

# 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 completion 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  
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