

Rush University Medical Center Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

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

- Significantly increase the number of older adults and older adults with disabilities at risk of falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support community-based falls prevention programs beyond the grant period, while embedding the programs into an integrated, sustainable evidence-based prevention program network.

Rush University Medical Center, in partnership with the Illinois Community Health and Aging Collaborative and other key stakeholders, will implement the following falls prevention program for at-risk older adults and adults with disabilities:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels.

Partnerships

To achieve the goals of the grant, Rush University Medical Center will collaborate with the following key partners:

- Illinois Department of Public Health and Department on Aging;
- Illinois Aging Services, Inc.;
- Department of Family and Support Services, City of Chicago;
- Illinois Community Health and Aging Collaborative;
- MaineHealth's Partnership for Healthy Aging, A Matter of Balance;
- AgeOptions, the Area Agency on Aging of Cook County;
- Illinois Area Agencies on Aging;
- Illinois Coalition on Falls Prevention;
- White Crane Wellness Center;
- AgeSmart Community Resources;
- CIMPACT, SC medical group practice;
- Illinois Health and Hospital Association;
- Illinois Physical Therapy Association;
- University of Illinois at Chicago, College of Applied Health Sciences;
- Visiting Nurses Association of the Rockford Area;
- Geriatric Workforce Enhancement Programs in Illinois;



- Molina Healthcare; and,
- NextLevel Health, a Medicaid managed care health plan.

Anticipated Results

- Expand the reach of A Matter of Balance in Illinois by creating a platform of Master Trainers and Coaches to sustain program delivery;
- Increase statewide participation of at least 1,000 older adults and persons with disabilities including those living in rural areas, in A Matter of Balance programming;
- Implement a total of 100 A Matter of Balance classes in Illinois and achieve a completion rate of 80% ;
- Improve participant health outcomes, including increased confidence, activation, and increased exercise and physical activity;
- Distribute and include A Matter of Balance educational content and materials within Geriatric Workforce Enhancement Programs and other community institutions and service organizations' regular services;
- Establish referral relationships with primary care and obtain formalized partnerships;
- Increase public awareness, education, marketing, and recruitment processes by leveraging current efforts within the aging network; and,
- Establish sustainable funding arrangements through strategic partnerships by embedding A Matter of Balance into an established integrated, evidence-based prevention program network.

Contact

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For more information about the Administration for Community Living

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