Goals, Strategies, and Activities
The overall purposes of this 3-year “Integrated Networks to Deliver and Sustain Evidence-Based Falls Prevention Programs” grant are to:

- **Goal 1**: Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities; and
- **Goal 2**: Significantly increase the number of older adults and adults with disabilities who participate in evidence-based community programs to reduce falls and falls risk.

Partners in Care Foundation (Partners) and its partners will:
- Strengthen the Partners at Home delivery network;
- Establish county partnerships with local Emergency Medical Service Departments for referrals to evidence-based programs; and
- Integrate initiatives focused on social determinants of health with falls prevention programming.

Proposed Interventions
- A Matter of Balance
- Bingocize
- CAPABLE
- EnhanceFitness
- Stay Active and Independent for Life (SAIL)
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance

Partnerships
To achieve the goals of the grant, Partners will collaborate with the following key partners:
- Alameda County Health Care Services Agency
- California Department of Aging
- California Department of Public Health
- California Healthier Living Coalition
- Camarillo Health Care District
- Community based organizations (i.e. Area agencies on aging, low-income senior housing, senior centers, etc.)
- County Emergency Medical Service Departments
- Humboldt County Department of Public Health

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• Kaweah Delta Health Care District
• Meals on Wheels Orange County
• On Lok
• San Diego County Aging and Independent Services
• Scripps Health
• San Joaquin County Department of Aging and Community Services
• The Health Trust

Anticipated Results

*Partners* and its partners propose to achieve the following results:

• Engage 6,786 participants and 3,773 completers in falls prevention programs in targeted areas;
• Reduce the number of self-reported falls;
• Increase physical activity and reduce fear of falling; and
• Secure three payer contracts to support program sustainability.

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