

Vermont Department of Health 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 Vermont (VT) Department of Health will work with 25 or more Emergency Medical Services (EMS) agencies throughout the state to deliver the evidence-based program Fallscape to older adults and older adults with disabilities. Fallscape delivers an intervention utilizing multimedia software to increase falls prevention behaviors and falls self-management skills.

Partnerships

To achieve the goals of the grant, the VT Department of Health will collaborate with the following partners:

- VT EMS agencies;
- VT Department of Disabilities, Aging, and Independent Living;
- VT Association of Agencies on Aging;

- Falls Free Vermont Coalition;
- Champlain Valley Area Agency on Aging; and
- Vermont Health Access.

Anticipated Results

- The number of self-reported falls of 1,000 Fallscape participants will be reduced by 50%;
- The capacity of EMS agencies to deliver a standardized, evidence-based falls prevention program in the community setting integrated with Area Agencies on Aging and existing prevention networks that can be adopted as a model by other jurisdictions will be demonstrated; and
- Sustainable funding options will be identified.

Contact

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**For more information about the Administration
for Community Living**

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