

Mary Hitchcock Memorial Hospital and Dartmouth Centers for Health and Aging 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 Mary Hitchcock Memorial Hospital (MHMH) and Dartmouth Centers for Health and Aging (DCHA) and its partners will:

- Develop a comprehensive and scalable strategy for reducing falls and falls risk among older adults and adults with disabilities; and
- Increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention

programs, while concurrently ensuring sustainability of these programs beyond the grant period.

Proposed Interventions

- A Matter of Balance (AMOB)
- Tai Ji Quan: Moving for Better Balance® (TJQMBB)

Partnerships

To achieve the goals of the grant, MHMH and DCHA will collaborate with the following key partners:

- Baystate Geriatric Workforce Enhancement Program
- CareLink Rhode Island
- Dartmouth Hitchcock Health
- Granite YMCA
- Greater Springfield Senior Services, Inc.
- New Hampshire Falls Risk Reduction Task Force
- Serenity PACE
- University of Rhode Island Geriatric Workforce Enhancement Program

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



Anticipated Results

The MHMH and DHCA and its partners propose to achieve the following results:

- Engage 927 participants in AMOB and TJQMBB in three states through the NH-HUB;
- Establish a referral pathway from primary care to community-based falls risk reduction programming in six primary care sites in New Hampshire, Massachusetts, and Rhode Island;
- Conduct at least 18 falls prevention trainings (including six TJQMBB instructor trainings, at least six TJQMBB enhanced trainings, and six implementation trainings for TJQMBB and AMOB program leaders); and
- Implement at least 10 Dartmouth-Hitchcock Health, Massachusetts and Rhode Island TJQMBB programs that will be sustained beyond the grant period.

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