Winston-Salem State University
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 Winston-Salem State University and its partners will:

• Strengthen and expand fall prevention education and training in six western Piedmont counties;
• Increase accessibility to evidence-based programs for older adults and adults with disabilities;
• Create an organized and comprehensive fall prevention referral network; and
• Establish the Piedmont Triad Coalition for Fall Prevention to link referrals to durable and sustainable programming.

Proposed Interventions
• Tai Ji Quan: Moving for Better Balance
• A Matter of Balance
• Otago Exercise Program

Partnerships
To achieve the goals of the grant, Winston-Salem State University will collaborate with the following key partners:

• Community Care Center
• High County Area Agency on Aging
• Kindred at Home
• North Carolina Alliance of YMCA’s
• North Carolina Center for Health & Wellness at UNC Asheville
• North Carolina Division of Aging and Adult Services
• Piedmont Triad Regional Council
• Senior Services, Inc.
• YMCA of Northwest North Carolina

Anticipated Results
The Winston-Salem State University and its partners propose to achieve the following results:

• Engage 400 older adults and adults with disabilities in an evidence-based falls prevention and Public Health Fund 2019, effective May 1, 2019
prevention program, 100 of whom are underserved;

- Train 12 new instructors;
- Demonstrate improvements in all balance and functional measures for program participants;
- Decrease fall risk and incidence of falls; and
- Establish a Falls Coalition that communicates quarterly and has at least 10 members.

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