

# Georgia Department of Human Services, Division of Aging Services 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
- To create integrated, sustainable evidence-based prevention program networks.

To reduce falls and falls risks, the Georgia (GA) Department of Human Services, Division of Aging Services (DAS) and its partners will significantly increase participation in:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home.

## Partnerships

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

- GA Department of Public Health's Injury Prevention Program;
- GA Falls Prevention Coalition;
- Centers for Disease Control and Prevention;
- GA Department of Community Health State Office of Rural Health;
- Physical Therapy Association of Georgia;
- Mercer University; and
- GA's Area Agencies on Aging.

## Anticipated Results

- 3,000 individuals will be enrolled in A Matter of Balance, and 100 will be enrolled in Otago;
- The ratio of falls to clients within the Community Care Services Program will be reduced by 3%;
- ER visits associated with falls will be reduced by 3%;
- Self-efficacy related to falls among program participants will be increased by 50%;



- Funds and funding streams available to support a sustainable network of evidence-based programs will be increased by 10%; and
- Referrals to evidence based falls prevention programs will be increased by 50%.

**Contact**

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

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