Innovations for Aging
Evidence-Based Falls Prevention Program Grantee

Goals
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, regional, or tribal 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.

The Juniper® network, a program of Trellis, and its partners will:

- Scale program capacity to meet growing demand and increase program participation across Minnesota.
- Determine the return on investment of falls prevention programs using Medicare claims data.
- Integrate programming into care settings, including at least 3 clinic or hospital locations where Juniper will place community health works trained in falls prevention programs and offer social determinants of health screenings and care navigation.
- Deepen partnerships with healthcare organizations and the Minnesota Department of Health to scale healthcare provider referrals.

Proposed Interventions

- A Matter of Balance
- Stay Independent and Active for Life (SAIL)
- Stepping On
- Tai Ji Quan: Moving for Better Balance

Prevention and Public Health Fund 2021, effective May 1, 2021
Partnerships
To achieve the goals of the grant, Trellis will collaborate with the following key partners:

- Arrowhead Area Agency on Aging
- Blue Cross and Blue Shield of Minnesota
- Central Minnesota Council on Aging
- Dancing Sky Area Agency on Aging
- HealthPartners
- Minnesota Board on Aging
- Minnesota Department of Health
- Minnesota Indian Area Agency on Aging
- Minnesota River Area Agency on Aging
- Presbyterian Homes
- Sanford Health
- Solid Research Group

Anticipated Results
Trellis and its partners propose to achieve the following results:

- Achieve a completion rate of 70% across all programs.
- Expand access to social determinants of health screening and referral through three clinic locations by engaging 3,700 community members.

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