

Southern Maine Agency on Aging 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.

Southern Maine Agency on Aging (SMAA) is expanding three evidence-based falls prevention (EBFP) programs:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Tai Chi for Arthritis, an eight-week group program based on Sun style tai chi.

SMAA will work to establish a Falls Prevention “hub”, implement programs at regional centers, and establish relationships with key medical partners.

Partnerships

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

- Maine Department of Health and Human Services, Office of Aging and Disability Services;
- MaineHealth Accountable Care Organization;
- York Hospital;
- Office of MaineCareServices (Medicaid);
- Aroostook Agency on Aging;
- Eastern Area Agency on Aging;
- SeniorsPlus, Western Maine’s Aging & Disability Resource Center;
- Tai Chi for Health Institute;
- MaineHealth Partnership for Healthy Aging;
- MaineGeneral Health;
- Spectrum Generations, Central Maine’s Aging & Disability Resource Center and Area Agency on Aging; Maine Quality Counts, a regional health improvement collaborative; and
- InterMed, a healthcare provider in Southern Maine.

Anticipated Results

- Develop workforce and system for falls risk screening and referral, engaging and connecting target audiences to EBFP



- programs;
- Increase the number of older adults and people with disabilities who participate in Matter of Balance, Tai Chi for Arthritis, and Tai Ji Quan by 270% from 630 to 1,700 over two years through a statewide distribution network, including partners who embed the program and provide ongoing financial support; and
 - Develop a variety of products, including a statewide calendar of EBFP programs, a value proposition proposal and cost analysis of EBFP programs, a MaineHealth Safe Mobility Toolkit, and an Interdisciplinary Educational Workshop curriculum.

Contact

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**For more information about the Administration
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