

Central Maine Area Agency on Aging 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 Central Maine Area Agency on Aging, Healthy Living for ME (HL4ME), and its partners will:

- Embed the program(s) into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes;
- Develop capacity, classes, and sustainability within rural areas; and
- Build capacity within all of Maine for fall prevention programs to prepare for statewide contract implementation.

Proposed Interventions

- A Matter of Balance
- Tai Chi for Arthritis
- Enhance®Fitness
- Tai Ji Quan: Moving for Better Balance

Partnerships

To achieve the goals of the grant, HL4ME will collaborate with the following key partners:

- Dartmouth Centers for Health & Aging
- MaineHealth
- SeniorsPlus
- Aroostook Area Agency on Aging

Anticipated Results

The HL4ME and its partners propose to achieve the following results:

- Reach 1,000 completers out of 1,664 participants;
- Establish strategic partnerships with 17 community-based providers;
- Promote 200 class listings;
- Encourage at least 85% of sites to utilize the data system;
- Ensure that 95% of leaders will have access to standardized training; and

Prevention and Public Health Fund 2019, effective May 1, 2019



- Identify at least four quality assurance metrics.

Contact:

Kristin Overton

Spectrum Generations

Email: koverton@spectrumgenerations.org

For more information:

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20201

<http://www.acl.gov>

Prevention and Public Health Fund 2019, effective May 1, 2019

