

# Sanford USD Medical Center 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.

- Train new leaders/teams in Evidence-Based fall prevention
- Implement Home-Based CAPABLE® Evidence-Based falls prevention program
- Expand A Matter of Balance (AMOB), an existing Evidence-Based program, federally qualified fall prevention program, to at least four new rural locations in South Dakota

## Strategies and Activities

Sanford USD Medical Center and its partners will:

- Expand existing rural/urban partnerships to include urban/rural Emergency Medical Services/Fire Departments (EMS/FDs)
- Develop a referral platform for community fallers

## Proposed Interventions

- A Matter of Balance
- CAPABLE®

## Partnerships

To achieve the goals of the grant, Sanford USD Medical Center will collaborate with the following key partners:

- City of Sioux Falls Department of Health
- Brandon Volunteer Fire Department
- Harrisburg Volunteer Fire Department
- Hartford Area Fire and Rescue
- Sanford Health Cooperative (Co-Op)

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- Sanford Medicare Advantage Health Plan
- Sioux Falls Fire and Rescue
- South Dakota Department of Human Services: Division of Long-Term Services and Supports
- Tea Volunteer Fire Department

- Expanded sustainable urban/rural falls prevention model including Home-Based deliverable

## Anticipated Results

Sanford USD Medical Center and its partners propose to achieve the following results:

- Engage four EMS and Fire Departments
- Older Adult participation in existing Evidence-Based programs increases 20%
- Enroll 150 Older Adults in CAPABLE©
- Enroll 240 in AMOB/AMOB-V

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