

Northern Virginia Falls Prevention Alliance

January 23, 2025; 10:30 a.m. – 12:00 p.m. on Zoom

Meeting Agenda

- 10:30 – 10:35 Welcome
- 10:35– 11:05 Presentation: Safe at Home with Home Care Partners
Elexa Waugh-Quasebarth, ECHM, CAPS, BCG
Occupational Therapist - Clinical Manager
Alayna Waldrum, Program Director
- 11:05 – 11:35 Grant report/updates
- SAIL
 - MOB
 - Target populations: focus on Black, Hispanic, and low-income populations (sites, leaders, and participants)
 - Data collection reminders
 - *Saving Claire Falls Prevention Project*
 - Falls Prevention Awareness Week—Sept. 22-26, 2025
 - Project dissemination: GSA, VGCoA, Age+Action
- 11:30 – 11:45 Alliance/other programs--ongoing
- Alliance and Leader’s Loop Newsletters (ongoing submissions)
 - Remaining 2025 Meetings: 4/24, 7/24, 10/23; 10:30 – 12 noon on Zoom.
- 11:45 – 12:00 Roundtable
- Member sharing, networking
 - Adjourn



Northern Virginia Falls Prevention Alliance

January 23, 2025 Meeting Minutes

Welcome/Introductions: Sara welcomed everyone.

Presentation: Alexa Waugh-Quasebarth and Alayna Waldrum presented on their program, Safe at Home with Home Care Partners. In 2011, the DC Falls Free Coalition began to advocate for environmental modification programs in DC. In 2017, funding was granted to Home Care Partners, for the program Safe at Home. DC residents can apply for the program. Their home will be assessed by an Occupation Therapist and then recommendations for improvements are made. Examples of modifications include handrails, grab bars and stair lifts. A contractor approved by Safe at Home will install the modifications. Additional funding was granted in 2022 to focus on falls risk education. This is known as Safe at Home 2.0. This program offers evidence-based falls risk classes, such as MOB and SAIL. There is no income requirement for this program and all classes are held virtually.

Grant Report/Updates: Sara gave updates on the current grant. We will conclude our second (of four) year in April. SAIL is at 300% of our grant goal. It is doing very well but we are always looking to train new SAIL leaders to keep the program going. The next SAIL Leader Training is on February 10th, 2025. MOB is only at 30-35% of the grant goal. MOB will be our focus this year to reach our goal. We need more coaches and workshops! The next MOB Coach Training is on February 19th, 2025. We will have more trainings in May. Sara reminded everyone about data collection. Please collect Pre and Post surveys as well as attendance. Data collection forms are changing soon. We will keep you posted. She discussed the target population, Saving Claire, and project dissemination efforts. We have the rights to the Saving Claire film through August. Falls Prevention Awareness week will be Sept 22-26, 2025.

Alliance and other programs: Submit any upcoming events to Sara to be included in the Alliance Newsletter. Reach out to Carmen for Spanish and multi-lingual presentations. Rita Wong has retired but will remain on in a small roll. The remaining 2025 meetings are: 4/24, 7/24, 10/23 at 10:30am via zoom.

Roundtable: Members shared their current and upcoming events, programs and services being offered throughout the region.

Next Alliance meeting is scheduled for April 24, 2025, 10:30am to 12:00pm.