

Wisconsin Institute for Healthy Aging 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 Wisconsin Institute for Healthy Aging (WIHA) will enroll older adults in Stepping On workshops each year, targeting adults with disabilities age 55+, with a focus on those with sensory disabilities and adults from African-American, Native American and other minority communities.

Stepping On is an evidence-based falls prevention program offered once a week in two-hour sessions for seven weeks in small group settings in the community; participants gain specific knowledge and skills to increase self-confidence and prevent falls.

Partners

- WI Department of Health Services, Office on Aging;

- WI Department of Health Services, Injury and Violence Prevention Program;
- WI Division of Healthcare Access and Accountability (Medicaid);
- WI Bureau of Aging and Disability Resources;
- Wisconsin Falls Prevention Initiative;
- WI Coalition of Independent Living Centers;
- Area Agencies on Aging;
- Aging and Disability Resource Centers;
- Black Health Coalition of Wisconsin; and
- Aurora Health Care.

Anticipated Results

- Participation of 4,500 individuals at risk for falls in the Stepping On program;
- Improvement of falls risk behavior scale among Stepping On participants;
- Knowledge of the impact of referrals provided health care providers, insurers, and community organizations on reach (number and characteristics of participants from different referral sources);
- Successful implementation strategies for adoption by organizations serving



African- American elders and adults with disabilities;

- Development and execution of at least two business contracts with healthcare entities to embed Stepping On into an integrated sustainable evidence-based prevention program network; and
- Case studies and model templates of successful contracts with insurers/health care entities.

Contact

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

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