

Health Foundation of South Florida Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Increase access to evidence-based falls 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 Health Foundation of South Florida (HFSF) will implement two tracks, each composed of an educational component and an exercise component. The Group Track will consist of:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;
- Tai Ji Quan: Moving for Better Balance and Tai Chi for Arthritis, research-based balance training regimens designed for older adults and people with balance disorders; and
- EnhanceFitness, a safe and effective low-impact aerobic exercise, strength training, and stretching program.

The individual track for frail older adults and the homebound population will consist of:

- EnhanceWellness, an individualized, self-care intervention that encourages older adults to take on health challenges and maintain control of their lives;
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program; and
- Part D Medication Therapy Management Services, a comprehensive review of current medications conducted by a pharmacist and consultation with the older adult's physician.

Partnerships

To achieve the goals of the grant, the HFSF has partnered with the Physical Therapy Department of Florida International University and will collaborate with the following statewide partners:

- Florida Department of Health;
- Florida Department of Elder Affairs;
- Florida Association of Area Agencies on Aging and its 11 Aging and Disability Resource Centers/AAAs in the state;
- Florida Philanthropic Network;
- Winter Park Health Foundation;
- Health Choice Network;
- Safe Mobility for Life Coalition;



- Florida State Alliance of YMCAs;
- Florida Physical Therapy Association;
- University of Miami – Miami Area Geriatric Education Center;
- Florida Blue Health Plans;
- Preferred Care Partners Medical Group; and
- Broward Guardian Accountable Care Organization.

Anticipated Results

- 3,000 older adults and adults with disabilities will participate in evidence-based falls prevention programs;
- 35% reduction in hospitalizations or emergency department visits due to falls/falls-related injuries;
- 20% improvement in measures of balance, gait and strength from baseline to post intervention;
- 75% increase in activity levels and improved beliefs about preventing falls and managing falls or self-efficacy;
- 90% client satisfaction with fall prevention interventions;
- Increased capacity to deliver billable evidence-based fall prevention programs among over 60% of Area Agencies on Aging in Florida;
- Increased number of health plans in Florida with business agreements with the falls prevention network; and
- Improved HEDIS measures and Star ratings for health plans.

Contact

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For more information about the Administration for Community Living

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