United Way of Tarrant County
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 risk and falls; and
• Create integrated, sustainable evidence-based prevention program networks.

United Way of Tarrant County (UWTC) is expanding existing infrastructure for the following two evidence-based programs:

• A Matter of Balance (AMOB), an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
• Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home.

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

• Texas Falls Prevention Coalition/Texas A&M University;
• WellMed;
• Texas Healthy at Home;
• Texas Association of Area Agencies on Aging;
• Texas Department of Aging and Disability Services;
• Falls Reduction and Empowerment Education (FREE);
• Texas Health and Human Services Commission;
• United Way of Tarrant County/ Senior Citizen Service of Greater Tarrant County;
• Alamo Area Council of Governments;
• Capital Area Council of Government;
• Coastal Bend Council of Governments;
• Community Council of Greater Dallas;
• North Central Texas Council of Governments; and
• Rio Grande Council of Governments.

Anticipated Results
• Enroll 4,541 adults in evidence-based falls prevention programs;
• Achieve a completer rate of approximately 75% (3,406 completers) over two years, an increase of 25% from prior years;
• Provide statewide training in Otago;
• Market evidence-based falls prevention programs to health plans;
• Raise statewide awareness of the value of evidence-based intervention strategies for fall prevention among older adults;
• Achieve a 10% improvement in falls efficacy and quality of life on clients with follow-up data;
• Explore obtaining and examining long-term follow-up data on a subset of participants to document cost savings attributed to enrollment in A Matter of Balance; and
• Negotiate at least one Medicare Advantage contract for evidence-based fall prevention programs with eight AAAs.

Contact
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For more information about the Administration for Community Living
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