

# The Dartmouth Centers for Health and Aging Evidence-Based Falls Prevention Program



## Goals, Strategies, and Activities

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

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

The Dartmouth Centers for Health and Aging (DCHA) will implement and evaluate an approach in primary care to screen and refer for falls risk and create an integrated network of evidence-based falls prevention programs across six counties in New Hampshire. DCHA will also implement innovative, sustainable funding to support the following falls prevention programs for at-risk older adults and adults with Parkinson's Disease:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Tai Ji Quan: Moving for Better Balance, a research-based balance training regimen designed for older adults and people with balance disorders.

## Partnerships

To achieve the goals of the grant, DCHA will collaborate with the following key partners:

- Dartmouth-Hitchcock Health, a Medicare Accountable Care Organization;
- NH Falls Risk Reduction Task Force;
- Bureau of Elderly and Adult Services;
- Injury Surveillance Program;
- Parkinson's Disease Center;
- Upper Valley Aquatic Center;
- The Terrace Communities, a group of assisted living communities;
- Dartmouth CO-OP;
- Health clubs;
- Senior centers; and
- Lifeline.

## Anticipated Results

- Establish a sustainable scalable falls prevention approach that significantly increases older adult access to risk screening and referral into prevention programs through primary care practices;
- Enroll 1,200 older adults in two evidence-based falls prevention programs;
- Increase Matter of Balance participants' measured self-efficacy by 25% and Tai Ji



Quan participants' measured functional ability by 25%;

- Facilitate forty falls prevention trainer certifications and enhanced risk screening in clinical and community settings;
- Develop a Web tool for self-guided risk assessment and program referral;
- Conduct four community events to enhance awareness of falls prevention programs; and
- Reduce hospitalizations and health care costs associated with fall-related injuries.

**Contact**

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**For more information about the Administration  
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