

University of Tennessee Evidence-Based Falls Prevention Program Grantee



Goals

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 University of Tennessee Extension (UT Extension) and its partners will:

- Engage older adult participants in A Matter of Balance workshops in Tennessee.
- Train Coaches across the state to facilitate A Matter of Balance workshops.
- Develop A Matter of Balance as a program offered and sustained through UT Extension's network of trained volunteers.

Proposed Interventions

- A Matter of Balance

Partnerships

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

- Area Agencies on Aging
- Tennessee Commission on Aging and Disability

Anticipated Results

UT Extension and its partners propose to achieve the following results:

- Engage an estimated 2,800 older adults in A Matter of Balance.
- Achieve 80% or higher participant completion rate in A Matter of Balance.
- Expand access to fall prevention programs by offering A Matter of Balance in at least 50% of Tennessee counties.

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



Contact:

Lisa Washburn, DrPH
Associate Professor
Community Health Specialist
Family & Consumer Sciences
UT Extension
Lwashbu4@utk.edu

For more information:

Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
<http://www.acl.gov>

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

