

Washington State Department of Health 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 Washington State Department of Health (DOH) and its partners will:

- Engage older adult, adults with disabilities, older adults with limited English proficiency, rural/homebound older adults, and tribal elders in evidence-based falls prevention programs (EBFPPs) in three Area Agencies on Aging (see “Partnerships”);
- Implement a software referral system for EBFPPs in three Area Agencies on Aging;
- Culturally translate and disseminate EBFPPs for Tribal Elders.

Proposed Interventions

- A Matter of Balance (MOB)
- EnhanceFitness (EF)
- Otago Exercise Program (OEP)

Partnerships

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

- Area Agencies on Aging:
 - Aging and Long Term Care of Eastern Washington (ALTCEW);
 - Southeast Washington Aging and Long Term Care (SE WA ALTC);
 - Northwest Regional Council (NWRC);
- Eastern WA University;
- Geriatric Special Interest Group of the WA State Physical Therapy Association;
- Health Homes Program;
- Northwest Regional Council/Wisdom Warriors Project;
- Wellness Place
- Sound Generations

Anticipated Results

DOH and its partners propose to achieve the following results:

- Engage 2,200 participants in EBFPPs
 - MOB: 1,300 participants
 - EF: 500 participants
 - OEP: 400 participants;
- Establish 25 host sites for EF;
- Train and mobilize 104 MOB coaches and offer 90 MOB classes in rural underserved counties with elevated rates of falls-related hospitalization;
- Train 60 physical therapists in OEP;
- Develop and implement a wraparound workshop for family caregivers of

patients receiving OEP from Home Health and Outpatient Physical Therapists;

- Develop implementation tools and materials for at least one culturally translated EBFPP for Tribal Elders

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For more information:

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