

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS  
ACTION AGENDA SUMMARY

DEPT: Aging & Veterans Services

BOARD AGENDA # \*A-3a

Urgent  Routine

AGENDA DATE September 22, 2015

CEO Concurs with Recommendation YES  NO   
(Information Attached)

4/5 Vote Required YES  NO

SUBJECT:

Approval to Proclaim the Week of September 23 through September 29, 2015, as "Fall Prevention Awareness Week" in Stanislaus County

STAFF RECOMMENDATIONS:

1. Proclaim the week of September 23 through September 29, 2015, as "Fall Prevention Awareness Week" in Stanislaus County.
2. Adopt a Resolution proclaiming September 23 through September 29, 2015, as "Fall Prevention Awareness Week" in Stanislaus County.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2015-428

On motion of Supervisor Monteith, Seconded by Supervisor Chiesa

and approved by the following vote,

Ayes: Supervisors: Chiesa, Monteith, DeMartini, and Chairman Withrow

Noes: Supervisors: None

Excused or Absent: Supervisors: O'Brien

Abstaining: Supervisor: None

1) X Approved as recommended

2) \_\_\_\_\_ Denied

3) \_\_\_\_\_ Approved as amended

4) \_\_\_\_\_ Other:

MOTION:

ATTEST:

  
CHRISTINE FERRARO TALLMAN, Clerk

File No.

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#### DISCUSSION:

In July 2012, the Healthy Aging Association received funding (a grant) from The SCAN Foundation to expand the Senior Fall Prevention Coalition of Stanislaus County to broaden its focus areas to include Long Term Services and Support. The Coalition changed its name to 'Senior Coalition of Stanislaus County', and created a new Mission Statement: "To enhance the physical, mental, and social well-being, *while reducing fall risk* for seniors and *persons with disabilities* in Stanislaus County, in a collaborative community effort through education, coordinated services, and best practices for independence." (The Senior Coalition of Stanislaus County is part of The SCAN Foundation's Community of Constituents Initiative, building a statewide movement to transform the system of care so that all Californians can age with dignity, choice, and independence.) Other members of the Senior Coalition of Stanislaus County include: Adult Protective Services, Alzheimer's Association, California State University Stanislaus, Kinesiology Department, CareMore Health Plan, Catholic Charities, Center for Moving Forward, Consolidated Transportation Services Agency (CTSA), DRAIL (Disability Resource Agency for Independent Living), English Oaks Nursing and Rehabilitation, Golden Valley Health Centers, Health Net, Health Plan of San Joaquin County, Healthy Aging Association, HICAP (Health Insurance Counseling Advocacy Program), Hy-Lond Health Care Center, Link2Care, Multipurpose Senior Services Program, ResCare HomeCare, Seniors Helping Seniors, Stanislaus County Area Agency on Aging, Stanislaus County Behavioral Health and Recovery Services, Stanislaus County Commission on Aging, Sutter Health, Elected Officials: California Assemblyman Adam Gray's Senior Field Representative Megan Rangel Belair, Modesto City Councilmember Jenny Kenoyer, and members of the community at large who are interested and actively participating.

In 2008, Senate Concurrent Resolution 77, authored by Senator Alan Lowenthal (D - Long Beach), established an Annual Fall Prevention Awareness Week in California, urging all state and local aging programs and agencies to incorporate fall prevention into their master plans and planning documents affecting housing, transportation, parks and recreational facilities. Co-sponsored by the Fall Prevention Center of Excellence and the California Commission on Aging, the Resolution also recommended the development of standardized definitions and reporting methods to improve the information available on falls.

"Fall Prevention Awareness Week" has been slated for September 23-29, 2015, and the Senior Coalition of Stanislaus County will help celebrate by holding various Fall Prevention presentations, and hosting a special Fall Prevention section at the Healthy Aging Summit, which will be held October 16, 2015, at the Modesto Centre Plaza. The goal of Fall Prevention Awareness Week is to raise awareness among older persons and their families about the seriousness of falls, and ways to reduce fall risks in order to stay active and independent.

According to the Centers for Disease Control and Prevention (CDC), an older adult is treated

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in a hospital emergency room for a fall every 18 seconds, and every 35 minutes an older adult dies as a result of a fall-related injury. In fact, among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. In California alone, 1.3 million older adults experience an injury due to falling each year. The good news is that falls are preventable. A combination of interventions has been found to significantly reduce falls in the older adult population. Experts recommend a physical activity regimen with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk assessment, and making sure the home environment is safe and supportive.

The Senior Coalition of Stanislaus County has identified several strategies to reduce falls, which include: community awareness and education, provider education and training programs, fall prevention coordination and assistance, physical activity including balance, mobility, and strength training, and affordable home modification. The Coalition uses a coordinated system of fall prevention and mitigation programs that provides a fall safety net for seniors and assists senior services and healthcare providers to address fall risk factors among seniors. In addition, the Stanislaus County Area Agency on Aging in cooperation with the Healthy Aging Association has created a Fall Prevention Resource Guide to help educate seniors and their caregivers about local resources and basic fall prevention interventions.

**POLICY ISSUES:**

Proclaiming the week of September 23 through September 29, 2015, as “Fall Prevention Awareness Week” is consistent with the Board's priorities of A Safe Community, A Healthy Community, and Effective Partnerships.

**STAFFING IMPACT:**

Existing Area Agency on Aging staff along with Senior Coalition members will plan and coordinate activities during Fall Prevention Awareness Week.

**CONTACT PERSON:**

Margie Palomino, Director. Telephone: (209) 525-4601

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS  
STATE OF CALIFORNIA

Date: September 22, 2015

2015-428

On motion of Supervisor Monteith Seconded by Supervisor Chiesa  
and approved by the following vote,

Ayes: Supervisors: Chiesa, Monteith, DeMartini and Chairman Withrow

Noes: Supervisors: None

Excused or Absent: Supervisors: O'Brien

Abstaining: Supervisor: None

THE FOLLOWING RESOLUTION WAS ADOPTED:

Item # \*A-3a

**PROCLAIMING THE WEEK OF SEPTEMBER 23-29, 2015  
AS "FALL PREVENTION AWARENESS WEEK"**

WHEREAS, falling and the fear of falling is a real concern for individuals age 65 years and older. Falling and the fear of falling can cause loss of mobility, loss of independence, death, depression, anxiety, isolation, and hopelessness; and,

WHEREAS, in 2008 the Federal government passed the "Safety of Seniors Act of 2007" (Public Law 110-202) which calls for the expansion of public health programs, educational outreach, and research activities related to fall prevention; and,

WHEREAS, in 2008 the State of California adopted Senate Concurrent Resolution 77 which declares the first week of fall as "Fall Prevention Awareness Week" and promotes fall prevention education throughout California; and,

WHEREAS, the Centers for Disease Control and Prevention (CDC) estimates that one-third of adults age 65 and older fall, but less than half of these individuals discuss their fall with a healthcare provider; and,

WHEREAS, falls are the third leading cause of deaths among people age 65 and older, and the leading cause of nonfatal injuries for individuals age 65 and older. The CDC estimates that approximately 2,422,463 citizens age 65 and older were treated in hospital emergency rooms for unintentional falls; and,

WHEREAS, to prevent falls the CDC recommends regular exercise, a review of medications by a physician or pharmacist, having a vision check, and making your home safer by removing clutter from walkways, using hand rails, and improving the lighting; and,

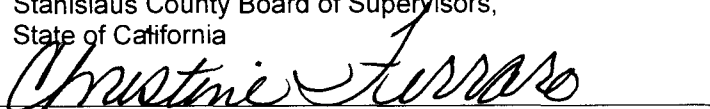
WHEREAS, according to the United States Census Bureau 17.6% of Stanislaus County residents are 60 years of age or older. In honor of these men and women, concentrated efforts are being made in

Stanislaus County to reduce falls and fall-related injuries by multi-faceted interventions;  
and,

WHEREAS, the Stanislaus County's Department of Aging and Veterans Services strives to help these individuals to live secure, healthy, and independent lives. The Senior Coalition of Stanislaus County consists of 23 organizations and is committed to making Stanislaus County a livable community for all elderly residents. The Senior Fall Prevention Committee of the Senior Coalition of Stanislaus County focuses on issues around fall prevention for seniors and increases fall prevention awareness through education and training.

NOW, THEREFORE, BE IT RESOLVED that the Stanislaus County Board of Supervisors does hereby proclaim the week of September 23 - 29, 2015, as "Fall Prevention Awareness Week" in Stanislaus County, and encourages everyone to learn more about fall prevention techniques by visiting the Stanislaus County Aging and Veteran Services' website [www.agingservices.info](http://www.agingservices.info), or by contacting the Healthy Aging Association, (209) 523-2800, for a copy of the "Fall Prevention Resource Guide".

ATTEST: CHRISTINE FERRARO TALLMAN, Clerk  
Stanislaus County Board of Supervisors,  
State of California

A handwritten signature in black ink, reading "Christine Ferraro", is written over a horizontal line.

File No.