

Marymount University Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

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

- Increase the availability and accessibility of evidence-based falls prevention programs for older adults and adults with disabilities to reduce falls and falls risk; and
- Create a regionally integrated falls prevention network to coordinate and sustain evidence-based falls prevention programs.

Marymount University Malek School of Health Professions, in partnership with Inova Health System, Goodwin House, and other key stakeholders, will build and maintain a regionally integrated Northern Virginia Falls Prevention Network to implement and sustain the following evidence-based falls prevention programs:

- Stay Active and Independent for Life (SAIL), a strength, balance, and fitness program for older adults who are at low to moderate risk for falling. The SAIL program is a one hour session offered three times per week on an ongoing basis;

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and,
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home

Partnerships

To achieve the goals of the grant, Marymount University will collaborate with the following key partners:

- Inova Health System;
- Goodwin House;
- The Commonwealth of Virginia Department for Aging and Rehabilitative Services;
- Arlington County Department of Parks and Recreation, Senior Adult Programs;
- Fairfax County Area Agency on Aging (AAA);
- City of Falls Church;
- Alexandria Division of Aging Services;



- Loudoun County Area Agency on Aging (AAA);
- Fairfax County Adult Day Health Care;
- Jewish Community Center of Northern Virginia;
- Arlington Neighborhood Villages;
- Lake Barcroft Village, Inc.;
- Mount Vernon At Home;
- Shepherd's Center of Oakton—Vienna;
- Alexandria At Home;
- Shepherd's Center of Fairfax—Burke;
- Virginia Hospital Center; and,
- MedStar Health

Anticipated Results

- Establish the Northern Virginia Falls Prevention Network, a coordinated regional infrastructure to implement, expand, and sustain EBFPP;
- Develop a Regional Training Center;
- Enroll 1,400 at-risk older adults in an EBFPP;
- Train 70 leaders to deliver an EBFPP;
- Develop an EBFPP publicity toolkit with marketing materials to recruit program participants;
- Host a Northern Virginia Falls Prevention Network regional conference for practitioners and other professionals;
- Increase awareness of EBFPP among older adults, providers, and organizations; and,
- Extend EBFPP coverage under a health plan benefit structure through a local health carrier.

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
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