) helped to make sure that the seniors participated, yet still were able to participate with tai chi. In addition to LMPSC, the UH team also conducted a CDC-based safety impact survey at Kōkua Kalihi Valley Senior Center and Mo`ili`ili Community & Senior Center. Out of 62 survey respondents, results showed that 50% are at low risk for fall, 29% at medium risk and 21% were found to be at high risk. Fortunately, over 97% of the respondents were under primary care physicians and 93% had health insurance. Furthermore, 95% of those surveyed had an eye doctor and had regular eye examinations. These are promising results of the fall prevention campaign’s impact. More surveying and TUG testing are recommended for 2016 at various locations with various older adult groups.
- Prime Time Wellness Survey on Kaua’i.** A total of 86 older adults were surveyed during the 2015 Prime Time Wellness Fair on Kaua’i which occurred on November 10, 2015 at the Kaua’i Beach Resort. The results showed only 16 % had fallen in the last six months with 29% sustaining injury as a result of the fall. This is good baseline data for Kaua’i older adults. More promising data showed that 47% of those surveyed had talked to their doctor or pharmacist about their medications and the impact on their balance. Table 7 below summarizes this data.

Table 7: Kaua’i Older Adult Fall Survey Summary for Prime Time Wellness Fair-November 10, 2015							
		Hanapepe, Waimea, Kekaha	Kalaheo, Koloa	Kapaa	Kilauea, Princeville, Anahola, North Shore	Hanamaulu, Lihue	UNK
<b>1. Falls in last 6 months</b>							
YES	16%	6	3	2	0	3	0
NO	84%	22	15	9	6	20	1
<b>2. If you have fallen was injury sustained?</b>							

YES	29%	4	14	3	1	3	0
NO	70%	24	4	8	5	20	1
<b>3. If you have fallen did you report it?</b>							
YES	24%	4	4	4	2	7	NA
NO	75%	24	14	7	4	16	NA
<b>4. Assessed by MD for risk of falls?</b>							
YES	34%	9	8	5	2	6	0
NO	67%	19	10	7	4	17	1
<b>5. Has Doctor or Pharmacist talked to you about medication and impact on balance?</b>							
YES	47%	13	8	7	2	11	0
NO	53%	15	10	4	4	12	1
6. Average Age	74.6	78	75.6	74.8	72	73.8	76
7. Gender:							
Male	16%	4	0	1	0	10	0
Female	84%	25	18	10	6	13	1
TOTAL SURVEYED	86	28	18	11	6	23	0

- BRFSS Data Improvement.** EMSIPSB has compared and summarized the data from the fall prevention questions asked in both the 2011 and 2014 Behavioral Risk Factor Surveillance Survey (BRFSS). See Table 8 below and notice the major improvement in every category. According to EMSIPSB epidemiologist, Dan Galanis the results reflect huge positive changes that can be attributed to the positive influence that the Fall Prevention State Plan and campaign is having on older adults in the state of Hawai'i.

Percent of adults that answered:	Year 2011 Percentages	Year 2014 Percentages	Change in Percentage
1. Review/change their prescription medicines with guidance from their doctor or pharmacist	1.7 (1.3-2.2)	18.2 (16.8-19.7)	16.5 percentage point change ↑
2. Have their vision regularly checked	1.8 (1.4-2.2)	21.3 (19.8-22.9)	19.5 percentage point change ↑
3. Consult their physicians for general fall prevention advice	2.7 (2.2-3.4)	19.3 (17.8-20.9)	16.6 percentage point change ↑
4. Ensure adequate lighting in and outside their home	3.1 (2.6-3.6)	23.0 (21.5-24.6)	19.9 percentage point change ↑

5. Exercise regularly/maintain good physical condition	13.1 (12.0-14.3)	35.3 (33.5-37.0)	20.7 percentage point change ↑
6. Reduce clutter/tripping and slipping hazards in and outside their home	20.7 (19.3-22.2)	31.7 (30.0-33.4)	11.0 percentage point change ↑
7. Install home safety features such as shower grab bars, hand rails, etc.	25.4 (23.9-26.9)	37.9 (36.1-39.7)	12.5 percentage point change ↑
8. Do not know	21.3 (19.8-22.9)	9.6 (8.5-10.7)	11.7 percentage point change ↓

## VIII. DISCUSSION OF RESULTS

Overall the results for 2015 improved especially for Pillar 1: Physical Activity and Exercise Classes on all islands with more activities of each type (listed in Table 1) that were started in 2014, plus the addition of new types of exercises including pickleball and Nordic walking. Expansion also occurred in the number of medication reviews and in the number of participating pharmacies. Project Dana helped expand home modifications on O’ahu and the Big Island in addition to the ongoing home improvement modifications completed by Stay at Home Modifications. Vision screenings/examinations remains the “lag” pillar and is already targeted for more funding and expansion of vision examinations in 2016. Impact data is very encouraging on the positive impact of the campaign. The campaign is encouraging many elders to seek ways to ensure safety mobility and to prevent falls. The momentum of this impact is important to maintain and to continue to track every year.

### 1. Foundational Pillar 1: Physical Activities and Exercise

As seen in Table 1, many physical activities that were started in 2014 continued more robustly in 2015 with more Tai Chi classes (increased availability) including Tai Chi for health, seated Tai Chi, and Tai Chi for arthritis offered. Furthermore, more participants have attended these classes (accessibility) which included Silver Sneakers, Enhance Fitness, Health Maintenance classes at Kōkua Kalihi Valley (KKV) Elder Center and Child and Family Services (CFS). New activities, especially those offered on Kua’i included Pickleball and Nordic walking. It was also found that the STEADI testing approach was used more for physical assessment throughout the state.

#### Next Steps for Physical Activities Pillar:

- Track the actual number of classes offered in each location with attendee counts for each class.
- Offer (continue) more Tai Chi trainings for instructors on each island so more certified trainers exist who are willing to offer Tai Chi classes.
- Create/revise/expand safety handouts for a statewide accepted packet based on best messages and CDC guidance to share uniform messages/materials at the classes on each island so older adults can share with friends and family members plus post online.
- Link with Tai Chi classes to offer periodic STEADI testing, conduct CDC-based impact surveys and present broader public awareness for safe mobility, good balance and preventing falls.
- Link with Hawai’i’s Silver Sneakers fitness system to partner for more accessibility for older adults.

- f. Partner more directly with Enhance Fitness’s Director, Michiyo Tomioka to collect the data that they are tracking and determine how to offer more Enhance Fitness classes throughout the state.
- g. Link with Hawai’i Health Plan Providers that offer and track Silver Sneakers members from HMSA, Humana, and UnitedHealthcare.
- h. Encourage each medical center that has physical and/or occupational therapy departments to conduct STEADI testing, screening, and education with both in-patient and out-patient clients, administer impact surveys and track results for consortium reports.
- i. Explore with key Kaua’i contacts how to expand pickleball and Nordic walking to other islands.

## **2. Foundational Pillar 2: Medication Management**

The medication review campaign expanded in 2015 with more pharmacies added to include 51 pharmacies compared to the reported 41 pharmacies in 2014. Most pharmacy companies have continued including those at Times, Foodland, Mina, KTA, Westside (Kaua’i), Līhu’e (Kaua’i) Pharmacies and Moloka’i Drugs. Some consortium members have suggested that the “bag stuffer” flyer be revised to include “Medication Assessment and Balance Test—Both Free” to encourage more participation. They also recommend that more language be added about the pathway to safe mobility and preventing falls.

### **Next Steps for Medication Pillar:**

- a. Revise “bag stuffer” flyer and test it with older adults before use.
- b. Compile the data from pharmacy tracking forms to report number of clients that received medication reviews, what referrals were made and what follow-up occurred. Seek help from UH public health students.
- c. Meet with other pharmacies, especially Safeway and CVS-Longs to see if they will offer medication reviews.
- d. Acquire the best medication alert list of drugs or supplements that could cause possible dizziness or vertigo so it can be distributed to seniors and family members during medication review.
- e. Partner with Project Vision and develop criteria and a process so that potential seniors wishing to receive a scholarship for free glasses could have a medication review and balance test provided by our pharmacy partners as part of Project Vision’s community screenings.

## **3. Foundational Pillar 3: Vision Checks**

Project Vision and Crane Eye Care are the champions for 2015 vision checks.

### **Next Steps for Vision Pillar:**

- a. Seek more funding and find eye examination partners who will exam the eyes of older adults who not able to afford the exam and new eyeglasses.
- b. Partner more closely with Project Vision to track their screening schedule and see how they follow-up with referred clients.
- c. Partner with Project Vision to develop criteria and a process so that potential seniors needing a scholarship for free glasses could have a medication review and balance test provided by our pharmacy partners as part of Project Vision’s community screenings.

#### 4. Foundational Pillar 4: Home Assessment and Modifications

Home modifications have moved forward thanks to four key groups including Project Dana, Stay at Home Modifications (SAHM), the Hawai'i Island Fire Department and Kaiser Permanente Hawai'i with their ongoing home assessments, modifications and safety planning with the clients.

##### Next Steps for Home Assessment Pillar:

- a. Meet with Jesse Ebersole of Hawai'i Island Fire Department for expansion of their program with Fire Departments on other islands.
- b. Partner with SAHM and Project Dana to determine the best approach for the systematic mapping of locations for home assessments and modifications across the islands.
- c. Partner with Lanakila Meals on Wheels program to access their frail and home-bound clients to seek those who are interested in resources including home assessments and modifications.

### IX. RECOMMENDATIONS FOR NEXT STEPS

Based on recommendations from 2014, this evaluation report was re-organized by using foundational pillars to focus the reporting. More partnerships were created and a tracking system was created by the newly formed Data Tracking Committee and its key reporters for each island and each pillar. Priority areas are being recommended as listed below.

#### 1. Recommendation 1: Make and agree on priority areas for 2016 and work on those for 2016.

##### Suggested priority areas are listed below for review and finalization:

- a. Need to pursue wellness annual visits with all medical providers and through state insurance plans to better assess the four pillar areas with proper documentation, referral as needed with good follow-up.
- b. Need to integrate fuller fall prevention assessment packet with med review alert list, STEADI documents, CDC client safety checklist, impact survey and other keep resources.
- c. Need to link more with in-home agencies to help add home assessment.
- d. Need to obtain more funding to allow for more vision examinations.
- e. Need to maintain public awareness and use an integrated approach with seniors at senior centers, senior clubs, health fairs and senior service organizations.
- f. Partner with others to be part of their conferences, health fairs, and activities so the message gets out without so much dependence on our own conferences and fairs.

#### 2. Recommendation 2: Review and better use CDC resources with adaptation for Hawaii.

Below in Table 9 is the most current wording for the CDC promotion of the four foundational pillars:

##### Table 9: CDC Prevention Tips

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.

- **Be mindful of medications.** Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.
- **Keep their vision sharp.** Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.
- **Eliminate hazards at home.** About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting. (CDC website 6/21/2016)

Two recommendations from 2014 are being recommended again this year and include the following:

**3. Recommendation 3: Use lead organizational group for each activity to spread the campaign approach out to other places on the islands and to other key islands.**

Several lead organizations such as the Straub Physical Therapy Department, VA, and Kaiser Permanente Hawai'i have offered community events to screen and teach older adults about fall prevention. More physical therapy and occupational departments and organizations are needed to provide these same activities in more places on all islands in Hawai'i. More pharmacies and pharmacists are needed for medication reviews. More fire personnel are needed for home assessments and modifications. More case management and home health organizations are needed for both older adults and home assessments. Ophthalmologists, optometrists, and opticians are needed to begin the vision screening and vision correction campaigns. More exercise teachers are needed to increase the number of ongoing exercise classes. The rationale is to saturate the availability and access for all of the four foundational pillar activities throughout the islands of Hawai'i. These ideas are also well narrated in the Hawai'i Injury Prevention Plan 2012-2017 under the section "Preventing Falls Among Older Adults" (page 19-22). This document should be reviewed and utilized to better guide the campaign.

**4. Recommendation 4: Integrate modalities and partners with other state plans for Older Adults.**

Older Adults are living in Hawai'i communities and each is trying to carry out a holistic approach to his or her own successful aging. Other aging plans and documents exist in this state so integrating them with three other key plans including: a) the Hawai'i Injury Prevention Plan 2012-2017, b) the Hawai'i State Plan on Aging and c) the Hawai'i 2025: State Plan on Alzheimer's Disease & Related Dementias seems to be a useful option. Knowing that this is small state, the rationale is to share an integrated successful aging approach with the same partners, professionals, and providers dealing with the same older adults for all these plans. A more macro view would help everyone to approach messages, resources, tools, services providers, and partners with a more complete resource package of brochures and checklists of integrated aging aspects about health promotion and disease/injury prevention.

## X. CONTRIBUTORS AND KEY VOLUNTEERS

Many different people, mostly members from the Fall Prevention Consortium, have made valuable contributions. There are several groups that need to be listed by name. Please see Table 10 for these groups and their members.

<b>Table 10: Contributors and/or Lead Coordinators for 2015 Fall Prevention Campaign</b>
<b>Members of Data Tracking Committee:</b> 1) Rachelle Bachran from Kaua'i; 2) Michael Dowell with Stay at Home Modifications; 3) Linda Mau from Lāna'i; 4) Stanley Michaels; 5) Chris Ridley from Hawai'i (Big Island); 6) Lynn Sialana from the VA; 7) Billie Jeanne Tang from Straub; 7) Craig Yamaguchi from Elderly Affairs Division, and 8) Valerie Yontz from UH--Public Health. All of these people submitted data for the 2015 Evaluation Report.
<b>Other people who submitted data/information include the following:</b> 1) Mary Santa Maria from Maui; 2) Jane Riley from Kaua'i; 3) Karen Peterson from Move with Balance; 4) Paula Keele from Maui; 5) Lorrin Pang and Priscilla Dragon from Maui; 6) Deborah Nakaji from big Island; 7) Michael Cheang from UH- Family Consumer; 8) Woody Kita from the Big Island Project Dana; 9) Elizabeth Valentin from Project Vision and 10) Dr. Timothy Crane from Crane Eye Care on Kaua'i.
<b>Members of the Fall Prevention Conference Committee include the following:</b> 1) Lara Adelberger from HMSA; 2) Sandi Brekke from Kaiser; 3) Lee-Ann Choy from Pacific Rim Concepts; 4) Mike Dowell from SAHM; 5) Ileina Ferrier from Tai Chi for Health; 6) Mike Hirano from Project Dana; 7) Ron Matayoshi from UH-Social Work; 8) Stanley Michaels from EMSIPSB; 9) Shannon Miyazaki from The Plaza at Moanalua; 10) Christy Nishita from the UH-Center on Aging; 11) Lynn Sialana from the VA; 12) Lizzie Schaffler from Attentive.ly; 13) Cora Speck from Queens; 14) Billie BJ Tang from Straub; 15) Craig Yamaguchi from EAD; and 16) Valerie Yontz from UH-Public Health.

## XI. APPENDICES

### Appendix A: Tai Chi Classes Availability

December 6, 2015

#### TAI CHI FOR HEALTH INSTITUTE (TCHI) CERTIFIED CLASSES IN HAWAII

There are other tai chi classes available but the following classes are taught by currently certified TCHI instructors who have undergone the certification process endorsed by the Institute. The Center for Disease Control and Prevention (CDC) recognizes this evidence-based program. TCHI Master Trainer, Ileana Ferrier, is co-sponsored for many events by the Hawaii State Department of Health Emergency Medical Services and Injury Prevention System Branch.

ZIP CODE	PROGRAM LOCATION	ADDRESS	CONTACT INFORMATION
96706	City & County Parks & Recreation Asing Community Park; Public	91-1450 Renton Road, Ewa Beach	(808) 681-6435
96706	Ewa By Gentry Community Center; Residents only; Public by registration only	91-1298 Keanui Dr., Ewa Beach	(808) 685-0111 ext 31
96706	Ewa Mahiko Community Park; Public	91-1205 Renton Rd., Ewa Beach	(808) 681-8315
96707	City & County Parks & Recreation Makakilo Community Park; Public	92-1140 Makakilo Drive, Kapolei	(808) 672-8465
96716	Hanapepe Neighborhood Center; Public	4451 Puolo Road; Hanapepe, Kauai	(808) 335-3731
96720	Hawaii County Office of Aging; Aging and Disability Resource Center (ADRC); Public	1055 Kino'ole St., Hilo, Hawaii	(808) 935-1144; TTY (808) 643-0889
96720	Kino'ole Plaza in Hilo; Open to public	1990 Kino'ole St., Hilo , Hawaii	Jonathan Lum: (808)990-5586; Myrtle Miyamura email: taichi4life@hotmail.com
96734	Windward YMCA; Membership required	1200 Kailua Rd., Kailua	(808) 261-0808
96744	Pohai Nani Good Samaritan Retirement Community; Residents and Public	45-090 Namoku St., Kaneohe	(808) 236-7832
96746	Kapaa Neighborhood Center; Public	4491 Kou St.; Kapaa, Kauai	(808) 822-1931
96756	Koloa Neighborhood Center; Public	3461 Weliweli Road; Koloa, Kauai	(808) 742-1313
96763	Lanai Community Hospital; Hui Malama Ola Na Oiw; Public	628 7th St., Lanai City	(808) 565-7114
96782	Kahe Mohalu Senior Apartments; Public	800 Third St., Pearl City	Kasti Costales: (809) 497-9489
96782	Pearl City Nursing Home; Residents only	919 Lehua Ave., Pearl City, Hawaii	(808) 455-1919
96789	Mililani YMCA; Membership required	95-1190 Hikikaulia St., Mililani	(808) 985-0513

DOH TCHI HAWAII CLASS LIST.11

**CERTIFIED TAI CHI CLASSES (CONTINUE)**

December 6, 2015

96793	Maui Historical Society/Bailey House Museum; Public	2375A Main St., Wailuku Maui	(808) 244-3326
96796	West Kauai Medical Center/Kauai Veterans Memorial Hospital (KVMH)	4643 Waimea Canyon Drive; Waimea, Kauai	(808) 338-9431
96796	Waimea Neighborhood Center; Public	4556 Makeke Road; Waimea, Kauai	(808) 338-1122
96797	Leeward YMCA; Membership required	94-440 Mokuola St., Waipahu	(808) 671-6495
96797	Kaiser Permanente Waipio Clinic; Members and Public	94-1480 Moaniani St., Waipahu	(808) 432-2260
96813	Qi Gong; Public	318 Kamani St., Honolulu	Randal Lau: (808)927-1213; email riau@aloha .net
96813	YWCA Richards Street; Membership required	1040 Richards St., Honolulu	(808) 538-7016
96814	Kaiser Permanente Honolulu Clinic; Members and Public	1010 Pensacola St., Honolulu	(808) 432-2260
96814	Ala Moana Bldg; Open to Public	1441 Kapiolani Blvd., #1113, Honolulu	Toshimi Cho: (808) 389-2631
96817	Lanakila Multipurpose Senior Center; Public	1640 Lanakila Ave., Honolulu	(808) 847-1322
96817	New Hope Metro Church; Public	417 Waiakamilo St., Honolulu	Frances Uchida: (808) 341-4308
96819	The Plaza at Moanalua; Residents only	1280 Moanalualani Pl. Honolulu	(808) 625-1040
96821	Kahala Nui Hi'Olani Care Center; Residents only	4389 Malia St., Honolulu	(808) 218-7007
96822	Catholic Charities Hawaii; Public	1822 Keeaumoku St., Honolulu	(808) 521-4357
96826	Moiliili Community Center; Public	2535 S. King St., Honolulu	(808) 945-7033
96826	Open to public	509 University Ave., Honolulu	Galyna Killam: (541) 610-6850

## Appendix B: Fall Prevention Conference Agenda

### Hawaii State Fall Prevention Conference October 16, 2015--Hawaii Convention Center Agenda and Schedule Details

- 7:00- 8:00am Tai Chi Sunrise on the Convention Center Roof
- 7:45 -8:45 Registration and Continental breakfast.
- 8:45-9:05 Introductions – Stan Michaels, MFA, EMSIPSB  
Greeting - Dr. Virginia Pressler, M.D  
Director – Department of Health
- 9:05-9:20 Hawaii Data - Dan Galanis, PhD, EMSIPSB  
**“Impact of Falls”**
- 9:20-10:10 Keynote – Dr. Shari Kogan, M.D.  
Medical Director of Geriatrics  
Queen’s Medical Center  
**“Senior Pharmacopia”**
- 10:10-10:30 Intro to Exhibitor Displays - Morning Break
- 10:35-11:25 Concurrent Breakout Session 1 (5 different FP subjects)  
(Plus HPGS Track session)
- 11:30-1:05pm Lunch
- 12:15-1:05pm Lunch Keynote – Debra Rose, PhD  
Director - Center for Successful Aging  
Co-Director - Fall Prevention Center of Excellence  
**“Reframing the Issue: Can Fall Risk Reduction Serve as a  
Pathway to Whole Person Wellness?”**
- 1:10-1:45 Desert Bar – Courtesy of Exhibitors – Exhibitor Presentation
- 1:50-3:00 Fall Prevention Panel – 5 panelists – Presenting  
**“Where Do We Go From Here”**
- 3:00-3:15 Exhibitors - Afternoon Break
- 3:15-4:05 Concurrent Breakout Session 2 (5 different FP subjects)

(Plus HPGS Track session)

4:10-4:25

Closing Comments - Awards and Door Prize Drawing

## **Appendix C: Fall Prevention Conference Presentation Summaries**

### **SPEAKERS & TOPICS – Breakouts**

#### **Morning – 10:35 to 11:25 am**

**1)“Movement and Fall Prevention Strategies for Parkinson Disease”.** Kevin Lockette, PT Kevin is currently President of the National Parkinson Foundation-Hawaii Chapter. It is estimated that up to 70% of PD patients fall annually. Individuals with PD have more than a two-fold increased risk in sustaining a fall-related fracture. This workshop will give an overview of PD symptoms, risk factors for falls and strategies to reduce falls for individuals with PD.

**2)“Implementing a Fall Prevention Program within Kaiser Permanente.”** **Walt Schroder, PharmD, BCPS, and Sandi Brekke, COTA.** KPH is a 5 star HMO (Health Maintenance Organization). In 2015, Kaiser Permanente aligned its services with the Department of Health’s strategy to reduce fall risk in its elder members. This involved coordinating resources surrounding medication management, vision checks, exercise and home safety into one. Through this collaboration with the State Fall Prevention Consortium, Kaiser Permanente is increasing awareness, linking members to resources to make changes and engaging our elders in creative ways to improve safety.

**3)“Project *dana* – Home Safety Assessment – Great Opportunities...and a Lot of Patience”–** **Mike Hirano** – Mike describes how 10 years of free home safety assessments have produced an enormous amount of safety and excellent fall prevention and in the process demonstrate the value for both the kupuna and provider. Attendees will learn the basics, the tools, the techniques, the differences and the surprises. As Mike confirms, the more you learn about the kupuna, the better your assessment will be and there are “Hidden secrets to discover.” Project *dana* is one of the best in our senior services community.

**4)“How to Integrate Tai Chi Into Your Community” -** **Ileina Ferrier, MT** - Ileina is currently one of only 22 Master Trainers in the entire United States. Tai Chi for Health is a CDC evidence based, certified fall prevention intervention recommended for use by seniors especially those frail individuals and groups that can benefit from both physical and social interaction. Attendees will learn the history of this form and its effectiveness as well as receive hands training on how to learn and use this modality. Both Seated and Standing Tai Chi for Arthritis and Fall Prevention will be discussed and demonstrated. Strong attendee interaction and participation.

**5) “Stay Well At Home: A Peer-Facilitated Multifactorial Fall Risk Reduction Program.” –** **Debbie Rose, PhD.** Debbie is currently the Director of the Center for Successful Aging and Institute of Gerontology at Cal State Fullerton in California. Stay Well At Home (SWAH) is a multifactorial home-based fall risk reduction program that brings the expert into the home via multimedia and trains home health care workers, caregivers, and/or other health care professionals to facilitate the four components comprising the *Stay Well at Home* program. The long-term goal of this project is to provide an evidence-based fall risk reduction program that can be disseminated with a high degree of fidelity and at low cost by healthcare agencies and other direct service organizations in the United States.

**HPGS track- A) “Hazards in the home put you at risk for falls” -** **Curt Kiriou, CK Independent Builders.** Home modifications can improve safety and support aging-in-place. In this session, a general contractor and Certified Aging in Place specialist (CAPS) will discuss the role of home modifications and how health professionals and contractors can collaborate as an interdisciplinary team.

Afternoon – 3:15 – 4:05 pm

**6)“Medication Reviews and Attention to the Details – A Key to Fall Risk Reduction” - Catalina Cross, MPA, PhD and Pharmacy Directors for TIMES Supermarkets** – Catalina is currently the Director of Pharmacy Operations. With the super assistance of TIMES Pharmacy directors, Catalina helped guide their successful Fall Prevention Campaign. The TIMES team will guide attendees to recognize the importance of medication reviews as a key fall prevention strategy, encourage patients to review medications with their local pharmacist, reduce risk and rate of drug-related falls in the elderly community, improve overall quality of life for elderly patients; and how to spread the word within your agency or program.

**7)“Personal Emergency Response Systems (PERS): Its Role in Preventing Falls From Becoming Medical Disasters” – Cullen T. Hayashida, PhD., Cullen is currently a principal of Kupuna Monitoring System.** Medical alert services is now fully accepted as an integral part of the array of home and community-based services. It is approved by all Health Plans under contract with Medicaid and many long-term care insurance carriers. This presentation will outline fall prevention strategies and the need for immediate access to help, discuss what PERS are and how they work, and present the very latest in data showing the effectiveness in the State of Hawaii.

**8)“ Fitness and Wellness: Key to Stay Active and Live Well in the Community”**

**Merlita Compton, MPH - Kokua Kalihi Valley Comprehensive Family Services' Elder Care** provides a broad range of health related services for older adults. Its Health Maintenance program integrates a variety of health promotion services and is well known in the State of Hawaii for its demonstrated benefits to participants. Components of the program are conducted in three-hour sessions, with many participants attending three times a week and include regular health screenings, exercise, health education, and socialization activities. This presentation will highlight how Kokua Kalhi Valley implements its health program to contribute to better health outcomes and fall prevention for older adults in a multi-cultural community.

**9) “Fall Risk with Cognitive Impairment and Dementia”** Jody Mishan, moderator Panida Piboolnurak, MD, and Gregory Gatchell, D.O. This will be a panel style presentation focusing on how cognitive impairment and dementia can raise the risk of falling, an under-recognized symptom of dementia, and what can be done to reduce or prevent falls. The panel will include Jody Mishan, Coordinator for *Hawaii 2025: State Plan on Alzheimer’s Disease & Related Dementias* for the Executive Office on Aging; Panida Piboolnurak, M.D., Board Certified Neurologist and Director of Hawaii Parkinson’s Disease, Movement Disorders and Neurodegenerative Diseases at Hawaii Pacific Neuroscience; and, Gregory Gatchell, D.O., Geriatrician at VA Pacific Islands Health Care System and Chair of the Falls Committee for the VA Community Living Center.

**10)“Evaluation Results and Recommendations– The Key to Fall Prevention’s Future” - Valerie Yontz, MPH, PhD** - University of Hawaii-Public Health – Valerie Yontz has been the evaluator for the Fall Prevention Plan and will share the key findings and results from the first evaluation report. Highlights, lesson learned, and key recommendations of the report will be shared in seminar-style format to ensure opportunity for attendees’ participation and input for better community contribution about next steps. The Hawai’i aging network is at an exciting cross-roads with more active partnerships, great public awareness, and higher volunteering rates. Greater activation of the aging network and deeper integration of the overall successful aging movement in Hawai’i are unfolding with significant collaborations.

HPGS track- B) **“Assistive Technology-A Vital and Critical Resource for Aging in Place” - Barbara Fischlowitz-Leong - ATRC** The Assistive Technology Resource Center (ATRC) is a great resource in Hawaii for older adults and persons with disabilities. Attendees will learn about programs offered by ATRC that include demonstration, training, equipment loan and strategies for equipment purchase. We will explore options for mobility, vision hearing and intellectual challenges. While new technology may be daunting, it is quite simple and does make a difference so that independence and a comfortable and healthy life style is possible. This program helps seniors participate in life by using modern technology and teaches them it is both fun and effective.

**FALL PREVENTION PANEL - 1:50 – 3:00 pm -**

**Title - 2015 Fall Prevention - Where Do We Go From Here?**

**Valerie Yontz, PhD** - Moderator

**Panelists topic for their opening comments..**

**Lynn Sialana** – OT (Occupational Therapist), VA, Home Based Primary Care Program - Lynn will describe her efforts in Occupational Therapy, its challenges, its advantages, and how it interfaces with other therapies and home safety.

**B J Tang** – PT(Physical Therapist), Straub Hospital -  
BJ will outline her efforts at Straub hosting special fall prevention community events each year.

**Rachelle Bachran** – Kauai Division of Hawaii Department of Health -  
Rachelle will expand on the participation of many key volunteers in multiple modalities coming together for the betterment of Kauai.

**Mike Dowell** – President – Stay at Home Modifications –  
Mike will try to help us all understand how a “penny wise” can become a huge “pound foolish” when it comes to making a senior home fall proof and safer.