

# The Oasis Institute

## 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 to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Oasis Institute and its partners will:

- Expand the statewide network to provide an integrated evidence-based falls prevention program covered by Medicare/Medicaid plans;
- Enroll 5,718 individuals into Matter of Balance, Tai Chi for Arthritis and Stay Strong Stay Healthy; and,
- Create three contract agreements with sustainability partners.

### Proposed Interventions

- A Matter of Balance
- Tai Chi for Arthritis

### Partnerships

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

- University of Missouri Extension;
- Missouri Department of Health and Senior Services;
- Show Me Falls Free Missouri Coalition;
- Missouri Association of Area Agencies; and,
- Horizon Housing Foundation.

### Anticipated Results

The Oasis Institute and its partners propose to achieve the following results:

- Enroll 5,718 individuals into Matter of Balance (MOB), Tai Chi for Arthritis (TCA) and Stay Strong Stay Healthy (SSSH);
- 90% of participants in MOB and 85% of participants in TCA will reduce fear of falling; 99% of participants in both programs will feel more comfortable increasing activity;

- Implement innovative funding arrangements, including contracts and collaboration with three sustainability partners to support falls prevention programs; and,
- Create a *Sustainable Funding Committee*, stemming from the Show Me Falls Free Missouri Coalition (Coalition), to build relationships with potential payors.

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