

The YMCA of the Suncoast

Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year sustainability grant are to:

- Significantly increase the number of older adults and adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The YMCA of the Suncoast (Suncoast Y) and its partners will:

- Develop and implement a unified public communications campaign
- Establish and install a formalized provider referral process
- Expand the number of community-based falls prevention program sessions by adding new community locations and training more instructors
- Establish a centralized, coordinated process for receiving referrals from

- Tampa Bay Falls Prevention Project healthcare providers and payment
- Establish a sliding scale fee for service rate for self-pay individuals and a rate to propose to future sponsors
- Execute a formal MOU with BCHS to cover the cost of participation by low to moderate income individuals
- Disseminate the project's results to local, state and national audiences.

Proposed Interventions

- EnhanceFitness

Partnerships

To achieve the goals of the grant, Suncoast Y will collaborate with the following key partners:

- BayCare Health System
- YMCA of Greater St. Petersburg
- Tampa Metropolitan Area YMCA

Anticipated Results

Suncoast Y and its partners propose to achieve the following results:



- 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 by serving 4,050 older adult participants over the 3-year funding period.
- Develop and implement a unified public communications campaign to reach a minimum of 150,000 individuals.
- Establish and install a formalized provider referral process resulting in 3,000 provider referrals over the project period.
- Train 30 EnhanceFitness instructors and 1 trainer of trainers.
- Identify and secure 20 community-based implementation sites.
- Implement innovative funding arrangements, including contracts and collaborations with sustainability partners by establishing formal written agreements.

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For more information:

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