

# Innovations for Aging, LLC

## 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 older 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, including contracts and collaborations with sustainability partners, to support evidence-based falls prevention programs, and to embed programs into an integrated, sustainable evidence-based program network via centralized, coordinated processes.

The Innovations for Aging, LLC (IFA) and its partners will:

- Scale program capacity to meet growing demand across all regions and proposed programs;
- Increase utilization of falls prevention programs for defined populations, including pre- and post-surgical patients;

- Design impact measures and tracking systems that will demonstrate the value of evidence-based programs to sustainability partners

### Proposed Interventions

- A Matter of Balance
- Stay Active and Independent for Life
- Stepping On
- Tai Ji Quan: Moving for Better Balance

### Partnerships

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

- Two large health insurance organizations in Minnesota
- Essentia Health
- Fairview Health Services
- Minnesota AAAs
- Minnesota Board on Aging



## Anticipated Results

The IFA and its partners propose to achieve the following results:

- Serve 5,471 individuals in falls prevention programs with roughly one third being supported by sustainability partner reimbursement;
- Expand the geographical footprint of class offerings by an average of 10% each year;

- Enroll 225 individuals in falls prevention programs following referral from their healthcare provider

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### For more information:

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