

# Wisconsin Institute for Healthy Aging 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.

The Wisconsin Institute for Healthy Aging (WIHA) will increase participation of older adults and adults with disabilities in Stepping On workshops each year. Stepping On is an evidence-based falls prevention program offered once a week in two-hour sessions for seven weeks in small group settings in the community. After the seven weeks, follow-up is provided with a phone call or home visit as well as a booster session. Participants gain specific knowledge and skills to increase self-confidence and prevent falls.

WIHA will implement new strategies to achieve sustainability, including an aggressive statewide consumer awareness campaign; collective impact approaches to increase number and types of local aging, disability and health care provider partners that embed workshops through the WIHA network hub; develop high traffic health care referrals through the CDC's *Stopping Elderly Accidents Deaths and Injuries* Tool Kit in Electronic Health Records and other strategies; increase health care payor purchasing by using publicly reported data to target healthcare entities; pursue Medicaid reimbursement; and explore participant incentives to enhance enrollment and completion.

## Partners

- Office on Aging, Bureau of Aging and Disability Resources, WI Department of Health Services;
- Area Agencies on Aging;
- Aging and Disability Resource Centers;
- WI Falls Prevention Initiative, Division of Public Health, WI Department of Health Services;
- MetaStar (Medicare Quality Improvement Organization);
- WI health care providers and payors;



- WI Coalition of Independent Living Centers;
- WI Association of Senior Centers; and,
- Aging and Disability Association Professionals of Wisconsin.

## Anticipated Results

- Enroll 8,165 older adults in Stepping On workshops with 82% completion rate (6,695);
- Expand WIHA's centralized coordinated processes via robust infrastructure, including faculty trainer and program implementation director, Master trainers, leaders, relational database, data collection, quality assurance, standardized recruitment practices and increased community awareness; and,
- Execute at least 18 business contracts and/or multi-year sponsorships.

### Contact

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### For more information about the Administration for Community Living

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