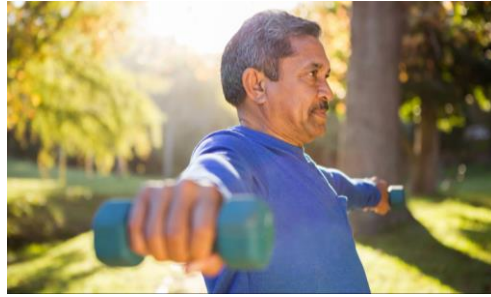


Utah Department of Health Violence and Injury Prevention Program Evidence-Based Falls Prevention Program



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.

Utah Department of Health Injury and Violence Prevention Program (UDOH) will engage older adults across the fall risk spectrum, including adults with intellectual disabilities (IDD) to offer the following evidence-based programs:

- Otago Exercise Program (OEP), an individually tailored program of muscle strengthening, balance retraining, and walking for frail older adults;

- Stepping On (SO), a community-based falls prevention program offered once a week for seven weeks in small group settings; and
- Tai Chi for Arthritis (TCA), an eight week group program based on the Sun-style tai chi.

Partnerships

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

- Area Agencies on Aging;
- Davis County Health Department;
- Five County Association of Government;
- Friendship Manor;
- Intermountain Healthcare (IHC);
- Intermountain Medical Center (IMC);
- Journey 4 Health Now;
- Lighten Home Health and Hospice;
- OptumCare;
- Salt Lake City Fire Department;
- TURN Community Services;
- UT Division of Aging and Adult Services;
- UT Falls Prevention Coalition;
- UT Traumatic Brain Injury Fund; and



- Weber Human Services.

Anticipated Results

- Engage 1,530 participants in OEP, SO, or TCA
 - OEP: 360
 - OEP for adults with IDD: 56
 - SO: 294
 - TCA: 820
- Attain a total of 996 completers
 - OEP: 140
 - OEP for adults with IDD: 22
 - SO: 233
 - TCA: 623
- By Year 3 of the grant:
 - At least 50% of OEP participants will be referred through the centralized network hub (<http://livingwell.utah.gov/>);
 - Four SO workshops at IMC will be funded by IHC;
 - Contracts will be negotiated with at least four agencies to fund OEP, TCA, and SO after the grant ends; and
 - Silver Sneakers gyms will pay TCA leaders for providing classes at their facilities.

Contact

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For more information about the Administration for Community Living

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Administration for Community Living
Administration on Aging
Washington, DC 20201
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