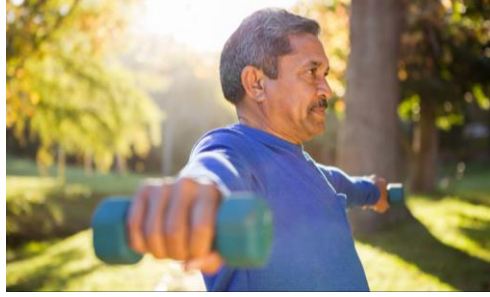


# United Way Tarrant County Evidence-Based Falls Prevention Program



## 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.

United Way of Tarrant County (UWTC) is expanding existing infrastructure by engaging low-income and minority older adults in underserved areas, especially counties deemed “hotspots” by offering the following evidence-based program:

- Matter of Balance (MOB), an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;

## Partnerships

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

- Brookdale Senior Living;
- Care N’ Care;
- DFW Hospital Council;
- Evidence-Based Leadership Council;
- Fort Worth Safe Communities;
- John Peter Smith Health Network (JPS);
- Maine Health;
- Molina;
- North Central Texas Trauma Advisory Council;
- Superior;
- Texas A&M School of Public Health;
- Texas Association of Area Agencies on Aging (T4A);
- Texas Fall Prevention Council;
- Texas Health & Human Services (HHS, State Medicaid agency);
- Texas Health Resources (THR); and,
- Texas Healthy at Home.

## Anticipated Results

- Engage 3,327 MOB participants and graduate at least 2,496;
- Increase number of low-income and minority participants in MOB;



- Increase number of MOB Master Trainers and Volunteer Lay Leaders;
- Increase underserved population participation by 15%, especially in falls “hotspots”;
- Train bilingual volunteers to teach MOB in additional languages;
- Create sustainable funding through integrated health care and managed care partnerships; and,
- Utilize geo-mapping to enhance falls prevention infrastructure.

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**For more information about the Administration  
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