

The Tennessee Commission on Aging & Disability Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

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

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Tennessee Commission on Aging & Disability (TCAD) and its partners will:

- Recruit, train, and maintain 60 SAIL leaders
- Leverage existing falls prevention programs
- Expand geographic reach of SAIL
- Strengthen Tennessee's aging network system
- Build capacity of SAIL leaders to receive payments through health insurance providers

- Establish innovative funding streams
- Leverage partnerships to secure low/no cost resources
- Embed monitoring within SUA processes.

Proposed Interventions

- Stay Active and Independent for Life (SAIL)

Partnerships

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

- 9 Area Agencies on Aging and Disability
- TN Falls Coalition
- TN Department of Healthy, Division of Family Health and Wellness/Injury and Violence Prevention
- Johnson City Medical Center
- Tivity Health

Anticipated Results

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



- Expand geographic reach of SAIL by implementing in 60 new sites within 29 (60%) of 48 rural counties with no falls prevention program
- Establish 60 new SAIL sites
- Train 60 new certified SAIL leaders
- 3,330 SAIL participants, including 1,665 (55%) new rural participants
- Distribute 70 “SAIL in TN” toolkits
- Develop branded, state-specific marketing and outreach materials
- Create one centralized agency responsible for SAIL initiatives statewide
- Develop standardized fidelity monitoring tools

- Develop a branded SAIL toolkit, standardized monitoring program, public awareness campaign, and falls prevention website.

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