

Iowa Department of Public Health 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 Iowa Department of Public Health is expanding existing evidence-based falls prevention programs for older adults with mobility impairments, those living in rural areas, and adults with disabilities, specifically those with brain injuries or Parkinson's disease. Programs that will be expanded/implemented are:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home;

- Stepping On, a community-based falls prevention program offered once a week for seven weeks in small group settings; and,
- Tai Chi for Arthritis, a research-based balance training regimen designed for older adults and people with balance disorders.

Partnerships

To achieve the goals of the grant, the Iowa Department of Public Health will collaborate with the following key partners:

- Iowa Department on Aging;
- Iowa Department of Public Health—Office for Health Care Transformation;
- Iowa Association of Area Agencies on Aging;
- Des Moines University;
- Iowa Association for Physical Therapists;
- YMCA—Healthy Living Center;
- Iowa Healthcare Collaborative;
- Iowa Association of Area Agencies on Aging; and,
- Iowa Falls Prevention Coalition and its partner organizations/agencies.



Anticipated Results

- Over 3,706 individuals at risk for falls will participate in evidence-based falls prevention programs;
- At least two innovative funding arrangements will be implemented to support sustainability of the program network;
- Increase the membership of the Iowa Falls Prevention Coalition by 10 organizations and represent six new regional falls prevention coalitions;
- Increase the availability and variety of evidence-based fall prevention programs;
- Implement the Otago Exercise Program to increase reach to older adults unable to participate in group programs and who are under the care of a physical therapist;
- Expand screening and referral in primary care practices through the Centers for Disease Control and Prevention STEADI toolkit;
- Expand the referral system model in 25 hospitals across 20 counties;
- Finalize a sustainability plan with the following recommendations: A business plan with details of the costs for starting and maintain class delivery; Determine the return on investment or actual cost savings as a result of the evidence-based falls prevention classes; Meet with insurers or third party payers to propose a fee-for-service model; and, Develop and implement pilot projects to test a screening and referral process and monitor participant and program outcomes;
- Increase the number of Matter of Balance workshops held statewide by 80%;

- Increase the number of TCA classes offered and participants reached by 108%;
- Increase the number of Stepping On workshops offered by 100%;
- Promote and conduct an annual Fall Prevention Symposium; and,
- Create and lead a statewide task force to develop a plan for falls prevention, including reimbursement mechanisms;

Contact

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For more information about the Administration for Community Living

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