

Marin County Commission on Aging Fall Prevention Forum 13 July 2026

Opening Remarks

Thank you for being here today and being part of this fall prevention discussion. Falling is not a normal part of aging and can be a life-changing event that threatens the independence we value so much. When an older adult falls, it can lead to injuries, but it can also lead to a fear of falling again, which often causes people to isolate themselves or limit their daily activities. Injury from falls can also have life changing consequences. We are here today to change that narrative.

We will be starting off this session with Amy Dietz, Senior Program Coordinator for the County of Marin Aging and Adult Service who will sharing several key data points highlighting the importance of fall prevention.

Battalion Chief Jason Hatfield, a longtime resident of Marin, is in charge of the San Rafael's Fire Department Emergency Medical Services, Training and Safety team will be our next speaker. He has been active advocate for fall prevention and will be sharing with us what happens when a fall assistance call is received as well as an overview of training he recently provided for entry level caregivers to support older adults safely in their homes that covered key fall-prevention concepts

Vivalon will be our next speaker and then we will open up the floor for questions. For 70 years, Vivalon has served as the central resource hub for Marin County's older adults and people with disabilities. Vivalon has helped our valuable older adult population stay active, informed, supported and nourished, meeting their crucial transportation needs, connect and help the individuals they serve live a more vibrant, healthier and happier life. Vivalon is the largest nonprofit serving older adults and people with disabilities in Marin County. Today, Michele Levine, Healthy Aging Programs Director for Vivalon, is here today to share with us the variety of activities and initiatives dedicated to preventing falls and promoting strength, mobility, and confidence.

Overview of remarks by Amy Dietz (Senior Program Coordinator County of Marin Aging and Adult Service)

Marin County Health and Human Services contracted Davis Research to conduct a thorough needs assessment of older adult (60+ years of age) residents of Marin County to better understand their current needs and concerns. This survey served as a follow-up to a similar needs assessment survey conducted in 2019 to help identify key issues, concerns, and trends.

Individuals with disabilities concerns differ from the adult population 60+. Concerns about accidents in or out of the home (falling) were a concern raised by one out of five adults, a 12% increase over 2019. The following provides an overview concerns identified:

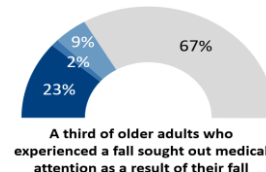
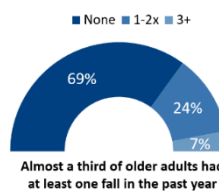
Adults with Disabilities Top 10 Concerns

Concern	% Concerned
Climate change	64%
Affording services associated with with in-home care/assisted living	60%
Financial security	40%
Disasters (fire, flood, earthquake)	37%
Crime, financial abuse, scams	36%
Losing my memory/cognition	34%
End of life planning & issues	30%
Affording healthcare	26%
Accidents in/out of the home falling	24%

Incidence of Falls Among Older Adults

20% of older adults classified as "F n = 128 Insecure" fell 2 or more times in the past year vs. 7% of the general population. Older adults classified as "Lonely" were three times more likely to fall 2 or more times in a year compared to those who are not lonely (14% vs. 4%)[◇] Hispanic older adults are more likely to visit the ER following a fall (65% vs. 23% of the general population

n = 412



Overview of remarks by Jason Hatfield (Battalion Chief San Rafael's Fire EMS Department)

In Marin County, 30%+ are older adults and falls are one of their top concerns. So why do falls matter?

Here is a quick look at the numbers:

- 1) Falls are the number one call type for fire departments by volume
 - 2) 36+ million falls for U.S. adults each year
 - 3) 95% of hip fractures are caused by falls
 - 4) Falls are the leading cause of injury and death in older adults
 - 5) There is a high potential for hidden or delayed complications – never assume a “simple” fall
- KEY TAKEAWAY – Effective prevention & rapid assessment directly reduce call volume & patient harm**

The following are the common causes of falls:

INTRINSIC FACTORS	EXTRINSIC FACTORS
• Syncope / Sudden dizziness • Muscle weakness & balance deficits • Vision impairment • Neurological conditions • Medication side effect (polypharmacy) • Hypotension / orthostatic changes • Cognitive impairment	• Loose rugs & clutter on floors • Inadequate lighting • Uneven or slippery surfaces • Missing grab bars / Handrails • Unsafe footwear • Wet or recently cleaned floors • Pets underfoot

Fall prevention success relies on focusing on environmental controls are physical modifications, tools, and design strategies designed to eliminate, isolate, minimize hazards, and transform your surroundings to reduce tripping, slipping, and fall risks. The following are a few key areas of focus:

- 1) Remove hazards – Clear rugs, cords, clutter from walkways
- 2) Improve lighting – Nightlights in hallways, bathrooms, stairs
- 3) Grab bars – Install bedside, toilets, tubs & showers
- 4) Handrails – Install on both sides of all stairway & secured firmly
- 5) Safe footwear – Nonslip, well-fitting shoes (no socks alone)
- 6) Floor surfaces – Secure loose tiles, use nonslip mats

Fall prevention success also relies heavily on managing underlying medical conditions and modifying daily behaviors. Addressing physical health (like muscle strength and vision) and lifestyle choices (like alcohol intake and home safety) can drastically reduce fall risks and prevent injuries. The following is an overview of how we look at interventions versus patient risk levels:

	PATIENT RISK LEVELS
• Maintain adequate hydration & nutrition • Regular strength, balance & flexibility exercises • Vision & hearing checks – Corrective devices • Orthostatic hypotension awareness • Frequent follow-up for high-risk individuals • Assistive devices: Canes, walkers, braces	LOW RISK – Healthy, active, no meds
	MODERATE RISK – 1 to 2 risk factors
	HIGH RISK – 3+ factor's, prior falls, frail

Community fall prevention programs are high priority because falls are the leading cause of injury among older adults, often lead to debilitating hip fractures, a key factor creating a loss of independence, and pose a higher mortality risk if surgery is needed.

There are three elements to our community-based fall prevention program:

- 1) Community outreach which includes home safety assessment program, providing key information on fall prevention resources to older adults, and working to ensure fall prevention engagement goes beyond Fall Prevention month in September to be a year-round effort.
- 2) Collaboration with senior facilities involves active dialogue and training with senior facilities, joint training with care staff, and early identification of high-risk residents.
- 3) Education and awareness through public workshops, fall risk screenings, caregiver sessions, multi-language materials, and meeting with a variety of organizations.

Our fire paramedics have exceptional qualifications that make a difference in the quality of care, especially for older adults. They provide immediate Advanced Life Support (ALS), including spinal stabilization, fracture splinting, pain management, EKG monitoring, medications, IV fluids, and stabilizing medical emergencies. Depending on the fall's severity, they can transport the patient to local trauma centers. While the majority of calls take place at home or near home, fire paramedics also receive calls to perform complex technical rescues for falls off steep cliffs or in remote areas. Because our responders are highly trained, exceptionally talented, and dedicated professionals that have gone through an extensive training and certification program, be assured they will be providing the finest care possible when called to action.

We often are asked what happens when someone calls our 911 dispatcher to seek help because they have fallen.

- *Here is what to expect on the call:* Our 911 dispatchers are highly trained to rapidly identify and send the appropriate support to your locations. They need to know your address, intersection, or landmark, what is the emergency, what happened, who is involved, if the person has any other medical problems, and if responders can access your location to send the correct help immediately, even if the call drops.
- *Key rules for callers:* Include the importance of speaking slowly and clearly - It is easy to panic, but the dispatcher needs to understand you clearly. Never hang up - Stay on the line until the dispatcher tells you it is safe to do so. If you dial 911 by accident, stay on the line and tell the operator it was a mistake. Hanging up usually forces an officer to be sent to your location to investigate.

When our responders arrive on scene, the following is an overview of what takes place:

- Initial Assessment After the Fall
 - SCENE SAFETY – Ensure the environment is safe before approaching
 - DO NOT MOVE – Do not move the patient until fully assessed - no pillow behind head
 - LOC CHECK – Determine if there was any loss of consciousness (LOC)
 - MECHANISM – Identify mechanism – simple trip or medical cause?
 - PREPARE – Prepare for 911 sequence if indicated: manage scene
- Key questions during assessment
 - What happened? Understand the mechanism – trip, syncope, trauma, unknown
 - How far did patient fall? From standing, sitting, from bed or stairs.
 - Any loss of feeling or paralysis?
 - Can they move their hands feet?
 - Can they feel it when you touch their toes?
 - What did they fall on to?
 - Was it a soft surface? Carpet or rug
 - Was it a hard surface? Wood floors, tile, or concrete
 - Is the patient alert & oriented?
 - Is the patient alert & oriented?
 - Can they answer their name, the city and the date?
 - Are they at least at their baseline?
 - Is there any evidence that they lost consciousness?
 - Any active bleeding? Control hemorrhage and note anticoagulant used in elderly

Ensuring the safety and health of community members under our care are two of our key priorities

- Lifting and movement techniques
 - Maintain neutral spine throughout the lift
 - Bend at knees —never at the waist
 - Keep patient close to your body center
 - Coordinated team lift —call counts aloud
 - Communicate with patient before moving
 - Communicate with team before moving
 - Stop and reassess if positioning is compromised
 - Protect your own back —crew safety first

DO ✓ vs DON'T X	
✓ Wide base of support	X Twist your spine while lifting
✓ Tighten core before lift	X Lift alone if avoidable
✓ Use mechanical lift when available	X Rush the lift sequence
✓ Rotate as a unit	X Drag patient along floor

- Lifting assists, tools & special considerations

EQUIPMENT & TECHNIQUES	SPECIAL PATIENT CONSIDERATIONS
Gait belts — standard assist for standing transfers	Elderly / Frail
Slide boards — lateral transfers without full lift	Risk of fracture with minimal force; handle with care
Mechanical lifts — Hover-type when available	Osteoporosis
Stair chairs — for stairwell egress	Bones fracture easily — no aggressive repositioning
Long spine board — indicated for long falls	Anticoagulation
Scoop stretcher — log-roll alternative	Hemorrhage risk elevated; assess all bruising carefully
Webbing / rescuer straps — improvised assist	Spinal Precaution
	Long falls (D/F categories) — full spinal immobilization

The bottom line is falling carries serious physical, psychological, and financial implications.

- Physically, it can result in traumatic brain injuries or severe fractures (e.g., hips, wrists). There can be secondary medical complications as injuries sustained from a fall can result in prolonged hospital stays, surgery for hip fractures, and potential fatality in some cases.
- Emotionally, it frequently causes a debilitating "fear of falling" that limits activity, leading to social isolation, muscle weakness, and a higher risk of subsequent falls.
- Financially the cost for medical expenses for emergency department visits, hospitalizations, surgeries, potential long-term rehabilitation or nursing care can be significant.

Key takeaways

01	Prevention reduces call volume — environmental and medical factors both matter
02	Effective assessment identifies serious injury early — mechanism and LOC are critical
03	Proper lifting technique protects both patients and responders — crew safety is non-negotiable
04	Falls are a system-wide challenge requiring consistent, protocol-driven practices across SRFD

QUESTIONS Discussion & Q&A

Battalion Chief Jason Hatfield | San Rafael Fire Department

Questions: In the past San Rafael Fire Department has explored several different fall prevention solutions. Could you provide an overview of those initiatives?

Response: We are currently testing having a dedicated resource to respond to requests for fall lift assistance and other items that are not life threatening. In the past we did have a trained nurse who would contact any requesting fall assistance and work directly with the patient. The ability to have someone calling on the person in a timely fashion did generate great results and the number of fall assistance calls declined during the trial program.

Question: Could you provide more details about the 911 First Responder Referral Program?

Response: The *911 First Responder Referral Program* was launched by the San Rafael Fire Department in 2014 to empower emergency first responders to provide a referral, with the patient's consent, to Aging and Adult Services *Information and Assistance Program* (part of Marin County's Health & Human Services). If the patient doesn't want the referral at that time, the responder leaves information behind so the patient and caregivers can learn more about available programs and contact *Information and Assistance* when he or she is ready. The program has since been adopted by every Fire Department on District in Marin County.

Question: There have been a number of assessments that indicated older adults have a fear of being able to safely evacuate from their home without falling and needing assistance.

Response: A home fire can spread in a few minutes, leaving little time to react. The best way to protect your safety is to have a home fire escape plan and practice it regularly before an emergency occurs and most importantly remember to "take your time to safely leave the building". This is a discussion topic when conducting a home needs assessment. Once you have safely evacuated, everyone should meet at a central location a safe distance away from home. Knowing everyone is safe allows firefighters to focus on putting out the fire.

Question: Could you provide an overview for us on the Community Paramedicine program you recently attended?

Response: Community Paramedicine is a discipline that integrates emergency medicine with case work and social work to address the physical, psychological, and social needs of complex patient populations. The core philosophy is to provide the appropriate resources and care for each individual patient—which often means avoiding unnecessary emergency department visits by delivering care at a patient’s residence or transporting them to a designated alternate destination that better serves their needs. Given the complexity of our patient population in Marin County—particularly among elderly residents and our unhoused community—Chief Hatfield sees significant opportunity to pilot CP initiatives within San Rafael and across the county and is interested in exploring how we might adapt San Francisco’s Fire Department model to address these high-need populations and reduce unnecessary Emergency Department utilization while improving outcomes.

Question: There have been a number of assessments that indicated older adults have a fear of being able to safely evacuate from their home without falling and needing assistance.

Response: A home fire can spread in a few minutes, leaving little time to react. The best way to protect your safety is to have a home fire escape plan and practice it regularly before an emergency occurs and most importantly remember to “take your time to safely leave the building”. This is a discussion topic when conducting a home needs assessment. Once you have safely evacuated, everyone should meet at a central location a safe distance away from home. Knowing everyone is safe allows firefighters to focus on putting out the fire.

Question: We know fall prevention month takes place in September but when is Emergency Medical Service (EMS) week and could you tell us a bit about the event?

Response: Emergency Medical Services (EMS) Week takes place in May every year and is a nationally recognized observance that honors the vital work of paramedics, EMTs, dispatchers, and all professionals who provide prehospital emergency care. At its core, EMS Week is about acknowledging the lifesaving impact of those who respond at a moment’s notice—often in unpredictable and challenging conditions—to deliver care when it matters most. It also serves as a reminder of the importance of a strong, well-supported EMS system as a cornerstone of emergency response and community resilience.

Question: Why is exercising regularly important?

Response: Exercise builds strength and improves your coordination and balance. In the county there are several programs available. The Marin County Resource Guide is an excellent source for programs available in Marin County.

Question: What is one reminder older adults need to keep in mind?

Response: We discussed in our presentation key areas for preventing fall prevention but one reminder would be to “Take your time, get out of chairs slowly, sit a moment before you get out of bed, stand and get your balance before you walk, keep at least one hand on the railing, and always be aware of your surroundings.”

Question: Can someone refuse transport after you fall?

Response: Yes. Not all fall results in an emergency room visit and only needing lift assistance is ok. If transport to an emergency room or medical center is suggested by the emergency services representative and you refuse, expect to sign a refusal form releasing responders from liability related to the fall and refusal of transport.

Question: What is the cost for a fall assistance call?

Response: How billing for services is determined by each Fire District or Fire Department. In San Rafael, a call for non-emergency support has been put in place and you should contact your local fire department to learn about their billing practices.

There have been some great questions today and appreciate your commitment, support and advocacy for supporting fire prevention.

Why Fall Prevention Matters & Vivalon's Approach to Preventing Falls & Building Confidence

Michele Levine | Vivalon Director Healthy Aging Programs

Vivalon is here today to share how they are providing a variety of fall prevention initiatives. These programs are cost-effective interventions that provide strength and balance training, home hazard assessments, and medication reviews to help seniors reduce their fall risk and boost their confidence. Participating in these evidence-based community programs help seniors maintain an active, independent lifestyle while significantly reducing emergency department visits and healthcare costs associated with fall-related injuries. They also offer a dual benefit of increasing social engagement, as many of these programs are group-based, which helps combat isolation and foster a sense of community.

Vivalon's Approach: Preventing Falls, Building Confidence

- Evidence-based programs
- Movement and balance training
- Confidence building
- Fall risk assessments
- Welcoming community environment
- Annual Fall Prevention and Awareness Week (3rd week of Sept)



A Matter of Balance

Program highlights:

- Evidence-based program that helps participants:
- Reduce fear of falling
- Set activity goals
- Learn practical fall-prevention strategies
- Improve strength and balance
- Program duration: 8 weeks, 1x week for 2 hours (registration required)



Tai Chi for Arthritis and Fall Prevention

Program highlights:

- Evidence-based fall prevention program
- Gentle, slow movements
- Improves balance and stability
- Builds strength and flexibility
- Program duration: 16 weeks, 2x week for 1 hour



Ballet Concepts for Strength and Balance

Program Highlights:

- Focus on posture and alignment
- Strengthens core muscles
- Improves balance and coordination
- Adapted ballet-inspired movement
- Taught by Marin Ballet instructor
- Program duration: Ongoing, drop in



Qi Gong for Fall Prevention

Program highlights:

- Gentle movement and breathing
- Improves body awareness
- Enhances balance and stability
- Promotes relaxation and mobility
- Program duration: Ongoing and drop in



Strength in Balance

Program highlights:

- Strength in Balance is an 8-week continuation class for graduates of A Matter of Balance ([AMoB](#)).
- Led by [AMoB](#) trained instructors, this small-group class focuses on strength and balance exercises drawn directly from the [AMoB](#) program.
- Participants continue building the skills that help them stay steady, confident, and active.



Quarterly Fall Assessments

Done by a Board-Certified
Neurologic Physical Therapist

Participants receive:

- Balance screening
- Strength evaluation
- Mobility assessment
- Personalized recommendations



Fall Prevention Awareness Week

- Led by the National Council on Aging (NCOA)
- 3rd week in September
- Opportunity to raise community-wide awareness about Fall Risks and Awareness

Falls Prevention
Awareness Week
Toolkit



ncoa
national council on aging

Creating an Ecosystem



Vivalon for Falls Prevention Referral Slips

Many older adults experience concerns about falling and look for ways to be more active. Vivalon offers evidence-based programs to help you improve your strength and balance while reducing fears of falling.

Name _____
 Referred by _____
 From office/organization _____

☐ General mobility & falls prevention programs at Vivalon, including (but not limited to) QiGong, Tai Chi, Yoga, Zumba, or other.

☐ A Matter of Balance (8-week workshop) will help you learn ways to reduce falls and the fear of falling. You will learn exercises to help with balance.

Contact for Class Listing or More Information
 Jacob Orusco, Vivalon Program Coordinator
 jorusco@vivalon.org | 415-456-9062

Find the program that's right for you.

Mobility & Falls Prevention

Vivalon offers a variety of ongoing movement classes that support balance, strength, flexibility, and mobility. Classes are designed for older adults and can be adapted for different ability levels.

Examples include:

- QiGong Chair Yoga and Yoga
- Balance and strength classes such as Ballet Concepts and Fun Fitness
- Cardio and movement classes including Zumba for older adults
- Strength in Balance

Many classes are offered in person and online, and most allow drop-in participation.

Evidence-Based Programs

A Matter of Balance

This nationally recognized program helps participants reduce fear of falling and increase activity levels.

Participants learn how to improve balance, set goals, and make changes in their homes.

Tai Chi for Arthritis and Falls Prevention

This program focuses on slow, controlled movements that improve balance, flexibility, and strength.

Participants often experience improved mobility, reduced fall risk, and enhanced cardiovascular health.

RIDES MEALS CLASSES CARE ADVICE

Thank You!

Michele Levine
 Director, Healthy Aging
 Programs
mlevine@vivalon.org

Contact Us

415-456-9062
info@vivalon.org

Learn More

Vivalon Insider Newsletter -

vivalon.org/about/vivalon-news-newsletters/



[VivalonMarin](https://www.facebook.com/VivalonMarin)



[@vivalonmarin](https://www.instagram.com/@vivalonmarin)



[Vivalon](https://www.linkedin.com/company/Vivalon)



Question for Vivalon: What is one of your key recommendations when someone asks you what they could be doing to prevent falling.

Response: There is no question that improving strength and balance today can make a critical difference and help everyone maintain their independence, manage their fears, and reduce fall-related injuries. The classes and evidence-based workshops help build and maintain strength, balance, and confidence to prevent falling.

Question for Vivalon: Could you explain a bit more about the Matter of Balance program?

Response:

- A Matter of Balance has been shown to be highly effective in reducing the fear of falling and increasing activity levels among older adults. The program is designed to benefit older adults who:
 - Are concerned about falls
 - Have sustained falls in the past
 - Restrict activities because of concerns about falling
 - Are interested in improving flexibility, balance and strength
 - Are age 60 or older, community-dwelling and able to solve problems.
- The program enables participants gain confidence by learning to:
 - View falls as controllable
 - Set goals for increasing activity levels
 - Make changes to reduce fall risk at home
 - Exercise to increase strength and balance

Question for Vivalon: Could you provide more details about the strength in balance class?

Response: To keep the momentum going the strength in balance class is a 8-week continuation of A Matter of Balance exercises. Led by trained instructors and designed exclusively for A Matter of Balance graduates, this small-group class focuses on strength and balance exercises straight from the A Matter of Balance workout, helping you maintain confidence, prevent falls, and stay active. Stay strong, stay steady—and do it together in a fun, welcoming space. Must have completed A Matter of Balance series to register.

Question for Vivalon: What other types of classes does Vivalon offer to improve strength and balance besides what was mentioned today?

Response: Chair yoga, fun fitness classes while sitting down, mat yoga with weights, yoga, and Zumba are a few of our favorite classes Vivalon offers.

Question for Vivalon: I am interested in volunteering part time and wondering if there are opportunities where I could make a difference?

Response: Volunteers are a critical element in our programs, and their time volunteering can transform a life. When they give an hour, a day, or more, they are helping our neighbors age with dignity and grace. Volunteer support is deeply appreciated, and it fills all of us at Vivalon with pride in belonging to such a compassionate community. Together, we can make a positive impact through shared acts of kindness and service. On behalf of the entire Vivalon team, we thank our volunteers and donors for being a crucial part of our caring community

Question for Vivalon: The programs Vivalon offers appear to be exceptionally thorough and several friends have raved about how the program has helped them. Given the budget cuts, will the cuts be impacting Vivalon's ability to continue these programs?

Response: Vivalon does receive a grant from Marin County Area Agency on Aging that covers a small portion of the cost for the classes being given. The gap is being supported by contributions from the community who believe and support our fall prevention program. We are committed to supporting fall prevention as it has a major impact on the quality of life for older adults. Hopefully government agencies will recognize the importance of fall prevention programs and additional funding will become available.

Question for Vivalon: Will Vivalon be expanding fall prevention programs to other locations?

Response: The cost for the program being given in our facility is significant, and when we did have Matter of Balance programs in norther and southern Marin locations, we find the cost increases dramatically. Until we receive additional funding, unfortunately we don't see our being able to return to those locations in the near future.

Question for Vivalon: You mentioned about helping others by becoming a master trainer for the Matter of Balance program. Could you provide some details on what that entails?

Response: Master Trainers are responsible for teaching the Matter of Balance curriculum to coaches and providing them with guidance and support as they lead the classes. Each Matter of Balance class has two leaders to ensure everyone receives the focus and attention needed for success. Details about the program and application form are available on our website. The following is an overview of the qualities and experience we are seeking for master trainers:

- Experience and interest in working with older adults - Knowledge about the special needs of older adults
- Good communication and interpersonal skills - Experience with group process and facilitation
- Comfort with teaching, leading group discussion and role play
- Willingness to learn about and support the principles and protocols of evidence-based programs
- Enthusiasm about being a member of a team - Dependability
- Ability to use audiovisual equipment (TV/DVD, overhead projector)
- Ability to perform range-of-motion and low-level endurance exercises and to demonstrate exercises
- Ability to carry up to 20 pounds
- Life experience is valued - An education or health care background is a plus

Question for Vivalon: Will Vivalon be celebrating Fall Prevention Week in September again?

Response: We will be celebrating a full week of activities dedicated to preventing falls and promoting strength, mobility, and confidence. By day, participants enjoyed interactive workshops, wellness classes, and home safety demos. By night, our Evening Speaker Series will be featuring leading experts in fall prevention. Check back soon for details on our web site for details on this year's event

Thank you again for allowing us to share with you the approach Vivalon has in place for preventing falls, building confidence, and being a part of the fall prevention ecosystem.

Marin County Commission on Aging Fall Prevention Forum Notes

13 July 2026

Based on the information shared during the Marin County Commission on Aging Fall Prevention Forum, comments and suggestions from the public, and Commission discussion, the following are comments shared:

ITEM #1: Support the development of a fall prevention presentation that can be used by Commissioners in their outreach effort to highlight the importance of fall prevention and identify the following types of topics.

- 1) What happens when you call 911 for fall assistance
- 2) On site assessment process
- 3) Key causes for falls
- 4) Key concerns when there is a fall
- 5) What to expect when you call 911
- 6) 911 first responder's referral program
- 7) Fall prevention resources
- 8) Key challenges & solutions that could make a difference

ITEM #2: Recommend the current flyers listing the key recommendations for fall prevention similar to what is published by NPR be revised to include contact information for an inspection by the Fire Department for Home Safety, Emergency Evacuation, and Fire Safety visits by each fire department or district. On the other side of the flyer could be a listing of what to expect when you call 911 (information needed) and the activities for fall prevention in the local area. For example, Novato would list the activities from Margaret Todd while San Rafael would list Vivalon. Any time a fall assist or fall requiring transfer to the hospital, a flyer would be left behind that shares this key information.

ITEM #3: Expand the current options for notifying AAA regarding fall prevention to indicate if the call was exclusively for fall assist, requiring transport for potential fracture, requiring transport for head trauma, or requiring transport for potential fracture and head trauma.

- 1) Determine how to collect and publish on a summary level the:
- 2) Types of requests submitted by the fire department and the outcome.
- 3) Frequency of fall from individuals
- 4) Frequency of fall assists, transfers for head trauma from fall, transfers for potential fracture, and transfers for head trauma and potential fracture.

ITEM #4: Develop a business case to support additional funding of alternatives to mitigate falls and requests for falls that could include:

- 1) Establishing a special unit to address "fall assist" and other low risk requests instead of assigning a EMT unit and fire truck to respond to the call. This enables resources to be available for 911 calls for heart attacks, head trauma from falls, etc.
- 2) Authorizing a part-time position to call on individuals who have fallen to conduct assessments, provide training on fall prevention and recovery techniques, and other support. Intent is to mitigate the potential for callbacks for second, third, or fourth call assist.
- 3) Finding funding sources for the purchase and installation of grab bars, handrails, ramps, and lighting at little or low costs for older adults needing the addition of safety features to mitigate falls in their home.

ITEM #5: Identify groups and utilize the Commission on Aging and their points of contact to share fall prevention insights and fall prevention information utilizing flyers, requests for inserts for newsletters, or presentations to:

- 1) Rotary clubs
- 2) Marin Villages
- 3) Age + Disability Friendly
- 4) Jewish Community Center
- 5) Margaret Todd
- 6) Novato men's breakfast club

ITEM #6: Identify distribution opportunities for fall prevention flyers to:

- 1) Case management for people with hip fractures
- 2) Physical therapy clinics
- 3) Senior Fair
- 4) City events
- 5) Homeowner associations
- 6) Newsletters – Link to Fire District web site
- 7) Individuals requesting fall assistance

ITEM #7: Advocate for improving the physical environment by collaborating with key stakeholders to support their efforts to obtain funding, suppliers, and contractors to improve or install the following types of items for older adults who lack financial capacity:

- 1) Lighting improvements: Nightlights in hallways, bathrooms, bedroom, & stairs
- 2) Grab bars: Install beside toilets, tubs & shower areas
- 3) Handrails: Ensuring handrails are installed on both sides of stairs, entrances, and other locations where applicable.

ITEM #8: Advocate for classes and programs designed to prevent falls and build confidence by collaborating with key stakeholders seeking additional funding for these types of programs.

ITEM #9: Advocate for expanding the existing fall prevention ecosystem to all community stakeholders for the continuity of care, improved outcomes, and enhanced quality of life.

--- End ---