

Mole Lake Sokaogon Chippewa Community 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
- To create integrated, sustainable evidence-based prevention program networks.

The Sokaogon Chippewa Community Elder Apartment Complex will offer Stepping On to all tribal elders 60 and older living in the Sokaogon Chippewa Community (SCC) and within a ten mile radius of SCC. Stepping On is a community-based falls prevention program offered once a week for seven weeks in small group settings.

Partnerships

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

- SCC Planning Department;
- SCC Health Clinic;
- SCC Medicare/Medicaid;
- SCC Elder Programs (aging unit);
- Aging and Disability Resource Center (ADRC) of the Northwoods;
- Great Lakes Inter Tribal Council;

- Wisconsin Institute for Healthy Aging;
- Wisconsin Department of Health Services; and
- Falls Prevention Initiative (Wisconsin's Statewide Falls Coalition).

Anticipated Results

- 60 elders will participate in Stepping On;
- 85% of SCC Elders that meet participation criteria within a 10-mile radius will complete Stepping On training;
- The percentage of falls will be reduced by at least 30% among program graduates;
- Health care partnerships will increase;
- Collaborations will increase between SCC's aging unit and the SCC Health Clinic;
- The number of community experts, physical therapists, vision specialists, community safety specialists and medication specialists who are part of Stepping On will increase and in turn will increase self-care outcomes among participants;
- Participation in the statewide Falls Prevention Initiative will increase; and
- Sustainable funding options will be identified.



Contact

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**For more information about the Administration
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