

Match-E-Be-Nash-She-Wish Band of Pottawatomi 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.

The Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians, also known as Gun Lake Tribe and located in southwest Michigan, is implementing Stay Safe, Stay Active, a weekly community-based group workshop of moderate intensity exercise with additional exercises performed at home by participants. Stay Safe, Stay Active will be targeted to older adults, adults with disabilities, and adults with other risk factors such as chronic conditions and medication use.

Partnerships

To achieve the goals of the grant, Gun Lake Tribe will collaborate with the following partners:

- Indian Health Service;
- Gun Lake Tribe Elder Community;
- Great Lakes Inter-Tribal Epidemiology Center; and
- Local Area Agencies on Aging.

Anticipated Results

- 35 older adults and adults with disabilities will participate in Stay Safe, Stay Active
- Decrease in self-reported falls rate among program participants;
- Decrease fear of falling among program participants;
- Increase overall physical activity among program participants;
- Expansion of the diabetes care program to incorporate fall risk assessment and recruitment of participants for the falls prevention program; and
- Sharing of results and lessons learned from the falls prevention program with other tribes through the existing Diabetes Program Partnership.

Contact

Laurie DeDecker Project Coordinator
Gun Lake Tribe
laurie.dedecker@hhs.glt-nsn.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/>

