

The Link: Every 19 minutes an older adult dies from a fall. Are you helping prevent a loved one from falling?



August 2021



Family Caregiver



Iowa Caregiver Wellness Series

This series features local experts whose insight and resources help one to thrive as a caregiver. Check out each episode's topics and learn more about the speakers and sponsors [here](#).



Falls Prevention

Falls Prevention Week is Coming Up!

Save the date for the 7th Annual Falls Prevention Coalition Symposium! This multidisciplinary conference will take place September 20 through 24, during Fall Prevention Awareness week. Iowans interested in falls prevention, such as family caregivers, health care practitioners, persons who work with older adults, students, and community members of all ages, should attend this free event!

SAVE THE DATE!

This year, the **Iowa Falls Prevention Coalition** is holding their 7th Annual Symposium via Zoom. This multidisciplinary conference will take place September 20 through 24, during Fall Prevention Awareness week. Iowans interested in falls prevention, such as family caregivers, health care practitioners, persons who work with older adults, students, and community members of all ages, should attend this free event! Brochure to follow with additional details. Questions can be directed to Kathleen Lee: kathleen-lee@uiowa.edu.

Application has been made to the University of Iowa, Iowa Board of Nursing provider #1, for Nursing credit. All other participants will receive a participation certificate.



PREVENTION WEEK: It's All About the Fall

September 20 - 24, 2021

12:00 - 4:30 pm • Via Zoom

TOPICS INCLUDE:

- Falls prevention within health systems; Medicare advantage programs.
- Motivating clients and patients to change their health-related behaviors.
- Assistive technology lending libraries across the state
- Tai Chi for Arthritis and Fall Prevention: Client pre- and post-testing methods
- Stepping On Fall Prevention Program: Overview and Iowa study
- The six Area Agencies on Aging will be providing information on their purpose and programming for elderly or disabled Iowans and their caregivers.
- Community services offered by rural pharmacists
- Caregiver tips for home modification, safe mobility in the home, and community safety
- Nutritional Requirements of the Elderly
- De-prescribing/Home Meds Program
- Health assessment of an elder in their home: Tips and Best Practice

All attendees, including the general public, can register at: <https://uiowa.cloud-cme.com/Form.aspx?FormID=3295>

For questions about registration, please contact Molly James, molly-james@uiowa.edu, 319-335-7075



PARTICIPATION IN A FALL PREVENTION PROGRAM

resulted in improved
confidence, decreased
fear of falling and more!

Fall Prevention Program Reached 85K Older Adults

New research article "Dissemination and Implementation of Evidence-Based Falls Prevention Programs: Reach and Effectiveness" published in The Journal of Gerontology finds that Participation in the evidence-based fall prevention programs resulted in improved confidence, decreased fear of falling, and fewer falls and injurious falls. Read more information [here](#).

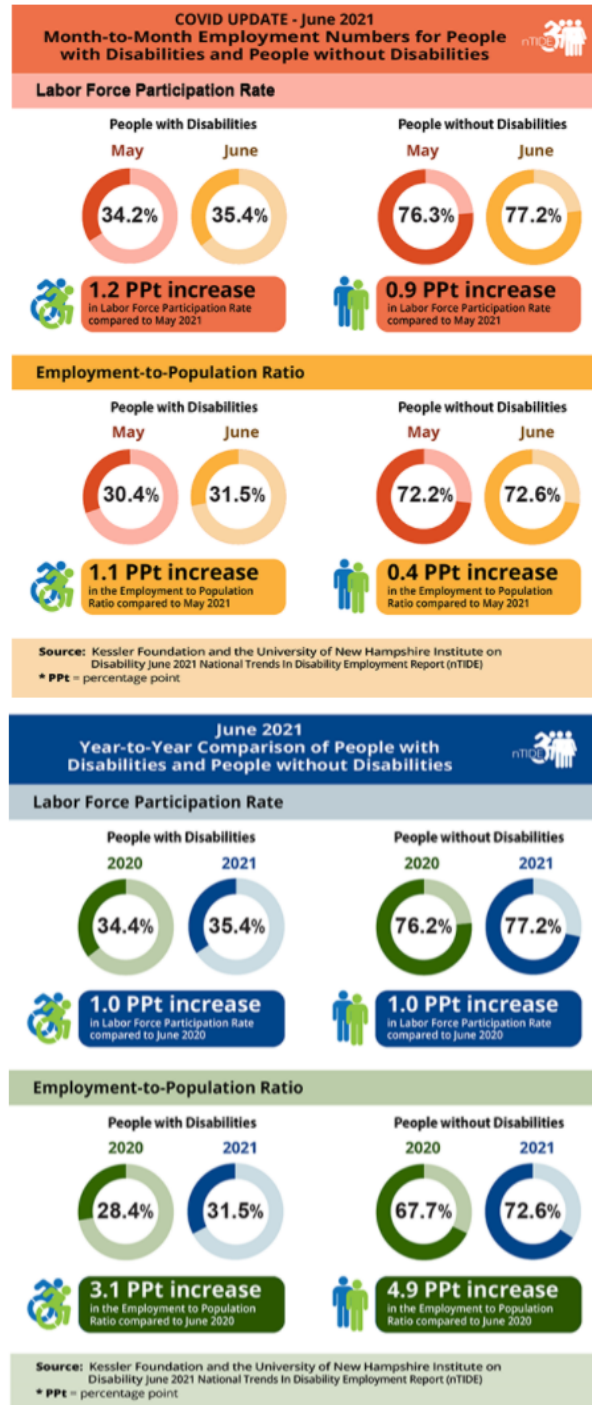


Senior Employment

Changes in Unemployment

Sharp rises in the job numbers signal economic recovery for people with and without disabilities, according to National Trends in Disability Employment – Monthly Update (nTIDE), issued by [Kessler Foundation](#) and the [University of New Hampshire's Institute on Disability](#) (UNH-IOD). Key indicators are closing in on pre-pandemic levels as people with disabilities strengthen their position in the labor market.

See the infographics below for more information.



Elder Abuse Prevention



EXCLUSIVE EVENT

In September, Paul Greenwood, former deputy district attorney for San Diego County where he led the Elder Abuse Protection Unit, will be live (virtually) to talk on the topic of elder abuse, with a focus on financial exploitation, which he says was an element in 65% of his prosecutions. Scheduled for September 23, 2021 from 10 a.m. to noon. More details to come but mark your calendars! Target audience for this session is professionals - advocates, social workers, law enforcement, county attorneys, judges, service providers, health care providers, attorneys, faith and spiritual leaders, financial institutions. (Note: there will be a second session in 2022 for the public)



Iowa Department on Aging

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The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.