

YMCA of the Suncoast

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.
- Expand the number of community-based falls prevention program sessions by adding new community locations and training more instructors
 - Establish a centralized coordinated process for receiving referrals from Florida Falls Prevention Project community partners and providers
 - Execute formal MOU with sustainability partners to cover the cost of participation for low to moderate income individuals
 - Disseminate results of Florida Fall Prevention Project both locally and nationally

Strategies and Activities

The YMCA of the Suncoast and its partners will:

- Develop and implement a unified public communications campaign
- Establish and install a formalized provider referral process

Proposed Interventions

- EnhanceFitness
- Healthy Steps for Older Adults (HSOA)

Partnerships

To achieve the goals of the grant, YMCA of the Suncoast will collaborate with the

Prevention and Public Health Fund 2022, effective May 1, 2022



following key partners:

- BayCare Health System, Brooks Rehabilitation, Tampa Metropolitan Area YMCA, YMCA of Florida's First Coast, YMCA of Greater St Petersburg, and YMCA of South Palm Beach County.

Anticipated Results

The YMCA of the Suncoast and its partners propose to achieve the following results:

- Increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks by serving 3600 older adult participants in HSOA and 1,134 participants in EnhanceFitness over the 3-year funding period.
- Establish and install a formalized provider referral process resulting in

3,500 provider referrals over the project period.

- Train 36 HSOA instructors and 1 master trainer and train 30 EnhanceFitness instructors and 2 master trainers.
- Identify and secure 24 community-based implementation sites.
- Implement innovative funding arrangements, including contracts and collaborations with sustainability partners by establishing formal written agreements.

Contact:

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For more information:

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