

# Spirit Lake Tribe

## Evidence-Based Falls Prevention Program



### Goals, Strategies, and Activities

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

- Significantly increase the number of American Indian, Alaskan Native and Native Hawaiian older adults at risk of falls who participate in evidence-based community programs to reduce falls and falls risks, and
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support these evidence-based falls prevention programs in the tribe, during and beyond the grant period.

Through a formal collaboration among Spirit Lake Nation's Tribal Health Programs and Senior Services Program, Spirit Lake Tribe will expand the following evidence-based falls prevention program:

- Stepping On, a community-based falls prevention program offered once a week for seven weeks in small group settings.

### Partnerships

To achieve the goals of the grant, the Spirit Lake Tribe will collaborate with the following partners:

- Spirit Lake Nation (SLN) Housing Department;
- Indian Health Services Clinic;
- Tribal and regional health providers;
- Tribal Elder-Care Workgroup;
- Drs. Krein and Moen, PC, of Eye Clinic;
- Local law enforcement;
- North Dakota Injury Prevention Program partners;
- North Dakota State University School of Nursing; and,
- North Dakota Department of Health and Health Equity Office.

### Anticipated Results

- Offer falls prevention education for at least 64 elders with a 75% completion rate;
- Train three new SLN health workers as certified Stepping On program leaders;
- Conduct home safety assessments for all SLN elders 60 years of age and older;
- Utilize the home safety assessment (HSA) tool provided by the Stepping On program manual and the HSA from the National

Resource Center on Native American Aging to evaluate elders' potential fall hazards and assist elders with making minor adaptations to prevent falls at home;

- Improve awareness of falls prevention strategies among elders and health care workers;
- Create educational toolkits for maintaining falls prevention education at SLN and to share with other tribes;
- Develop a collaborative plan among four health-related programs to rotate Stepping On programs through all four community districts bi-annually; and,
- Develop a sustainable component within a larger system of long-term services and supports by establishing a MOU between Tribal Health and Senior Services Programs to sustain Stepping On programs in all four communities.

**Contact**

Margaret Brown  
Project Director  
Spirit Lake Tribe Falls Prevention Grant  
[Margaret.Brown@ihs.gov](mailto:Margaret.Brown@ihs.gov)

**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/>

