

# Indian Health Council, Inc.

## 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.

The Indian Health Council, Inc. (IHC), located in California, is implementing Tai Ji Quan: Moving for Better Balance, a research-based balance training regimen designed for older adults and people with balance disorders.

Their objectives include training IHC staff and six tribal members in Tai Ji Quan, enrolling 100 older adults in the program with a sustained attendance rate of 70%, increasing knowledge of falls risks and prevention among elders and their families through home visits and community health educations, and implementing strategies to sustain the program beyond the grant period.

### Partnerships

To achieve the goals of the grant, Indian Health Council, Inc. will collaborate with the following partners:

- San Diego County, Aging and Independence Services Fall Prevention Task Force;
- University of California San Diego Center for Integrative Medicine;
- Nine participating tribes;
- Tribal Elders Programs.

### Anticipated Results

- Decrease the annual number of falls-related injuries and deaths among older adults;
- Increase awareness of falls risks and prevention among tribal elders and their families;
- Improve collection and reporting of client data for falls injuries/deaths;
- Integrate EBFP programs in IHC services through enhanced organizational capacity and sustainability funding; and
- Produce products including: outreach and instructional materials, records of participant attendance, evaluation documentation measuring client progress, process objectives, and interim and summative outcomes.

### Contact

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**For more information about the Administration  
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