



## GOVERNOR'S ADVISORY COUNCIL ON AGING

### Meeting Minutes

**Committee/Group:** AGING IN COMMUNITY COMMITTEE - (AICC)

**Date:** March 2, 2018

**Time:** 12:45 a.m. – 1:45 p.m.

**Venue Address:** Arizona State Capitol – Executive Tower  
Third Floor Conference Room  
1700 W. Washington Street  
Phoenix, AZ 85007

**GACA and Committee Members Present**

GACA Members: Deborah Hankerd (Acting AICC Chair), George Evanoff, Teri Kennedy, Ellen Kirschbaum, Steve Wagner, C.T. Wright; AICC: Michele Michaels and Ted Evertsen

**Guests Signed In**

Carol Brown

**GACA Members Absent**

Belinda Akes, Becky Brimhall, Lisa O'Neill, Bob Roth

**Presenter**

Karen Richards, Blue Cross Blue Shield of Arizona Advantage

**GACA Staff**

Lizette Cordero and Cathy De Lisa

**Welcome & introductions, review & approval of January 5, 2017 Draft Minutes**

AICC Acting Chair, Deborah Hankerd, called the meeting to order at 12:46 p.m. Following a welcome and introductions, the Acting Chair requested a review of the January 5, 2017 draft meeting minutes. *C.T. Wright made a motion to approve the minutes. Steve Wagner seconded the motion. The motion passed unanimously.*

### **Falls Prevention**

Ms. Karen Richards from Blue Cross Blue Shield of Arizona Advantage began her discussion with an exercise on balance to demonstrate each person's level of balance and how balance issues can affect and contribute to the rise in falls. Ms. Richards also discussed how evidence based activities such as STEADI (Stopping Elderly Accidents, Deaths & Injuries) and Tai Chi have proven to help balance and reduce falls in older adults. Ms. Richards discussed the following statistics.

### **Arizona Data**

- Number of deaths more prevalent among females than their male counterparts (2012 – 2016, 65+age).
- 2 out of 5 patients reported by Arizona trauma centers suffered from a Fall.
- Unintentional Falls among 974 Arizonans 65 years and older (2016), were the leading cause of injury-related deaths among Arizona residents 65+ Years.
- Resulted on average a length of stay of 6 days in the hospital. Totaled charges over \$933.6 million for Inpatient Hospitalization and over \$344.7 million for Emergency Department (ED) Visits. These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

Of note: Mortality rates in Arizona is significantly higher than the national average (Arizona 86.7 vs. U.S. 59.6). The falls injury-related mortality has increased about 1% annually.

### **U.S. Data**

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

### **Review and discussion – 2018 AICC objectives**

The Acting AICC Chair facilitated a review of the 2018 objectives with the group.

### **Discussion around AICC-related future agendas items or topics**

Ideas for future agenda items or topics discussed:

- Matter of Balance classes that educate seniors on how to make changes to their daily life and home to reduce the risk of falling.
- A presentation on the importance of the availability of “Do Not Resuscitate” forms to first responders.

- GACA support for efforts to advance Age-Friendly Communities state wide.

**Report out & discussion – AICC-related research, conferences, workshops, seminars, training opportunities, best practices or related items**

GACA member, Teri Kennedy, cited the Camden Coalition Hotspotting as a best practice approach. According to Ms. Kennedy, the Interprofessional Student Hotspotting Learning Collaborative is an annual program that trains interdisciplinary teams of professional students from schools around the country to learn to work with complex medical and social needs using a patient-centered approach.

Michele Michaels from the Arizona Commission for the Deaf and the Hard of Hearing (ACDHH) reported she will be a speaker on hearing loss, falls and dementia at the upcoming annual AZ4A Aging Summit in September.

Karen Richards of Blue Cross Blue Shield of Arizona Advantage reminded everyone April 16 is National Healthcare Decisions Day which emphasizes the importance of advance directives. According to Ms. Richards, National Healthcare Decisions Day is a collaborative effort of national, state and community organizations. Together these entities work to ensure that the information, opportunity and access needed to document health care decisions is available to all decision-making capable adult citizens of United States.

**Adjourn**

AICC Acting Chair, Deborah Hankerd, adjourned the meeting at 1:20 p.m.

All meeting materials and handouts are available through the Governor's Advisory Council on Aging (GACA) office.

**NEXT MEETING:** The next meeting is scheduled for May 4, 2018; time and location to be announced by public meeting notice posted at the GACA website <http://govtrans.az.gov/gaca/>. These meetings are open to the public.