



FOR IMMEDIATE RELEASE:  
February 10, 2020

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### **Trillium Woods Receives Quality Award for Falls Prevention Program**

SAINT PAUL, MN – (Feb 10, 2020) – Trillium Woods in Plymouth was recently recognized with a Stars Among Us Quality Award for a proactive, preventative team approach to reducing resident falls and rehospitalizations that reduced falls by 32 percent.

“Falls are preventable but remain one of the most significant health risks that seniors face,” said Gayle Kvenvold, President and CEO, LeadingAge Minnesota. “Through a community culture that makes falls management everyone’s responsibility, Trillium Woods has reduced falls, improved the health and wellness of its residents, and reduced hospitalizations.”

Trillium Woods uses a total team approach for falls management that brings staff together from each department to monitor the health and note changes in behavior of their residents in order to reduce the risk of falls. This group of leaders also organizes monthly falls-related informational programs, events and challenges to educate and engage with residents.

Elizabeth Ann Fetner, Life Care Services, credits the Health & Wellness Navigator position within the organization with the positive outcomes of this program. Every resident has access to the Navigator, who is responsible for tracking residents who fall or have a hospitalization, meeting with them to identify their health and wellness goals, and coordinating services to prevent further falls or re-hospitalizations such as physical and occupational therapy, home health services, fitness center referrals and more.

“Our falls initiative is focused on collaboration to promote a healthy lifestyle that prevents falls. We worked to enhance the daily lifestyle of residents living in a community setting and address the ongoing transitions of care as needed,” Fetner said. “By focusing on proactive, preventative ways to promote a healthy lifestyle rather than chasing wellness relatively after the fact, our residents and their families experience a safe environment and an enhanced level of peace of mind.”

#### **About LeadingAge Minnesota**

Driven to transform and enhance the experience of aging, LeadingAge Minnesota works alongside its members, caregivers, advocates and consumers to collectively shape the future of aging services and ensure older adults in every community live with dignity, meaning and purpose. Together with more than 60,000 caregivers, LeadingAge Minnesota members provide quality services and supports to nearly 70,000 older adults every day in independent senior housing, assisted living, adult day, home care and skilled nursing settings.

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