

# Springfield College Evidence-Based Falls Prevention 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 your 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 Springfield College Department of Physical Therapy (SCPT) and its partners will:

- Expand and enhance falls risk related programming and resources for older adults living in the 4-county Western Massachusetts region
- Provide training, mentoring and support for program development and implementation
- Facilitate physical, financial and cultural accessibility of falls risk reduction programs for older adults in Western Massachusetts

## Proposed Interventions

- Stay Active & Independent for Life (SAIL)
- Tai Ji Quan: Moving for Better Balance® (MTB)

## Partnerships

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

- Berkshire County Community College
- Dartmouth Centers for Health and Aging Evidence-Based Falls Prevention Program
- Easthampton Neighbors
- Healthy Living Center of Excellence
- LifePath
- Springfield Technical Community College
- Villages of the Berkshires
- WestMass Elder Care, Inc
- West Mass Evidence Based Coordinator's Coalition

Prevention and Public Health Fund 2021, effective May 1, 2021



## Anticipated Results

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

- Engage 576 older adults in SAIL and MBB®
- Achieve 75% participant completion rate in SAIL and MBB® programs
- Train a minimum of 16 SAIL leaders and 16 MBB leaders to serve the Western Massachusetts region
- Establish a minimum of 10 sites offering SAIL and 8 sites offering MBB throughout the Western Massachusetts region

### Contact:

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### For more information:

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