
September is Falls Prevention Month

Falls and Brain Injury in Iowa

Authored by Lisa Jensen, BIAIA Neuro Resource Facilitation Team Lead

Working in the brain injury field for 26 years brings my attention to the mechanisms of brain injury. A leading cause of traumatic brain injury is falls. Falls can happen to anyone and can also happen in a variety of situations. In Iowa in 2019, falls resulted in more than 9,000 hospitalizations and 90,000 ER visits. Falls are not only common but costly. In Iowa in 2022, it cost 12.67 million dollars for medical care and roughly 27,730 per incident. Fall prevention is key. Consider any of the following to prevent falls!

- Find a program to improve strength and balance, consider these Evidence-Based falls prevention programs: [A Matter of Balance](#) to reduce the fear of falling and improve activity for persons living in the community, [Stepping On](#) a program that focuses on strength, balance, and medication, and [Tai Chi](#) a Chinese exercise that improves cardiovascular fitness, promotes strength, balance, and reduces stress.
- Discuss your medications with your doctor to understand side effects and fall risk.
- Get your vision and hearing checked annually.
- Keep your home safe by installing grab bars, lighting and removing obstacles such as throw rugs.

Support fall prevention efforts for yourself and your loved ones.



Do you have more questions about fall prevention? Contact Lisa, one of BIAIA's Neuro Resource Facilitators who can connect those with a brain injury and their families to additional resources and information. [Contact us](#) to learn more.



Suicide prevention aims to reduce the risk of suicide by recognizing warning signs, providing and building support, safety planning, and connecting individuals with appropriate resources and interventions. If you or someone you know is in crisis, it is important to seek help.

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. The 988 Lifeline is comprised of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices. Read more at 988lifeline.org.

Iowa HHS HOME Project Updates

Over the last few months, the HOME Project team has made progress on key items.

- Continued planning efforts for systems changes, including:
 - Conducted interviews with Iowa navigation organizations to help improve materials used to understand HCBS eligibility and services available.
 - Completed analyses to identify factors that predict the risk of institutionalization, which will help prioritize the new waiver waitlists based on individuals' needs.
 - Evaluated the new interRAI tools through an optional assessment with members on the intellectual disability waiver to make sure that the new tools show the same needs for help and services as the current tools.
- Continued working on key components of the new waivers:
 - Outlined the transition process from the Children and Youth Waiver to the Adult and Aging Waiver.
 - Launched new MCO case management ratios and requirements.
 - Developed and finalized certification and refresher toolkits for case managers.
 - Conducted interviews with Integrated Health Home (IHH) care coordinators.

Based on feedback from Iowans, the HOME project proposes to keep the current Elderly Waiver for members age 65+ who are not otherwise disabled. Services in the Elderly Waiver will not change at this time. Members on the Adult and Aging Waiver who have a disability will stay on that waiver after age 65. [Learn more](#) about the project.



RWR Event Hub



Log Your Miles

Remember to [log your miles](#) or scan the QR code for a chance to win an Amazon gift card. Don't forget to share your journey with us using our hashtags! *#biaiarwr2024 #Miles4Minds2024*

Thank you to our **event sponsors** for showing your support for brain injury awareness! Would you or your organization like to join in showing your support? [Register to sponsor the event!](#) All funds raised will support the Brain Injury Alliance of Iowa Programs and Services.





The 33rd Annual Best Practices in Brain Injury Services Conference

IN MEMORIAM

Congressman Bill Pascrell

Founder and Co-Chair of the

Congressional Brain Injury Task

Force



1937-2024

March 6 - 7, 2025



Weathering the Storm Together: Co-Occurring Care in Brain Injury Services

The Brain Injury Alliance of New Jersey is saddened to hear about the death of its key champion in Congress: Congressman Bill Pascrell.

Sheraton West Des Moines Hotel

1800 50th Street West

Des Moines, Iowa 50326

A leader for the brain injury cause for almost 25 years, Congressman Pascrell was the founder and co-chair of the Congressional Brain Injury Task

Force. He could always be counted on to support the needs of people with brain injury not only in his home state of New Jersey but also throughout the country. His leadership for the cause is reflected in his sponsorship of the federal Traumatic Brain Injury Act, concussion management, and in working to ensure that military and civilians alike received the support and services they needed. Furthermore, Congressman Pascrell advocated the need for brain injury research and enhanced rehabilitation to maximize the quality of life for people with brain injury. His life has impacted countless individuals, families, and children.

conference@biaia.org

www.biaia.org

CONFERENCE TOPICS

• "The Calm Before the Storm": Presentations focused on prevention, early intervention, and the latest research on reducing risk

• "Stormy Seas Ahead": Presentations focused on managing the emotional impact of brain injury, including emergency response, acute care, transitions of care, and the emotional impact on patients and families

• "Navigating the Storm": Presentations focused on treatment options, rehabilitation, innovative therapies, navigating the service landscape in Iowa, and positive psychology

• "Sheltering in Place": Presentations focused on support systems needed for recovery, including family support, resources for multi-occurring conditions, employment supports, community-based programs, and collaborative care

• "Lighthouse of Hope": Presentations focused on survivor/caregiver experiences, the recovery journey, advocacy efforts, and the ongoing challenges and triumphs faced by individuals and families

• Other

BIAA CBIS Live Virtual Training
SCAN QR CODE OR [SUBMIT PROPOSAL HERE](#)




The Brain Injury Association of America's Academy of Certified Brain Injury Specialists (ACBIS) is offering a live virtual training for anyone interested in and [eligible](#) for Certified Brain Injury Specialist (CBIS) certification. The two-day intensive course will take place Oct. 18-19 from 11 a.m. to 5 p.m. ET The training is part of a [CBIS Certification Prep Bundle](#) for a limited time offer of \$499.

SAVE
THE
DATE

Preventing Childhood Injury Conference


Hot Topics in Pediatric
and Youth Injury

November 14, 2024
9 a.m. to 4 p.m.




Upcoming Webinars


NEW
Date and Time



The 2024 Preventing Childhood Injury Conference Registration is OPEN!
Read more [HERE](#).



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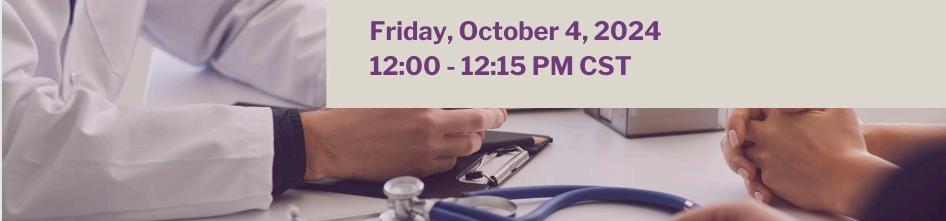
1-855-444-6443

MICRO-WEBINAR

Managed Care 101: A Brief Introduction

Becky Blum, Iowa Medicaid Contract Manager for Wellpoint
Shannon Garland, Iowa Medicaid Contract Manager for Molina
Carol Mau, Iowa Medicaid Contract Manager for Iowa Total Care

Friday, October 4, 2024
12:00 - 12:15 PM CST





Brain Injury Screening and Supports Across the Spectrum of Intimate Partner Violence

► Thursday, October 3rd, 2024


► 12:00–1:00 PM CST

Russha Montag Knauer
Director, MINDSOURCE Brain Injury Network, Colorado




MINDSOURCE
BRAIN INJURY NETWORK

<https://mindsourcencolorado.org>



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BUMPED HIS HEAD AND WENT TO BED:

A True Story Illustrating How the Invisible
Symptoms of Concussions Can Progress
to CTE in Everyday People

Shannan Stanke, CBIS
Neuro Resource Facilitator
North Dakota Brain Injury Network

**October 10, 2024
12:00-1:00 PM CST**



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The Caring Company: Employer Compassion for Family Caregivers

Candice AD. Smith, Caregiver



WEBINAR

**October 29, 2024
12:00-1:00 PM CST**

Scan QR code to register at
www.biaia.org and go to Events.



info@biaia.org



1-855-444-6443



Getting Started Again: Challenges With Initiation After Brain Injury

Educational Topics Survey 

WEBINAR

What topics related to brain injury would you like
to see in upcoming webinars hosted by the Brain
Injury Alliance of Iowa? Your feedback is valued
and appreciated! Thank you.

Scan QR code to participate in the survey or click

[HERE.](#)

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REGISTER FOR ANY OF THESE

The Brain Injury Alliance of Iowa is looking for
presenters to deliver webinars on topics related to
brain injury treatment, rehabilitation, recovery, and
support. Presentations can target professionals or
survivors and their loved ones.

Scan QR code to submit proposal or click [HERE.](#)



NeuroResource Facilitation



Neuro Resource Facilitators are available to serve Iowans; to answer questions and connect those with a brain injury to resources and information. Learn more about this program [HERE](#). BIAIA is one call away.

[BIAIA Satisfaction Survey](#)



Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.