

The OASIS Institute

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 programs and networks.

The OASIS Institute will:

- Develop a statewide network with capacity to provide integrated evidence-based falls prevention programs supported by Medicare and Medicaid plans;
- Partner with a minimum of two health plans covering multiple geographical regions;
- Provide health care providers with resources to educate older adults and provide referrals to community-based falls risk reduction programs;
- Enroll a minimum of 2,000 individuals in one of the following evidence-based fall prevention programs:

- CDC's Stopping Elderly Accidents, Deaths and Injuries (STEADI) framework to guide integration of community programs with clinical practice;
- 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.

Partners

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

- Department of Health and Senior Services;
- Missouri Association of Area Agencies on Aging;
- The Show Me Falls Free Coalition;
- Gateway Wellness Network;
- Missouri State Alliance of YMCAs; and
- Missouri Primary Care Association, consisting of 28 Federally Qualified Health Centers.



Anticipated Results

- Thirty percent reduction in self-reported falls among program participants;
- Increase in activity levels and improved beliefs about preventing and managing falls;
- Minimum of seven of Area Agencies on Aging, 10 YMCA Associations, and other community-based organizations demonstrating increased capacity to deliver evidence-based fall risk reduction programs;
- Contract agreements with two health plans;
- Products include:
 - Replicable falls risk reduction delivery system;
 - Contract agreements with Medicare and/or Medicaid plans; and
 - A statewide registry of trainers and leaders, and a training center to coordinate regional training programs and maintain a learning network.

Contact

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For more information about the Administration for Community Living

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