

Colorado Department of Public Health and Environment 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 Colorado (CO) Department of Public Health and Environment will significantly increase the number of older adults and adults with disabilities who participate in the following programs in regions throughout the state:

- Stepping On, a community-based falls prevention program offered once a week for seven weeks in small group settings;
- Tai Ji Quan: Moving for Better Balance (TJQMBB), a research-based balance training regimen designed for older adults and people with balance disorders; and
- A Matter of Balance (MOB), an eight session community-based workshop designed to reduce the fear of falling and increase activity levels.

Partnerships

To achieve the goals of this grant, the CO Department of Public Health and Environment will collaborate with the following partners:

- CO State Unit on Aging;
- CO Department of Health Care Policy and Financing;
- Regional Care Collaborative Organizations (RCCOs);
- Telligent Colorado;
- Falls Prevention Network;
- Tri-County Health Department;
- CO Parks and Recreation Association;
- Hospital Systems implementing Stepping On; and
- Other clinical partners.

Anticipated Results

- An additional 2,000 older adults and/or adults with disabilities will complete Stepping On, TJQMBB, or MOB;
- Stepping On or MOB will be embedded into 20 hospital trauma systems with a sustainable funding mechanism;
- TJQMBB will be embedded into 20 recreation or senior centers;



- Falls prevention awareness and programming will be included in the Regional Care Collaborative Organizations; and
- Sustainable, evidence-based falls prevention programs and networks will be established.

Contact

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**For more information about the Administration
for Community Living**

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