

# Maintaining Active Citizens - MAC Incorporated 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.

MAC Inc. Living Well Center of Excellence (LWCE) in Maryland is expanding two evidence-based fall prevention programs as part of their goal to significantly increase participation of older adults and people with disabilities in evidence-based falls prevention programs by embedding fall risk assessments, screening, referral, and enrollment processes into Maryland's integrated sustainable EBFP network:

- Stepping On, an evidence-based falls prevention program offered once a week in two-hour sessions for seven weeks in small group settings in the community; participants gain specific knowledge and

skills to increase self-confidence and prevent falls; and

- Otago Exercise Program, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home.

## Partnerships

To achieve the goals of the grant, MAC Inc. LWCE will collaborate with the following partners:

- Maryland Department of Aging;
- Maryland Department of Health and Mental Hygiene;
- Maryland Association of Area Agencies on Aging;
- Anne Arundel Department of Aging and Disability;
- Baltimore County Department of Aging;
- Howard County Office on Aging;
- Montgomery County Department of Health and Human Services;
- Washington County Commission on Aging;
- City of Baltimore Health Department, Division of Aging and CARE Services;
- Cecil County Health Department;
- Washington County Health Department;
- Peninsula Regional Medical Center;



- Johns Hopkins Geriatric Medicine and Gerontology;
- Meritus Health;
- Peninsula Home Care;
- Johns Hopkins Bloomberg School of Public Health;
- University of Maryland – Eastern Shore, Department of Physical Therapy;
- University of North Carolina, Center for Health Promotion and Disease Prevention;
- Bay Area Center for Independent Living;
- Beacon Institute, Lifespan Network.

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

U.S. Department of Health and Human Services  
Administration for Community Living  
Administration on Aging  
Washington, DC 20201

<http://www.acl.gov/>

## Anticipated Results

- Leverage Maryland’s Chronic Disease Self-Management Program infrastructure through hospitals/trauma centers, state agencies, and aging network partnerships to embed screening, referral, and program implementation to ensure sustainable evidence-based falls prevention programming;
- Screen and refer at-risk individuals to enroll at least 2,600 participants and 2,000 completers in Stepping On and Otago;
- Expand data systems that track referrals, participant engagement/retention, and professional development/trainings to ensure workforce capacity/quality assurance; and
- Create products such as webinars for health care professionals, a Best Practices Toolkit, quarterly reports for network partners, and annual Living Well Evidence-Based Training Academy.

### Contact

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