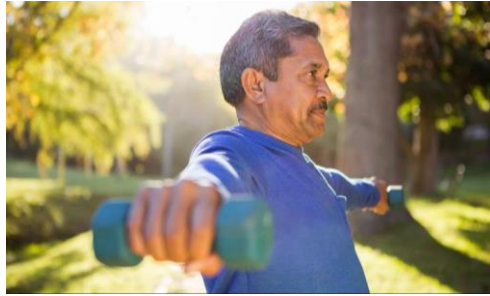


University of North Carolina at Asheville (UNCA) Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

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

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks;
- Implement innovative funding arrangements to support evidence-based falls prevention program(s) both during and beyond the grant period; and,
- Embed program(s) into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

UNCA is expanding existing infrastructure by engaging rural older adults, non-native English speakers, and adults with disabilities by offering the following evidence-based programs:

- Matter of Balance (MOB), 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.

Partnerships

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

- Carolina Geriatric Workforce Enhancement Program;
- Genesis Rehabilitation;
- High Country AAA;
- Isothermal Planning & Development Commission AAA;
- Land of Sky Regional Council AAA;
- Mission Health Partners (ACO);
- Mission Health Philanthropy;
- Mission Health Trauma and Emergency Department;
- North Carolina Alliance of YMCAs;
- North Carolina Division of Aging and Adult Services (State Unit on Aging);
- North Carolina Division of Public Health;
- North Carolina Falls Prevention Coalition;
- North Carolina Medical Society;
- Southwestern Commission AAA;
- Western Carolina University;
- Western North Carolina Falls Prevention Coalition; and,
- Western Piedmont AAA.

Anticipated Results

- Reach 3,360 participants through the Matter of Balance (MOB) program;



- Reach 360 participants through the Tai Chi for Arthritis (TCA) program;
- Create a "Falls Prevention Pathway" in the Accountable Care Organization, Mission Health Partners, care coordination tool, athenahealth;
- Embed evidence-based falls prevention programs into workflow processes of Mission Health departments;
- Establish a Clinical Community Integration Committee;
- Implement cultural competence and disability inclusion training as part of AMOB and TCA training;
- Establish a centralized training for TCA at the High Country Area Agency on Aging; and,
- Expand formal agreements between collaborating partners.

Contact

Nicolle Miller
Director of State and Community Collaborations
North Carolina Center for Health Wellness
(NCCHW)
University of North Carolina at Asheville
nmiller2@unca.edu

**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/>

