

JANUARY 2024 MT QUARTERLY UPDATE MEETING MINUTES

TOPIC: Master Trainer Materials Review

Kirsten reviewed several sections of the Master Trainer Manual and Master Trainer Resources Website. If you have any questions on sections of the Manual or website, please reach out to us. Donna.richard@mainehealth.org or Kirsten.dorsey@mainehealth.org

UPDATES:

- All Master Trainer Sessions for 2024 are posted on Website. Visit the website for dates: **Master Trainer Sessions | MaineHealth**
- Check out the online store for night lights, water bottles and other great items to give your participants and coaches: Welcome to A Matter of Balance Site! (brandingbygeiger.com)
- Quarterly Update Meeting Minutes are Posted on the Master Trainer Resources Website.
- Welcome New MOB MT's!

LINKS TO RESOURCES:

Master Trainer Resources Link (for Master Trainers ONLY)

www.mainehealth.org/mobresources

Link for “FREE” Healthy Aging programs integrated database (HAPID):

<https://www.ncoa.org/page/the-healthy-aging-programs-integrated-database-hapi-d>

Also, the guide: <https://www.ncoa.org/how-to-use-the-healthy-aging-programs-integrated-database-hapi-d>

REPORTING OUT:

Miriam Caiden: I usually ask my prospective coaches to take the program first and recruit from the participants who complete A Matter of Balance.

Valerie Biediger, Area Agency on Aging, San Antonio, TX, vbiediger@aacog.com. Fire/EMS Partnerships. EMS & First Responders – a How-to-Manual was developed. San Antonio Fire Department tracking Geriatric Falls. Where falls are happening, looking at where high fall calls, i.e., apartment complexes, etc. 24 counties entering data.

Micheline White, Mendonoma Health Alliance, Gualala, CA, micheline@mendonomahealth.org. Connections with EMS Agency, helping your local EMS Agency – EMS referrals. We have been able to reduce fall assists related to our interventions. Our relationships and partnerships and data collection are the reason we can keep funding.

First responders lay leaders volunteers, working on their paid time or awarded a stipend by your entity – Yes, they are.

Jessica Giacone: Part of my job is educations for EMS/first responders, and I always like to point out how they have a unique opportunity to provide education related to falls prevention. People are receptive to what they have to say.

Robinette K: We need ideas for the Coaches Update training they have to have yearly. We try to change it up. They are seasoned coaches, so it is repetitive.

Anita: Our coaches really enjoyed hearing a short presentation from our licensing group to learn what they do and how MOB fits into the larger picture. It gave them more resources.

Kathy: Ask them to present what they have learned in their experience and how that could help others.

Patricia: We created a post evaluation that we deliver to the cents or the group that participated about 6 months later to see if there were any changes or if they have continued to exercise. We also like to have past participants speak to the new groups to look at how the program benefited them. We created a heat map to offer MOB in our highest risk areas.

QUESTIONS:

Are coach trainings held every year? Yes, an annual 2.5-hour update for coaches is required.

Is there a Video of the Exercises for MT's and Coaches? No, it is not allowed, but we will be doing an Exercise Review in the April Quarterly call. Please reach out if you need help with any exercises.

Is there a follow-up process to track falls for those who attend AMOB? No, there is not. Any organization can do a follow-up with their participants.

I heard that the average age of an MOB participant is 79. *Is this true?* Yes

What is the maximum we are allowed to charge participants? There is not set answer. Many organizations do not charge. You are allowed to set your own policy, i.e., donation, registration fee, etc.

Will emails still be sent out for the Quarterly Update meetings? Yes, the dates for the next Quarterly Update Meetings is on the Master Trainer Resources website, and a month before the meetings the agenda and zoom link are emailed. Please check your junk mail or spam.

Can a new coach sit in on a current class or view virtually? Yes, if your participants are notified and give their approval to have someone come into the class.

Are there any in-person MT trainings? Not at this time. We tried, but no one wanted to register.

Can you attend a virtual training for a refresher? If you feel you have been away from MOB for a while, please reach out to the Maine office. Kirsten can help you determine what you need.

What is the format for a coaching class? Two afternoon sessions? Training a new coach for in-person classes takes about 8 hours. If they want to teach virtually as well, it is an additional 4 hours of training. You can break this up. Usually, it is broken up into 2 4-hour sessions and then an added 4 hours for the virtual training.