**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 program networks.

The Hardrock Council on Substance Abuse and its partners will:

- Complete home and environmental assessments for 50% of the target population of older adults ages 65 years and older;  
- Establish and consistently conduct weekly Tai Chi classes;  
- Design a simple and easy-to-understand falls prevention PowerPoint presentation in the Navajo language; and  
- Develop a fall prevention sustainability plan.

**Partnerships**

To achieve the goals of the grant, Hardrock Council on Substance Abuse will collaborate with the following partners:

- Indian Health Services;  
- Pinon Chapter, Navajo Nation;  
- Hardrock Chapter, Navajo Nation;  
- Navajo Nation Health Education; and  
- Navajo Area Agency on Aging.

**Anticipated Results**

- The homes of 100 elders will be assessed for falls risks, and the following will be provided:  
  - Custom ramps to 8 recipients;  
  - Bathtub slip resistant strips to 50 elders;  
  - Nightlights and a non-slip bathroom rug to 50 recipients;  
  - Grab bars to 50 elders;  
  - Solar lights in the homes and at the outside toilets in 8 homes.  
- 50 participants will be enrolled in Tai Chi, with 30 completers;  
- Falls prevention educational sessions will be given to 150 elders;  
- Fall related injuries will be decreased by 5% in the Hardrock and Pinon communities through coordination with stakeholders to implement evidence-based fall prevention activities; and  
- Sustainable funding options will be identified.
Contact
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For more information about the Administration for Community Living
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