

Maryland Falls Free Coalition

Making a Difference to Address Falls Prevention



Goal and Objectives

The coalition's overarching goal is to reduce falls and fall related injuries among priority populations to improve quality of life. In its strategic plan, the group outlines its primary goals and objectives:

- Individuals will have knowledge of and access to, effective programs and services that preserve or improve their physical mobility and lower the risk of falls
- Health care and other service providers will be more aware of, and actively promote, strategies and community resources/programs designed to improve older adult physical mobility and lower the risk of falls
- Individuals will become aware that falling is a common adverse effect of some prescription and nonprescription medications and discuss these effects with their health care providers
- Individuals will have knowledge of and access to home safety measures (including information, assessments and home modification) that reduce home hazards, improve independent functioning, and lower the risk of falls

History of the Coalition

While members of the Maryland Falls Free Coalition have been invested in falls prevention for many years, this coalition was formalized in July of 2009. Most of the members were also part of the Partnership for a Safer Maryland, the state's Injury Community Planning Group (ICPG) through the CDC funded Core Injury Prevention Program at the Department of Health and Mental Hygiene.

Leadership

- American Physical Therapy Association Maryland Division
- Maryland Department of Health and Mental Hygiene
- Maryland Department of Aging
- University of Maryland School of Pharmacy

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Key Partners

- American Physical Therapy Association Maryland Division
- Maryland Department of Health and Mental Hygiene
- Baltimore City Health Department
- Baltimore County Department of Aging
- Johns Hopkins University Internal Medicine
- Johns Hopkins Bayview Medical Center
- Johns Hopkins Geriatrics Education Center
- Maintaining Active Citizens Area Agency on Aging
- Maryland Department of Aging
- Maryland Institute for Emergency Medical Services Systems
- Maryland Safe Kids Coalition
- University of Maryland Geriatric Education
- University of Maryland School of Medicine
- University of Maryland School of Pharmacy
- Washington County Health Department

Structure

This Coalition was formed under the umbrella of the Partnership for a Safer Maryland. The team leader is Jade Leung, from the Maryland Department of Health and Mental Hygiene.

Measured Outcomes

- To be determined.

Key Successes

- Coordinates annual statewide Fall Prevention Awareness Week in September each year in Maryland.
- Developed a strategic plan to address falls among older adults
- Developed falls prevention fact sheets

Falls Prevention Programs Offered

- Stepping On
- Tai Ji Quan Moving for Better Balance
- Otago
- Enhance Fitness

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Workgroups or Local Coalitions Supported

- Baltimore County Falls Prevention Coalition
- Lower Shore Falls Prevention Coalition
- Montgomery County Health and Wellness Advisory Committee

Major Funding Sources

- The Coalition currently operates on in-kind contributions by member organizations. The group is actively pursuing funding to support fall prevention initiatives.

Website(s)

<https://www.ncoa.org/resources/falls-prevention-grantee-maryland/>

Coalition Lead Contact Information

For additional information, contact:

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About the Falls Free® Initiative

The National Council on Aging leads the Falls Free® Initiative, a national effort to address the growing public health issue of falls, fall-related injuries and deaths. The initiative includes a 44-member State Coalition on Falls Prevention Workgroup charged with collaboratively promoting effective strategies to address falls. Members are engaged in disseminating proven falls prevention programs, advocating for funding, and educating older adults about how they can reduce their risk of falling. Learn more at www.NCOA.org/FallsFreeInitiative.

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