

The Dartmouth Centers for Health and Aging (DCHA) and Dartmouth-Hitchcock Health (D-HH) 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 programs(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.

The Dartmouth Centers for Health and Aging (DCHA) and Dartmouth- Hitchcock Health (D-HH) are expanding existing 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 Ji Quan: Moving for Better Balance (TJQMBB), a research-based balance training regimen designed for older adults and people with balance disorders.

Partnerships

To achieve the goals of the grant, DCHA and D-HH will collaborate with the following partners:

- New Hampshire State Unit on Aging;
- Connecticut State Unit on Aging;
- New Jersey State Unit on Aging;
- New Hampshire Falls Risk Reduction Task Force;
- Connecticut North Central Area Agency on Aging;
- Massachusetts Area Agency on Aging (Elder Services of the Merrimack Valley);
- Massachusetts Falls Prevention Coalition;
- Massachusetts Executive Office of Elder Affairs;
- New Jersey Atlantic County Area Agency on Aging;
- New Jersey Falls Prevention Working Group;
- New Jersey PACE Program;
- Dartmouth-Hitchcock Parkinson's Disease and Movement Disorder Center;
- Dartmouth-Hitchcock Population Health.



Anticipated Results

- Engage at least 1,800 participants in New Hampshire community-based falls prevention programs;
- Engage at least 150 participants in Massachusetts in TJQMBB;
- Engage at least 250 participants in Connecticut in TJQMBB;
- Engage at least 85 participants in New Jersey in TJQMBB;
- Increase the number of older adults and people with Parkinson's disease who participate in evidence-based community programs to reduce falls risk;
- Develop a New Hampshire Falls Prevention Network Hub to provide training, program referral, technical assistance, quality assurance, and administrative support for population-based falls prevention programs;
- Develop a sustainable Northeast Regional TJQMBB Training Center to build capacity for TJQMBB in New Hampshire, Massachusetts, Connecticut, and New Jersey that will inform national models for TJQMBB adoption, implementation and sustainability;
- Conduct at least 3 TJQMBB instructor trainings, at least 4 refresher trainings, and train 30-35 instructors in each year;
- Support implementation of at least 18 new TJQMBB programs in the Northeastern US, enrolling at least 185 participants per year; and,
- Collaborate with the Dartmouth-Hitchcock ACO to demonstrate cost effectiveness of enrolling ACO members at risk for falls in falls prevention programs in NH.

Contact

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