

## **Howard County Local Health Improvement Coalition**

### **Movement Workgroup Meeting**

January 23, 2024

## **Howard County LHIC**

Local Health Improvement Coalition



**Promote. Preserve. Protect.** 

www.hclhic.org



## **GOAL & AGENDA**

**Meeting Goal:** Plan, create and promote falls prevention initiatives to improve the health of the Howard County community.

### **AGENDA:**

- A. Introductions, Previous Meeting Recap, Member Announcements
- B. Howard County Falls Data
- C. Falls Assessments in the Home Howard County Health Department
- D. Fitness Data Summary Office of Aging and Independence
- E. Howard County Falls Discussion
- F. Next Steps and Wrap-up



## **Member Announcements**



## **Movement Logo and Flyer**





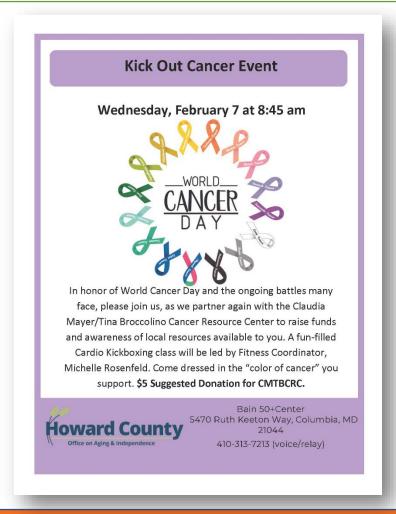
# Wise Steps to Prevent Falls Class – January 25



## National Girls & Women in Sports Day - February 4



# **Kick Out Cancer Event – February 7**



# **Howard County Falls Data**



## **Falls Assessments in the Home**



## **Fitness Data Summary**



## **Howard County Falls Discussion**

Falls Prevention as a Priority in the Action Plan

Falls Prevention Resources (Update Infographics)

Falls Prevention Week – September 22 to the 28 (Promote)

# **LHIC Falls Prevention Infographics**

### **Fall Prevention**

#### Fall Myths vs. Facts

#### Myth: A fall won't happen to me.

Myth: I won't get hurt if I fall.



Myth: One fall isn't a big deal.

Myth: Falling is a part of aging.

### **4 Things YOU Can Do to Prevent Falls**



Tell your doctor if you feel unsteady or have fallen. Regularly review medications and discuss any side effects.



#### Have Eyes Checked

Check with your eye doctor and update eyeglasses every year, if needed.



#### Keep Moving

Strength and balance exercises can help promote brain health, build muscle strength and prevent falls.



#### Make Your Home Safe

Keep floors and walkways clear of tripping hazards like rugs and electrical cords. Always use handrails on stairs.





**Howard County LHIC** 

410.313.6204 | hclhic.org

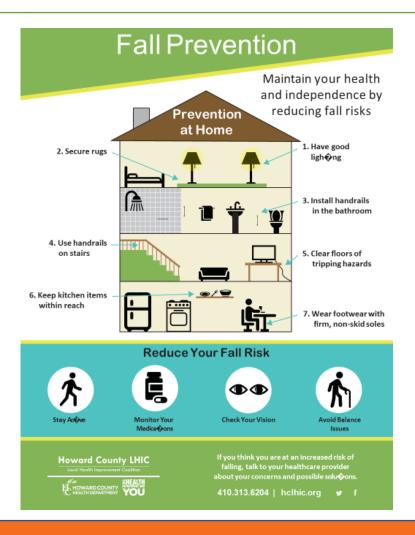


### Local Fall Prevention Resources

| Resource  | Services   | Contact/Website  |
|---|--|--|
| Howard County<br>Health Department  | Facilitates enrollment into quality healthcare by assisting clients with applying for health insurance and providing services to help clients navigate the Medicaid system.  Provides Adult Evaluation & Review Services (AERS) to help County residents to remain safe at home by connecting them with services and supports that can foster their independence and personal well-being.  | 410-313-5845<br>hchealth.org   |
| Howard County<br>Department of<br>Community<br>Resources and<br>Services<br>Office on Aging<br>and Independence | Provides information about local, state and federal programs, businesses, and non-profit organizations serving older adults, caregivers, and their families in Howard County.  The Stepping On programs provides participants with education and resources to help reduce falls and increase confidence, strength and balance. Topics include: Falls/Rilsks; Safe Footwear; Review of Medications; Home Hazards/Vision; Public/Community Safety; and, Strength/Balance Exercises.  The Stepping Up Your Nutrition programs provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health. | 410-313-1234 (voice/relay)<br>1-844-627-6465<br>(844-MAP-LINK)<br>www.howardcountymd.gov<br>/aging   |
| Howard County<br>Local Health<br>Improvement<br>Coalition   | Provides Chronic Disease Self-<br>Management; Chronic Pain Self-<br>Management; Food Assistance and Nutrition<br>Education resources.  | 410-313-6204<br>www.hclhic.org   |
| Maryland Access<br>Point  | Provides information and assistance for County residents to plan for immediate and future needs. Assistance and benefits; Referrals to programs and services for individuals, families and caregivers; Home modification and repair; Planning for the future; and, Educational programs  | 410-313-1234 (voice/relay)<br>1-844-627-6465<br>(844-MAP-LINK)<br>marylandaccesspoint.211<br>md.org/ |

11/2021

## **LHIC Falls Prevention Infographics**



### **NEXT STEPS & WRAP UP**

### **2023 Quarterly Hybrid Full Coalition Meeting:**

**Register** 

April 18, 2024, 9:00 - 11:00 a.m.

Presentations and minutes will be posted at <a href="www.hclhic.org">www.hclhic.org</a>

For additional information or questions contact <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>



## Thank you

LHIC Team
LHIC@howardcountymd.gov

## **Howard County LHIC**

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