

# Sacramento County Public Health Evidence-Based Falls Prevention Program Grantee



## Goals

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

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- **Goal 2:** Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

## Strategies and Activities

Sacramento County Public Health (SCPH) and its partners will:

- Engage older adults in falls prevention efforts in Sacramento County with two evidence-based programs.

- Increase the capacity of falls prevention programs to reach underserved populations.
- Become a centralized hub for the StopFalls Sacramento Coalition.
- Implement a sustainability plan for the Stop Falls Sacramento Coalition

## Proposed Interventions

- A Matter of Balance
- Bingocize

## Partnerships

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

- StopFalls Sacramento Coalition
- UC Davis Health
- Dignity Health, Mercy San Juan Medical Center
- Agency on Aging Area 4
- ACC Senior Services

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- Meals on Wheels by ACC Senior Services
- Kaiser Permanente, South Sacramento Medical Center

- Establish the infrastructure required for SCPH to be a falls prevention hub for the county
- Implement sustainability measures for the StopFalls Sacramento Coalition

## Anticipated Results

SCPH and its partners propose to achieve the following results:

- Engage over 500 older adults with A Matter of Balance and 150 with Bingocize remotely
- Increase the number of leaders trained in evidence-based fall prevention programs in Sacramento County

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### For more information:

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