

New York State Department of Health Bureau of Occupational Health and Injury Prevention Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Increase access to evidence-based community falls prevention programs for older adults and adults with disabilities to reduce falls risk and falls; and
- Create integrated, sustainable evidence-based prevention program networks.

The New York State Department of Health (NYSDOH) Bureau of Occupational Health and Injury Prevention is implementing three evidence-based community falls prevention programs:

- Tai Chi for Arthritis, an eight week group program based on Sun style tai chi;
- Stepping On, a small group, multifactorial falls prevention program offered once a week for seven weeks designed to build confidence; and
- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels.

Partnerships

To achieve the goals of the grant, the NYSDOH Bureau of Occupational Health will collaborate with the following partners:

- New York State Office for the Aging;
- Association on Aging NY;
- NYS Trauma Program;
- Quality & Technical Assistance Center NY;
- LiveOn-NY;
- County aging offices, Level 1 trauma centers, and related community partners across the state;
- NYSDOH Office of Minority Health & Health Disparities Prevention;
- NYSDOH Alzheimer's Program;
- NYSDOH Office of Health Insurance Programs; and
- Falls Prevention County Coordinators from the Center for Disease Control Falls Corporative Agreement.



Anticipated Results

- Enroll 2,000 older adults in falls prevention programs throughout the state; 1,300 participants in Tai Chi for Arthritis, 600 in Stepping On, and 100 in A Matter of Balance;
- Achieve a completion rate of approximately 60% (1,200 completers);
- Train 40 Stepping On leaders and peer leaders;
- Train four Stepping On Master Trainers;
- Train 40 Tai Chi for Arthritis instructors;
- Implement A Matter of Balance classes for Spanish-speaking and/or low-vision older adults in New York City;
- Embed Stepping On and/or Tai Chi for Arthritis in 10 Level 1 trauma centers with sustainable funding mechanisms;
- Build capacity for delivering *Stepping On* and/or Tai Chi for Arthritis in 10 aging network providers;
- Establish integrated, sustainable community falls prevention program networks through four Level 1 trauma centers;
- Introduce the Center for Disease Control and Prevention's STEADI Initiative in 10 Level 1 trauma centers; and
- Increase statewide reach and sustainability by creating an online, statewide calendar of classes.

Contact

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For more information about the Administration for Community Living

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