



18th ANNUAL CALIFORNIA SENIOR INJURY PREVENTION EDUCATIONAL FORUM

March 16, 2018

The Waterfront Hotel

JACK LONDON SQUARE ♦ 10 WASHINGTON STREET ♦ OAKLAND, CA



Alameda County Emergency Medical Services
Senior Injury Prevention Program

Awake to Wellness

Best Practices and Inspiration for Senior Injury Prevention Advocates

Forum Goals

- To expand the network of senior healthcare and service providers working together to reduce older adult injuries.
- To provide attendees with valuable information and health updates to share with older adults to assist them in having healthy, engaged, and fulfilling lives.
- To develop the leadership capacity for advocacy of seniors, their health and their well-being.

Agenda

- 8:00-8:30am** Registration/Continental Breakfast
- 8:30 -8:45am** Moderator's Welcome: Barb Alberson is the Senior Deputy Director of Policy and Planning, San Joaquin County Public Health Services.
- 8:45-9:45am** Key Note Speaker: Micheal Pope is the CEO and Executive Director of the Alzheimer's Services of the East Bay (ASEB), serving since 1997. Her work background includes marketing, the health insurance industry, and adult day care. From her many years at ASEB and her inspiring life experiences, Micheal will offer her perspectives on aging, injury prevention, and wellness.

9:45-10:00am Break

10:00–11:00am **Sleep and Seniors: Christine Walsh, PhD.**, Assistant Professor of Neurology, UCSF Center for Memory and Aging Center. Dr. Walsh’s presentation will provide an introduction to sleep stages, helping attendees to understand some of the nuances of sleep characteristics throughout the night. At the end of this presentation, attendees will have the information to detect and recognize the primary sleep disorders, will have an understanding of the relationship of sleep and cognition in young and older adults and how sleep may change with neurodegenerative processes. Further, attendees will be told about sleep hygiene improvements using more natural approaches to improve sleep that have been tried in individuals living in nursing homes.

11:00-12:00pm **Working Injury Prevention Programs:** A panel of Alameda County based senior service organizations will share their successes in integrating evidence-based programs and best practices into their menu of services.

- **Wendy Peterson**, Senior Services Coalition of Alameda County: Forum Panel Moderator.
- **Arezo Sayid, MPH**, Assistant Director, Afghan Elderly Association, City of Fremont. “Promoting Wellness among Afghan Refugee and Immigrant Older Adults: An integrative, Peer-based Model.”
- **Carolyn Mariru Kojima**, Program & Outreach Coordinator, DayBreak Adult Care Centers. “Injury Prevention Caregiver Training.”
- **Aaron McPherson, DPT, MBA; and Sadiya Kazi, M.S. OTR/L.** “Breaking the Cycle of Falls: Preventing Falls and Injury using an Interdisciplinary Approach within the Community.”

12:00-12:45pm Lunch/ Networking

12:45-1:00pm **Special Welcome: Alameda County Supervisor Nate Miley**, District 4 – East Oakland, Castro Valley, and Pleasanton. Supervisor Miley has been a passionate advocate for seniors through his political career. He helped pass the first county ordinance for safe medication disposal and is the founder of

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the United Seniors of Oakland and Alameda County. Supervisor Miley and USOAC sponsor the Healthy Living Festival held annually at the Oakland Zoo.

- 1:00-2:15pm** Stop the Bleed: Erica Peters Blaauw, MS, RN, ACNP-BC, Trauma Nurse Practitioner, Alameda Health System, Highland Hospital. Ms. Peters will lead a training on proper bleeding control techniques, including how to use hands, dressings, and tourniquets on anyone who is bleeding profusely. Attendees will learn these techniques and after demonstrating their new skills, will receive a certificate. This topic is a response to recent disasters and mass casualty events and will address the needs of older adults.
- 2:15-2:30pm** Break/Snack
- 2:30-2:45pm** Stretch Together - Tai Chi: Moving for Better Balance: Joey Tchang and Nicole Albrecht of Senior Support Program of the Tri-Valley. Mr. Tchang and Ms. Albrecht will lead us through a series of Tai Chi movements.
- 2:45-3:45pm** Fall Prevention for Community Dwelling Older Adults: An Update on Assessment and Intervention Strategies: Erica Pitsch, PT, MPT, DPT, NCS, Health Science Associate Clinical Professor of UCSF / SFSU Graduate Program in Physical Therapy and Rehabilitation Science. Dr. Pitsch will discuss new assessment standards and introduce an “outcome measure decision tree” for clinicians to use to decide which measure will work best for their patients. She will also address the science and practicality of the Dutch fall prevention program recently featured in the New York Times (see link). <https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>. From this presentation, attendees will be able to: describe the four types of falls using the Hopkins Falls Grading scale; describe the timed up and go, and sit to stand measures, and the cutoffs for predicting falls and frailty in older adults; and be able to answer questions about interventions for fall prevention gaining popularity on social media- the New York Times article in particular.
- 3:45- 4:00pm** Closing/Evaluations /Raffles (*must be present to win*)

Thank You DayBreak Adult Care Centers
for providing today's raffle prizes.



Home Safety Services

Thank You Home Safety Services
for helping to sponsor the SIPP Forum 2018.