

Elder Services of the Merrimack Valley 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 through the use of seven regional collaboratives.

Elder Services of the Merrimack Valley (ESMV) in Massachusetts is expanding two evidence-based fall prevention programs:

- 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.

During the second year, ESMV will explore the feasibility of implementing Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home.

Older adults, adults with one or more disabilities, including low vision and hearing impairment, and Spanish-speaking adults at risk for falls will be targeted for falls prevention programs.

Partnerships

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

- Hebrew Senior Life;
- MA Office of Elder Affairs;
- MA Department of Public Health;
- Massachusetts Home Care;
- Massachusetts Councils on Aging;
- Tufts Health Plan Foundation;
- John A Hartford Foundation;
- Sommerville Cambridge Elder; Services/Lifetime Care Solutions;
- Ethos;
- Old Colony Elder Services;
- Baypath Elder Services;
- Elder Services of the Worcester Area;
- Minuteman Senior Services;
- Franklin County Home Care Corporation; and
- Centers for Independent Living.

Anticipated Results

- Enroll 1,900 adults in falls prevention evidence-based falls prevention



programs throughout the state and achieve a completion rate of approximately 75% (1,500 completers);

- Mobilize at least 50 public/private partnerships at the state and community levels;
- Increase confidence in falls prevention/management for 85% of program participants;
- Train 60 new falls prevention program leaders, with at least 10 new leaders in each region;
- Establish at least one contract with a payer to ensure program sustainability and prepare partners to pursue innovative reimbursement approaches for their falls prevention programs; and
- Integrate falls prevention programs and leaders/trainers within the existing successful infrastructure of the Healthy Living Center of Excellence, a partnership between ESMV and Hebrew Senior Life.

Contact

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**For more information about the Administration
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