

# Minnesota Board 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 and falls risk; and
- Create integrated, sustainable evidence-based prevention program networks.

The Minnesota Board on Aging (MBA) will implement local prototype partnerships with the goal of decreasing falls risk and fear of falling and increasing participation in the following 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.

## Partnerships

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

- Minnesota Department of Health;

- Metropolitan Area Agency on Aging (AAA);
- Central Minnesota Council on Aging;
- Land of the Dancing Sky AAA;
- Arrowhead AAA;
- Minnesota River AAA;
- Minnesota Hospital Association;
- Local public health providers;
- HealthEast Care System;
- NorthPoint Health;
- Mille Lacs Healthcare System;
- Lakewood Healthcare System;
- Lake Region Healthcare System;
- Sanford Health;
- Mahube-Otwa Community Action;
- Eldercircle;
- Madelia Hospital;
- VINE;
- Minnesota Falls Prevention Initiative Coalition; and
- State Fire Marshall and/or Emergency Medical Services Board.

## Anticipated Results

- 1,345 older adults and adults with disabilities will participate in A Matter of Balance;
- 1,160 older adults and adults with disabilities will participate in Tai Ji Quan: Moving for Better Balance;



- A falls risk assessment will be embedded with local healthcare providers and public health;
- Community partnerships that promote sustainable evidence-based falls prevention programs will be expanded; and
- Innovative funding arrangements that support evidence-based programs will be identified.

**Contact**

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**For more information about the Administration  
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