

OREGON LIFE SAFETY TEAM

Meeting Minutes

Thursday, August 21, 2014
Mt. Hood Room, Office of State Fire Marshal
1:30 p.m. - 3:30 p.m.



Attendees/Representing

Beimer, Lori - North Lincoln Fire & Rescue #1 (Lincoln)
Briggs, Sandra - North Lincoln Fire & Rescue #1(Lincoln)
Cane, Jason - OSFM
Carter, Simone - Legacy Emanuel Medical Center
Cranford, Jeff - McMinnville FD (Yamhill)
Emmert, Bethany - OSFM
Fenison, Shawna - OSFM
Fischer, Krista - OSFM
Frederick, Gus - OSFM
Gulledge, Dave - OSFM
Hatch, Joanne - TVFR (Clackamas-Washington)
Hoover, Rich - OSFM
Houston, Laura - Stayton Fire/OFSOA (Marion)
Knudson, Dennis - West Valley Fire District (Polk)
Kusz, Jim - North Lincoln Fire & Rescue #1 (Lincoln)
Linder, Amy - Eugene Springfield Fire & EMS (Lane)
Maniscalco, Susie - Bend FD (Deschutes)
McDermott, Debbie - OFMA
McGrew, Claire - OSFM
Miller, Heather - Sisters-Camp Sherman Fire District (Deschutes)
Nelson, Barbara - Guest
Ohmdahl, Wanda - Albany F&R (Linn)
Owen, Tammy - Clackamas Fire District (Clackamas)
Pike, Brian - Grants Pass Fire Department (Josephine)
Ryun, Curtis - Oregon Burn Center
Shanklin, Kari - Clackamas Fire District (Clackamas)
Shields, Lisa - Oregon Health Authority
Slavens, Ginger - Nestucca RFPD (Tillamook)
Stafford, Stephanie - OSFM
Thomas, Laura - North Lincoln Fire & Rescue #1 (Lincoln)
Zinck, Jaime - OSFM

Welcome/Introductions

The meeting was called to order at 1:30 p.m. by Stephanie Stafford. Introductions were made.

Successes and Challenges in the *Take the Right Steps* Program – Simone Carter

Simone started with discussing the challenges in teaching the *Take the Right Steps* – A fire and fall prevention and safety program for older adults program.

These include: getting in the door, scheduling the time, finding your “buy in”, and engaging your audience.

The group discussed ways they get buy in, and how they get the group to engage. Some of the ways are to relate to your group, gain respect from your group, “Practice what you preach” and share that with your group.

Stephanie asked Simone if the majority of the falls were in adults 65 and older, or if our target audience of adults aged 50+ for *Take the Right Steps* was accurate. Lisa Shields provided information about her program, and how the trauma registry statistics relate to it. They automatically register anyone 55 or older that has a fracture of any type. The data demonstrates some falls starting at age 55 but they see a lot of fall injury at 70-75 years of age. Lisa shared that studies show that by enrolling in exercise and balance classes, you increase your muscle memory and decrease the likelihood of serious injury should you fall.

When training older adults, Simone reiterated that one of the goals of your presentation should be to let the audience know that you understand, you have had similar experiences, and to make it a discussion, not a lecture so that the audience feels a connection.

Simone ended her presentation by discussing measuring successes, and some of the ways she personally feels successful. She cited verbal acknowledgement after a presentation and being invited to present again as one of those measures. The group discussed ways that they measure their success when using this program as well.

Jim asked if Simone approached the caregivers to educate them about assisting the senior with things like clearing clutter, buying appropriate clothing, and standing slowly and taking time before moving. The program being more geared to the individual, Simone targets the older adult and not the caregiver. This empowers the person by making those changes on their own. Simone was also asked if she would be open to being observed while offering the presentation, to which she replied she would welcome anyone to sit in her presentations. Simone can be reached at:

Simone Carter BS, MS
Phone: 503-413-2828
srcarter@lhs.org

***** **5 minute break** *****

Luminaries – Jim Kusz

Jim shared information and examples of luminaries. Several states have forbid use of them, and Oregon is trying to get legislation to ban these.

Stepping On (senior falls prevention program) – Lisa Shields

Lisa provided information about the burden and statistics with senior falls. (For those statistics, please see the attached PDF.) One out of three older adults fall each year, but less than half talk to their healthcare provider about that fall. When an adult reaches eighty years of age, that number increases to one in every two, and falls are the leading cause of fatal and nonfatal injuries in adults aged 65 and older.

2012 data shows that nearly 600 Oregonians age 65 and older die and 8,500 are hospitalized for a fall related injuries yearly. Lisa talked about the program and how they can teach balance and strength to persons at all levels of mobility. One of the keys to success is to continue the exercises. Tai Chi is the exercise the *Stepping On* program uses because it helps with both balance and strength.

Lisa shared her agency's commitment to provide Tai Chi and other programs covered by health insurances to allow more seniors access to them. They offer classes all over the state of Oregon and are working to start more. Lisa asked for anyone wanting information or needing help to please contact her. She also would like to collaborate with others to provide exercise and strength building classes. She can be reached at:

Lisa Shields
Phone: 971-673-1036
lisa.m.shields@state.or.us

Older Adult Fire Education – Stephanie Stafford

Stephanie spoke about the information presented today being used to tie in with the fire prevention piece of the *Take the Right Steps* program. Graphs made by Dave Gullede were handed out during the meeting with the data from fire injuries and fatalities in older adults. Members of the group shared ways they use the fire and fall components together, their successes, and methods they use to reach older adults.

Meeting Adjourned

3:30 p.m. Next meeting November 20, 2014
(September canceled due to the Northwest Residential Fire Sprinkler Summit and the Oregon Fallen Firefighter Memorial)