

New Mexico Department of Health 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 for falls who participate in evidence-based community programs to reduce falls and falls risks, and
- Implement innovative funding arrangements to support these evidence-based falls prevention programs in the aging network during and beyond the grant period, while embedding the programs into an integrated, sustainable evidence-based prevention program network.

The NM Department of Health will expand access to evidenced-based falls prevention programs, especially to rural counties and limited-English speaking populations. These programs include:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;
- Tai Ji Quan: Moving for Better Balance (TJQMBB), a research-based balance

training regimen designed for older adults and people with balance disorders;

- The 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;
- CDC's Stopping Elderly Accidents, Deaths, and Injuries (STEADI) toolkit.

Partners

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

- New Mexico Adult Falls Prevention Coalition (NMAFPC);
- New Mexico Aging and Long-Term Services Department's (NMALTS) Aging and Disability Resource Center (ADRC);
- NM City of Albuquerque Department of Senior Affairs;
- NM Retiree Health Care Authority;
- NM Association for Home & Hospice Care;
- Presbyterian Health Care Services;
- HealthInSight NM.



Anticipated Results

- Enroll 1,150 participants in a Matter of Balance, with 862 completers;
- Enroll 675 participants in TJQMBB, with 506 completers;
- Train 200 physical therapists in Otago;
- Train 130 older adults, 200 community health workers, and 150 healthcare providers, in the CDC's STEADI toolkit;
- Increase levels of community awareness of available falls prevention programming in New Mexico by documenting a measurable increase in persons receiving project services;
- Provide evidence that New Mexicans are satisfied with the way the proposed evidence-based falls prevention programming is delivered;
- Create an enhanced, integrated, and sustainable evidence-based prevention program network through the NMAFPC;
- Increase investment of resources in evidence-based falls prevention programs, through community partnerships and innovative funding arrangements, to ensure sustainability and availability of such programming throughout New Mexico beyond this federal funding.

Contact

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For more information about the Administration for Community Living

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