

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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**For more information about the Administration
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