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.

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
- 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

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:**
Summer Cruff
YMCA of the Suncoast
scruff@suncoastymca.org

**For more information:**
Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
http://www.acl.gov