

# Little Traverse Bay Bands of Odawa Indians 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.

Little Traverse Bay Bands (LTBB) of Odawa Indians' Elders Department, serving three counties in northern Michigan, is implementing two evidence-based programs:

- Tai Ji Quan: Moving for Better Balance, a research-based balance training regimen designed for older adults and people with balance disorders; and
- Yak Trax Walkers, a lightweight traction device that fits over shoes to prevent falls among older adults when walking outdoors on snow and ice.

## Partnerships

To achieve the goals of the grant, LTBB of Odawa Indians will collaborate with the following partners:

- The LTBB of Odawa Indians Health Clinic, including the Medical Director who is one of the Tai Ji Quan instructors;
- The Elders Department transportation service, to ensure that older adults are safely transported to the program site;
- Elder Department staff, Community Health staff, Health Clinic physician and Tribal Administration to serve on the Advisory Board that will develop a sustainability plan.

## Anticipated Results

- 130 LTBB Elders will participate in the evidence-based fall prevention program and experience reductions in the number of falls and fear of falling;
- Participants will experience increases in functional balance, physical performance, and social interaction;
- Elders and the general population will have an increased awareness of falls and falls risk factors; and
- The Advisory Board will develop a plan to sustain the elements of the falls prevention program beyond the two-year funding period. This plan will also align with the goals to prevent and reduce the incidence diabetes among Elders.



**Contact**

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