

Partnerships for a Healthier Charles County Action Plan- Safe Physical Environment

Accident & Injury Prevention

Goal: Reduce the rate of fall related deaths and injuries in Charles County

Maryland Vision Area 3 Goal: Decrease fall-related deaths. (6.9 pr 100,000***)

Maryland Vision Area 2 Goal: Decrease the rate of alcohol-impaired driving fatalities.(.0.27 pr 100,000VMT***)

Healthy People 2020 Goals: IVP-11: Reduce unintentional injury deaths.(36 deaths per 100,000 per 100,000)

IVP-12: Reduce nonfatal unintentional injuries.(8,297.4 injuries per 100,000 population)

OA-11 Reduce the rate of emergency department visits due to falls among older adults.(4,711.6 emergency department visits per 100,000 due to falls among older adults** or 10% improvement)

*Charles County Health Indictors based on Maryland SHIP Objectives

**Healthy People 2020 Objective Topic Areas

*** SHIP Target Objectives for 2014

Target Objectives:

- A. Reduce the number of hospitalizations due to falls by the elderly population in Charles County to 259 per 100,000.
- B. Reduce the number of hospitalizations due to motor vehicle incidence in Charles County 89.5 per 100,000.

Strategies	Action Plan		
	Who? Will do What? By When?	Resources Needed?	Who Should Know?

OBJECTIVE A: Reduce the number of hospitalizations due to falls by the elderly population in Charles County to 259 per 100,000.

Strategy	Activities	Outcome	Responsibility	Resources	Tracking Measures
X Providing Information	<p>Create an awareness of falls increase in relation to # of medications: 30% increase with 4 drugs 50-60% increase with 5+*</p> <p><i>*Resource: Medications and Falls in the Elderly: A Review of the Evidence and Practical Considerations: P&T November 2003 Vol.</i></p>	Increase an awareness in general population, seniors, and caregivers	Team & Partnerships	Alzheimer's Association Dementia Care Conference – Include a session on Fall Prevention	<p>Number of people aware of Fall Prevention in general and with regard to number and type of medications.</p> <p>Number of education opportunities provided.</p>

	<p>28 No. 11</p> <p>Provide brochures “Managing Medications” and “Organizing Medications A Fill-In Chart”</p> <p>Partner with ACA Hip Fracture Educational Program</p>	Increase awareness	Area Council on Aging	<p>Dina Barclay – Community Services</p> <p>Dr. Sanchez, Chair</p>	Number of attendees
X Changing Consequences	Increase communications between pharmacies to create a “Senior Friendly” Pharmacy Network to reduce the duplication or over prescribing of medication to seniors	Fewer drug related falls for elderly	Team & Partnerships		Number of pharmacies participating
Strategy	Activities	Outcome	Responsibility	Resources	Tracking Measures
X Providing Information	Hospitals, long-term care facilities, sign up for service are aware of Safe from Falls Initiative	Sign up and participate in Maryland Safe From Falls initiative	Community Services Dept of Aging	Master Trainers from “Matter of Balance”	# of groups participating
http://www.marylandpatientsafety.org/html/falls/documents/Acute Care Presentation.pdf Presentation about programs “SAFE from Falls” Initiative					
X Enhancing Skills	<p>Train Master Trainers in “A Matter of Balance”- Scientifically based, clinically-proven methods</p> <p>Provide Tai Chi Classes at Indian Head and Clark Senior Centers</p>	<p>Master Trainers</p> <p>Improved balance and overall</p>	<p>Kathy Cooke and Debi Shanks</p> <p>Cynthia Simmons (Indian Head)</p>	<p>Received grant funding through Dina Barclay, Charles County Department of Community Services</p> <p>Certified Staff</p>	<p>Related to “A Matter of Balance” grant</p> <p>Pre- and Post-testing</p>

		coordination and core strength	Debi Shanks (Clark Senior Center)		of participants
X Providing Support	Promote Fall Prevention Bingo to Senior Centers, & Senior Housing Residents, Faith Based Communities	Seniors more aware of risk of falling and fall prevention techniques	Team	Website to download material and way to reproduce materials to distribute	# of sites that receive game materials
	Visit the Nurse 2X per month at each Senior Center	Preventive health services and monitoring medications	Health Dept.	Continue existing partnership with Health Dept.	#of participants

<http://www.stopfalls.org/FPweek/bingo.shtml> Download fall prevention awareness Bingo game

OBJECTIVE B: Reduce the number of hospitalizations due to motor vehicle incidence in Charles County 89.5 per 100,000.

Strategy	Activities	Outcome	Responsibility	Resources	Tracking Measures
X Providing Information	Revitalize Traffic Safety Team in Charles County	Increased community awareness of traffic safety issues	Jacqueline M. Beckman, Project Coordinator, Potomac Region's Highway Safety	MVA/SHA Loveville Shop	Active Traffic Safety Team in Charles County with quarterly meetings taking place
	AARP 55 Alive Seminar	Knowing when seniors need to stop driving	Bruce Kirk Ken White	Area Council on Aging Civista	Number of classes offered and number of attendees
X Enhancing Skills	TAM Server Training (Techniques in Alcohol Management) Survey of Area Bars and Restaurants TIPS Training	Determine compliance	Cpl. Judith Harman, Charles County Sheriff's Dept.	Charles County Sheriff's Dept.	Percentage of establishments that serve alcohol that have completed TIPS or TAM Training
X Providing Support					

X Changing Consequences	Continued Use of Sobriety Checkpoints to Enforcement of DUI/DWI laws	Continued enforcement of DUI/DWI laws	Charles County Sheriff's Dept. and/or State Police	Maryland Highway Safety Office	Number and site of checkpoints
X Modifying/Changing Policies					
X Physical Design	Apply for "Safe Routes to School" Grant Recommend a lighting study for critical accident areas	Students have safer routes to school Lighting plan	Glenn Belmore Traffic Safety Team	Maryland Highway Safety Office Potomac Region's Highway Safety	Grant Received Number of participating schools Number of lights installed at critical accident areas

Committee Chair: Linda Gottfried