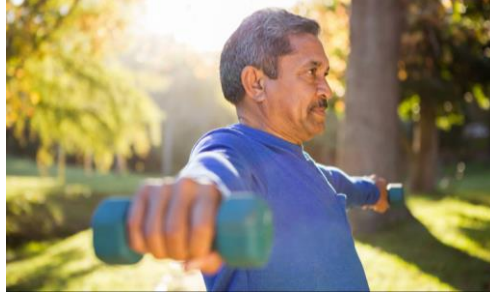


# Partners in Care Foundation Evidence-Based Falls Prevention Program



## Goals, Strategies, and Activities

The overall purposes of this three-year grant are to:

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks;
- Implement innovative funding arrangements to support evidence-based falls prevention programs(s) both during and beyond the grant period; and,
- Embed program(s) into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

Partners in Care Foundation (Partners) will engage older adults with disabilities, particularly those who are low-income, have limited English proficiency, and/or live in rural areas in Alameda, Humboldt, Los Angeles, Napa/Solano, San Joaquin, and Ventura Counties to offer the following evidence-based programs:

- Matter of Balance (MOB), an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;

- Tai Chi for Arthritis, an eight week group program based on Sun-style tai chi; and,
- Tai Ji Quan: Moving for Better Balance, a 48+ hour research-based program to improve balance and strength.

## Partnerships

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

- Blue Shield of CA;
- CA Department of Aging;
- CA Department of Public Health;
- California Healthier Living Coalition;
- Alameda County--Alameda County Health Care Services, Emergency Medical Services/Injury Prevention Program;
- Humboldt County--Humboldt County Department of Health and Human Services, Public Health Branch;
- Napa and Solano Counties--Area Agency on Aging serving those counties;
- San Joaquin Counties--San Joaquin County Department of Aging and Community Services; and,
- Ventura County--Camarillo Health Care District.



## Anticipated Results

- Engage 4,045 participants in MOB, Tai Chi for Arthritis, or Tai Ji Quan: Moving for Better Balance;
- Attain a total of 3,324 completers (a completion rate of approximately 82%);
- Build upon existing falls prevention infrastructure in Alameda, Ventura, Los Angeles, Napa, and Solano counties;
- Expand to two additional, rural counties—Humboldt and San Joaquin;
- Increase physical activity for 80% of surveyed program participants;
- Develop a written statewide sustainability plan for the Network Hub;
- Develop countywide sustainability plans, using the statewide sustainability plan as a template; and,
- Execute at least one new payer contract, covering each of the seven counties funded through this grant.

### Contact

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

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