

# Iowa Department on 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 risk and falls, and
- Create integrated, sustainable evidence-based prevention program networks.

The Iowa (IA) Department on Aging is expanding its existing evidence-based falls prevention programs for older adults with mobility impairments, those living in rural areas, and adults with disabilities, specifically those with brain injuries or Parkinson's disease. Programs that will be expanded/implemented are:

- Arthritis Tai Chi, a research-based balance training regimen designed for older adults and people with balance disorders;
- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Stepping On, a community-based falls prevention program offered once a week for seven weeks in small group settings; participants gain specific knowledge and skills to prevent falls.

## Partnerships

To achieve the goals of the grant, the Iowa Department on Aging will collaborate with the following partners:

- IA Department of Public Health, Office on Disability, Injury and Violence Prevention;
- IA Department of Public Health, Brain Injury;
- IA Medicaid Enterprise and EMC Insurance;
- IA Falls Prevention Coalition and its partner organizations/agencies;
- Iowa Program for Assistive Technology (IPAT) and its Living Well Iowa initiative at University of Iowa's Center for Disabilities and Development;
- YMCA Des Moines;
- Iowa Chapter of the American Parkinson Disease Association;
- Iowa Emergency Medical Services Association;
- Des Moines Fire Department; and
- IA Medicaid Enterprise.

## Anticipated Results

- Over 1,000 individuals at risk for falls will participate in evidence-based falls prevention programs;

- Individuals at risk for falls will improve behaviors to lessen risk;
- The public and stakeholders will be better informed about fall risks, strategies and programs that reduce those risks; and
- Iowans will have a more responsive and integrated evidence-based fall prevention network.

**Contact**

Carlene Russell  
Nutrition Program Director  
Iowa Department on Aging  
[carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov)

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

U.S. Department of Health and Human Services  
Administration for Community Living  
Administration on Aging  
Washington, DC 20201  
<http://www.acl.gov/>

