

National Kidney Foundation of Michigan Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

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

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in the community; and
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

The National Kidney Foundation of Michigan (NKFM) and its partners will:

- Develop a results-based strategy for reducing falls and falls risk among older adults and adults with disabilities in a three-county region of Southeast MI;
- Increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs; and
- Pursue innovative, sustainable pay structures and systems.

Proposed Interventions

- A Matter of Balance
- EnhanceFitness

Partnerships

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

- Area Agencies on Aging
- Centers for Independent Living
- Southeast MI health care systems (4)
- Southeast MI Senior Regional Collaborative

Anticipated Results

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

- Decreased falls and fear of falling;
- Increased number of trained leaders;
- Improved regional collaboration;
- Enhanced understanding of the value of falls prevention;
- Contracts with payors; and
- Development of a regional falls prevention plan, marketing and outreach materials, and a model for developing contracts.

Prevention and Public Health Fund 2020, effective August 1, 2020



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Prevention and Public Health Fund 2020, effective August 1, 2020

