



Kick-Off Webinar:
Prevention and Public Health Fund
2022 Falls Prevention Grantees

Donna Bethge
Administration for Community Living
May 19, 2022

Welcome, 2022 Falls Prevention Grantees!



About the Administration for Community Living

- **Mission**

Maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.



Falls Prevention Grant Purpose and History

- **Purpose:**

Develop capacity for, bring to scale, and sustain evidence-based Falls Prevention programs

- **History:**

- 2014: Falls Prevention program began
- 2014 – 2021: 79 grants awarded
- 2022: 7 empowering communities grantees

Why Falls Prevention from ACL

- One-fourth of Americans aged 65+ falls each year
- Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury
- Falls are the most common cause of TBI
- Falls and their consequences cost the U.S. healthcare system ~\$50 billion annually

Participants Served to Date

Since 2014, ACL grantees have delivered evidenced based falls prevention programs to more than
152,000 participants!



Falls Prevention Grant Goals

- **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.*

Meet Your Fellow Grantees

- Appalachian State University, North Carolina
- County of Sacramento, California
- Ohio Department of Health
- Sanford Medical Center, South Dakota
- Southampton Hospital Foundation, New York
- Utah Department of Health
- Young Men's Christian Association of the Suncoast, Florida

Falls Prevention Programs to be Delivered

- A Matter of Balance
- Bingocize
- CAPABLE
- Enhanced Fitness
- Healthy Steps for Older Adults
- Otago
- Stepping On
- Tai Chi for Arthritis and Fall Prevention

Meet Your ACL Team

- **Keri Lipperini**

ONHPP Office Director



- **Shannon Skowronski**

ONHPP Team Lead

- Young Men's Christian Association
of the Suncoast



Meet Your ACL Team

- **Donna Bethge**

ONHPP Falls Prevention Lead

- Appalachian State University
- County of Sacramento
- Sanford Medical Center
- Southampton Hospital Foundation
- Utah Department of Health



- **Lesha Spencer-Brown**

ONHPP CDSME Lead

- Ohio Department of Health



Meet Your ACL Team

- **Judy Simon**

ONHPP National Nutritionist
ONHPP Lead for Innovations in Nutrition
grant program



- **Monika Anderson**

ONHPP Project Officer



Getting Started

The official grant project period began May 1, 2022.

Review and familiarize yourself with the following materials:

- ✓ Notice of Grant Award (NGA).
- ✓ FAQs
- ✓ Emails sent by the Resource Center.
- ✓ Grantee reporting calendar.
- ✓ National Falls Prevention Resource Center website

Contact Program Administrators to discuss training opportunities as soon as possible.

Required Reporting

- Semi-Annual Progress Reports
 - Due every 6 months
 - May 30th and November 30th
- Financial Status Reports (SF-425)
 - Annual
- Final Reports (Program and Financial)
 - 120 days post end of 3-yr project period

For detailed reporting instructions, i.e., due dates, templates, submission instructions, etc., please visit the reporting calendar at: <https://ncoa.org/article/acl-grant-reporting-requirements-for-falls-prevention>

GrantSolutions

- All program reports (semi-annual and final) must be submitted via GrantSolutions
 - <https://home.grantsolutions.gov/home>
- Resources available on ACL website to assist with requesting a GrantSolutions user account, logging in, basic navigation, etc.
 - <https://www.acl.gov/grants/managing-grant>

Payment Management System

- All fiscal reports must be submitted via the Payment Management System.

– <https://pms.psc.gov/>

** Please provide financial reporting requirements to fiscal staff.
Relevant trainings are available on PMS-

<https://pms.psc.gov/training/grant-recipient-training.html>

What's next?

- Register for the Falls Prevention grantee Listserv
- NCOA will reach out about the following:
 - Training for the National Falls Prevention database in June 2022
 - Schedule an individual grantee kick off call in July/August with your ACL Project Officer and Falls Prevention Resource Center TA liaison
 - Completion of grantee Profiles

Questions?

Contact your ACL Project Officer

Donna Bethge – Donna.bethge@acl.hhs.gov

Lesha Spencer-Brown – Lesha.spencer-brown@acl.hhs.gov

Shannon Skowronski – Shannon.skowronski@acl.hhs.gov

Contact your Grants Management Specialist (GMS)

Sean Lewis (Sean.Lewis@acl.hhs.gov)

Introductions

- Please share with us:
 - Your name
 - Your organization
 - Location
 - The program(s) you will offer
 - Grantee status (new, past, current)

Kick-Off: Prevention and Public Health Fund Awards

2022 ACL Falls Prevention
Grantees

May 19, 2022



Agenda

1. About NCOA

2. Meet our team

3. Technical assistance resources

4. Questions

Who we are

Vision

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

Mission

Improve the lives of millions of older adults, especially those who are struggling

Goal

Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals

The work we do

Resources



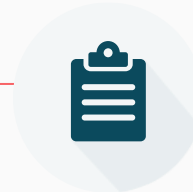
Trusted, unbiased information that enable older adults and their caregivers to take small steps that can have a big impact on their health and financial security

Tools



Personalized, online support for individuals to find benefits, choose a Medicare plan, prevent falls, and plan for a healthy and secure life

Best Practices



Technical assistance and support for professionals in community-based organizations who serve older adults every day

Advocacy



A national platform and voice to fight against ageism—and to strengthen the federal programs we all depend on as we age

Our focus areas



Healthy Living

1. Prevention
2. Physical Health
3. Behavioral Health
4. Aging Mastery



Financial Security

- Money Management
- Job Training
- Retirement Planning
- Benefits Enrollment



The people we serve

Older Adults

Parents, grandparents, neighbors, and friends, aged 60 to 80, living at home



Professionals

Individuals who serve older adults every day at senior centers, community-based organizations, and social and human services agencies



Caregivers

Multigenerational family and friends who care for an older loved one at home



Advocates

Individuals who want to shape aging policy and influence policymakers



Center for Healthy Aging



Goal: Increase the quality and years of healthy life for older adults and adults with disabilities.

- **Two national resource centers funded by the Administration for Community Living (ACL)**
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** Behavioral health, physical activity, immunizations, oral health

Meet Our Team



Jennifer Tripken, EdD, CHES

Associate Director

Contact: jennifer.tripken@ncoa.org



Kathleen Zuke, MPH

Associate Director

Contact: kathleen.zuke@ncoa.org

Meet Our Team



Laura B. Plunkett, MPH, CHES

Program Specialist

Contact: laura.plunkett@ncoa.org



Kate Gibbons

Program Specialist

Contact: kaitlyn.gibbons@ncoa.org

Meet Our Team



Michelle Mai, MPH

Program Associate

Contact: michelle.mai@ncoa.org

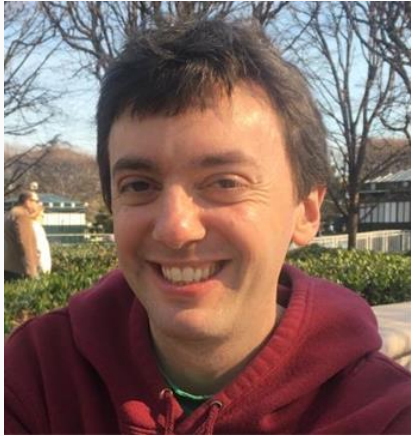


Yoko Meusch

Senior Coordinator

Contact: yoko.meusch@ncoa.org

Meet our Team



Kenny Rosenkranz

Data Analysis and Evaluation Associate

Contact: kenneth.rosenkranz@ncoa.org



Binod Suwal, MS

Senior Manager

Point of contact for communication with the
Resource Center

Contact: binod.suwal@ncoa.org

Technical Assistance Activities

One-on-One Support



Tailored technical assistance based on your needs

Networking & Peer Learning



- Work groups
- Learning Collaboratives
- Listservs for professionals

Online Tools and Resources



- Ongoing webinars
- Best practices from organizations across the country

National Databases



- Data collection & management
- Workshop and participant-level data
- CDSME & falls prevention

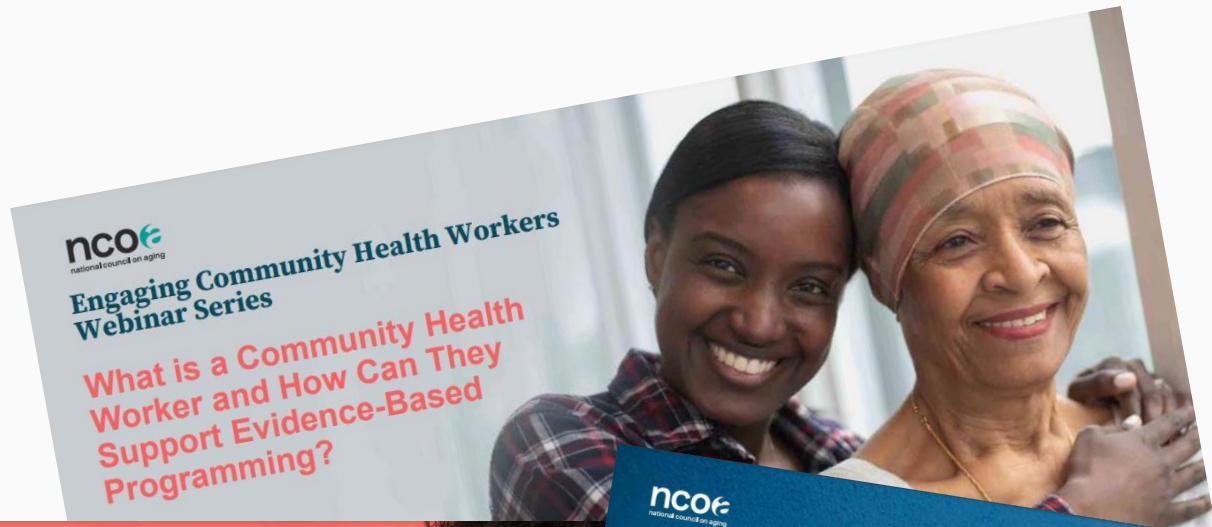
Individual & Group Support

- **Monthly or bi-monthly technical assistance calls**
 - Grantee, NCOA Technical Assistance Lead
 - ACL Project Officer joins following each submission of the semi-annual report
 - Discuss ongoing workplan progress, target participation goals, sustainability activities, questions, technical assistance needs
 - Binod Suwal will schedule

Ongoing work group calls

- By program (A Matter of Balance, Exercise-Focused, Tai Chi)
- Organizations serving American Indian, Alaska Native, and Native Hawaiian communities

Webinars



Regular webinars on topics related to evidence-based program implementation, expansion, and sustainability

Learning Collaboratives

Focused on developing advanced, complex strategies to implement, scale, and sustain home and community-based services.

Past topics:

- Medicare Reimbursement: Achieve or make significant progress toward achieving Medicare reimbursement through Part B benefits for CDSME programs and accreditation for diabetes self-management education and support services. (2016-17, 2017-18, 2018-19)
- Network Development: Advance the development of community integrated networks (network hubs) to effectively partner and contract with health care systems. (2017-18, 2018-19, 2019-20, 2021-22)
- Medicare Advantage: Evaluate contracting opportunities and requirements with Medicare Advantage plans and develop a tailored value proposition for a specified service package. (2019, 2020)

NCOA Website

View Video Tutorial: <https://vimeo.com/520127084>

The screenshot shows the NCOA website homepage. At the top left is the NCOA logo (national council on aging). The top navigation bar includes links for 'Age Well Planner', 'About Us', 'Get Involved', 'En Español', and 'A A', along with a search bar. Below this is a secondary navigation bar with 'Older Adults', 'Caregivers', 'Professionals', 'Advocates', and a 'Donate' button. The main content area features a large banner with the headline 'Reconnecting with Gratitude' and a 'Read Article' button. Below the banner is a section titled 'Find Content For You' with four columns: 'Older Adults Find Content →', 'Caregivers Find Content →', 'Professionals Find Content →', and 'Advocates Find Content →'. The banner image shows an elderly man and a young girl smiling while baking together in a kitchen.

Information By Audience

- Content specifically for older adults and caregivers
- Focus on health, money, senior centers, benefits, and public policy
- Interactive tools and resources

Health for Older Adults

Get information on prevention and how to manage ongoing health conditions focused on physical and mental health. From exercise tips to diet and nutrition, this is your one-stop shop for caring for yourself and loved ones.



Mar 15, 2021

I'm Vaccinated. What Can I Safely Do Now?

[Read Article](#)

Mar 8, 2021

How Sleep Affects Your Health

[Read Article](#)

Mar 8, 2021

Sleeping Well in Stressful Times

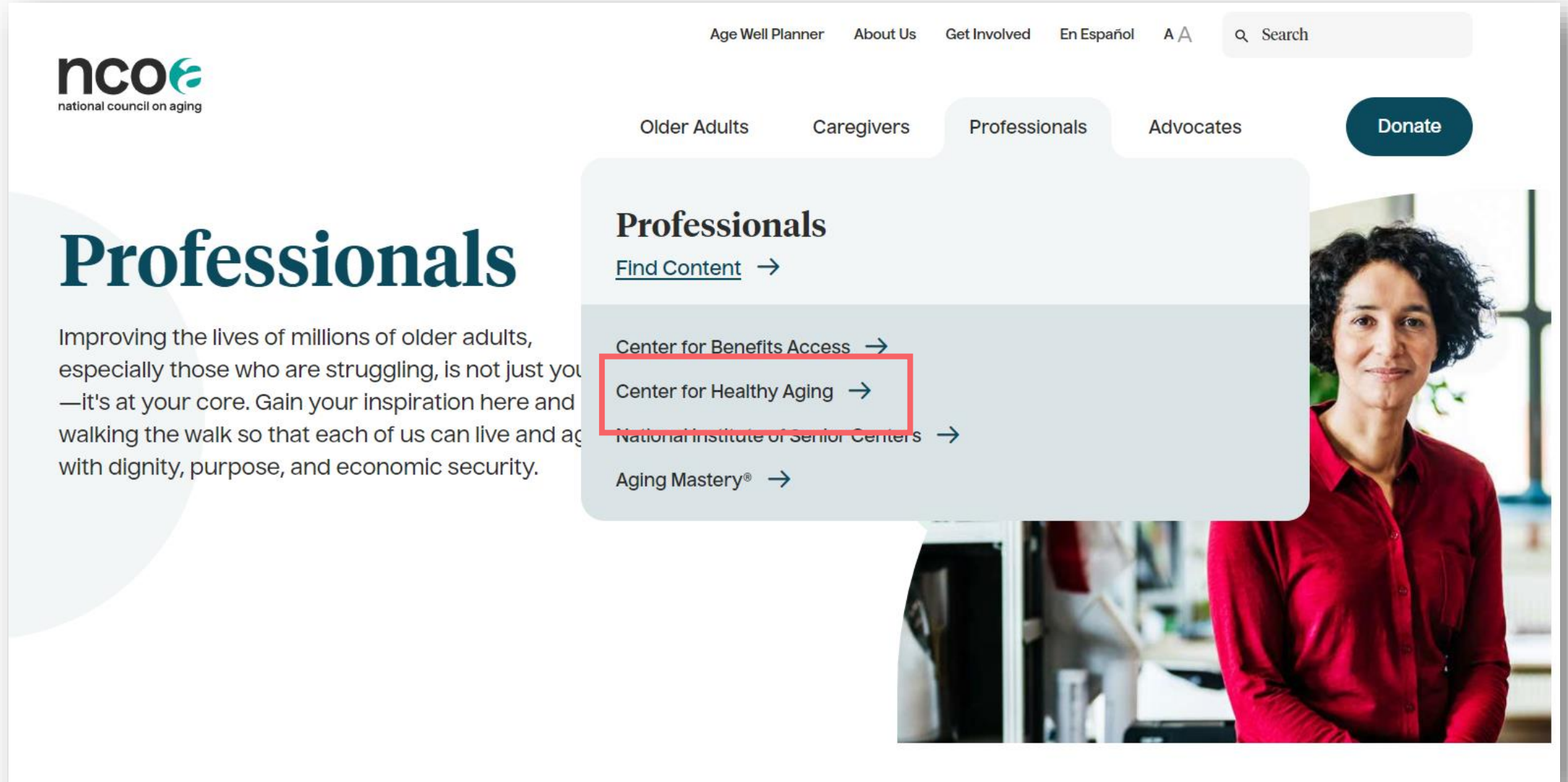
[Read Article](#)

Mar 5, 2021

Achieving a Healthy Weight: Your Options After 60

[Read Article](#)

Information by Audience- Professionals



The screenshot shows the ncoa website's navigation and content for the 'Professionals' audience. The ncoa logo is in the top left. The navigation bar includes 'Age Well Planner', 'About Us', 'Get Involved', 'En Español', 'AA', and a search bar. Below the navigation, there are tabs for 'Older Adults', 'Caregivers', 'Professionals' (which is selected), and 'Advocates', along with a 'Donate' button. The main heading is 'Professionals' with a 'Find Content' link. A list of organizations is shown, with 'Center for Healthy Aging' highlighted by a red box. A photograph of a woman in a red shirt is visible on the right side of the page.

ncoa
national council on aging

Age Well Planner About Us Get Involved En Español AA Search


Older Adults Caregivers **Professionals** Advocates **Donate**

Professionals

[Find Content](#) →

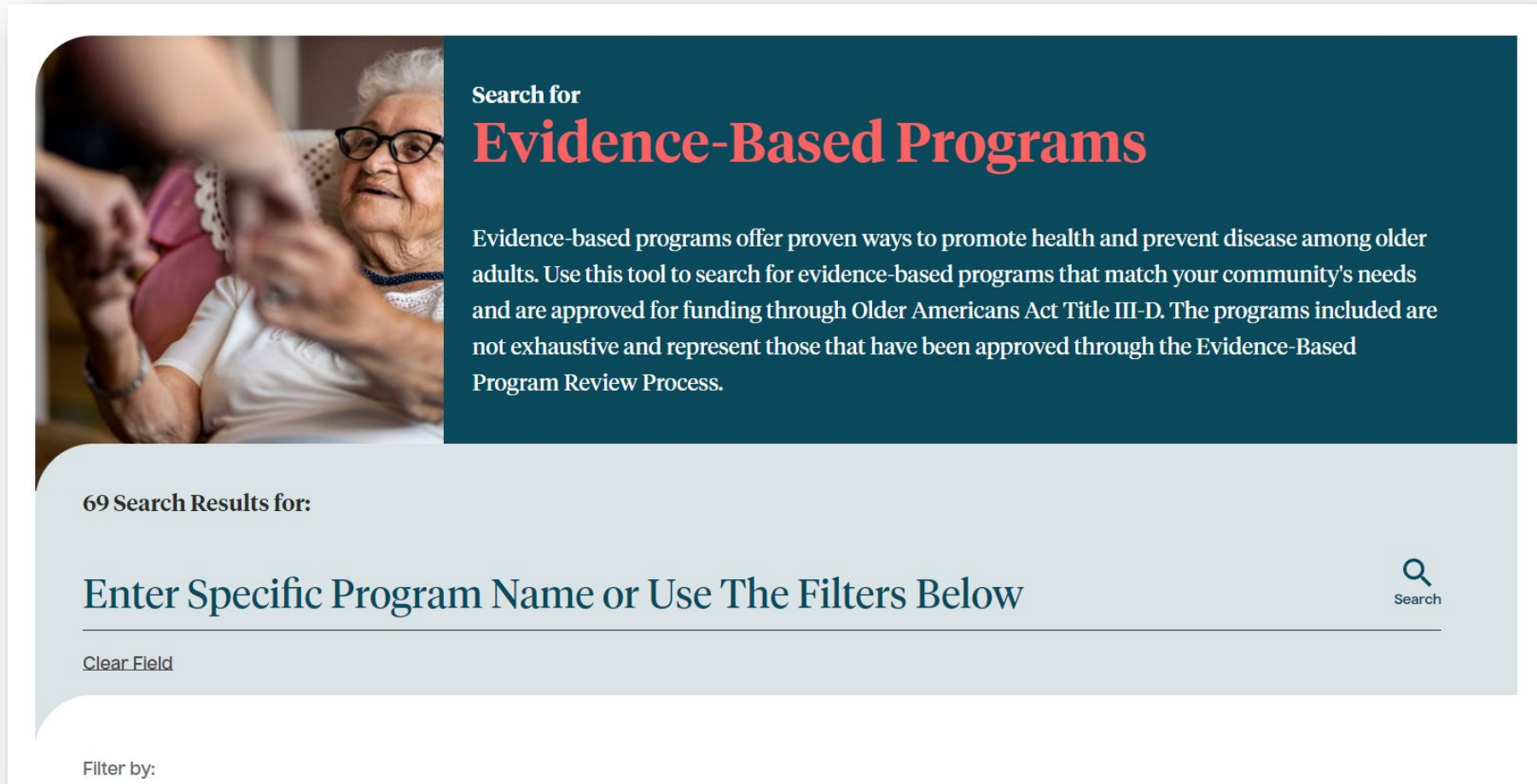
- [Center for Benefits Access](#) →
- [Center for Healthy Aging](#) →**
- [National Institute of Senior Centers](#) →
- [Aging Mastery®](#) →

Improving the lives of millions of older adults, especially those who are struggling, is not just your job—it's at your core. Gain your inspiration here and walking the walk so that each of us can live and age with dignity, purpose, and economic security.



New Search Tool for Evidence-Based Programs

Find programs that are a good fit for your community and eligible for Older Americans Act Title III-D Funding. See video tutorial: <https://vimeo.com/520118201>



The screenshot shows a search tool interface. On the left, there is a photograph of an elderly woman with glasses sitting in a chair, looking at a smartphone held by someone off-camera. To the right of the photo is a dark teal box with the text "Search for Evidence-Based Programs" in red. Below this is a paragraph of text explaining the tool's purpose. Underneath the teal box is a light blue search bar with the text "69 Search Results for:" and a search input field containing the text "Enter Specific Program Name or Use The Filters Below". To the right of the input field is a magnifying glass icon and the word "Search". Below the search bar is a "Clear Field" link. At the bottom left of the interface is a "Filter by:" label.

Search for
Evidence-Based Programs

Evidence-based programs offer proven ways to promote health and prevent disease among older adults. Use this tool to search for evidence-based programs that match your community's needs and are approved for funding through Older Americans Act Title III-D. The programs included are not exhaustive and represent those that have been approved through the Evidence-Based Program Review Process.

69 Search Results for:

Enter Specific Program Name or Use The Filters Below

Search

Clear Field

Filter by:

<https://www.ncoa.org/evidence-based-programs>

Getting Started (continued)

Grantee Information for Falls Prevention

**Falls Prevention
Grantee profiles -
2022 profiles coming
soon!**

[Link](#)

**ACL grant reporting
requirements and
templates**

[Link](#)

**FAQs for Falls
Prevention Grantees**

[Link](#)

**Contact Fellow
CDSME & Falls
Prevention Grantees**

[Link](#)

**Key components of
offering EBPs**

[Link](#)

**Best Practices
Clearinghouse**

[Link](#)

**Community-
Integrated Health
Care**

[Link](#)

View past webinars

[Link](#)

Key Resources For Remote Programming

Evidence-Based Programs for Professionals

[Link](#)

Tracking Health Promotion Program Guidance During COVID-19

[Link](#)

"Grand Rounds": Health Promotion Programs Remote/Virtual Delivery

[Link](#)

Frequently Asked Questions: COVID-19 and Technology Resources

[Link](#)

Resource Guide: Remote Delivery of Evidence-based Programs

[Link](#)

Resource Guide: Terminology for Virtual Programming

[Link](#)

Guidance from ACL: COVID-19 & Prevention and Public Health Fund Grants

[Link](#)

Frequently Asked Questions: COVID-19 and Health Promotion Programs

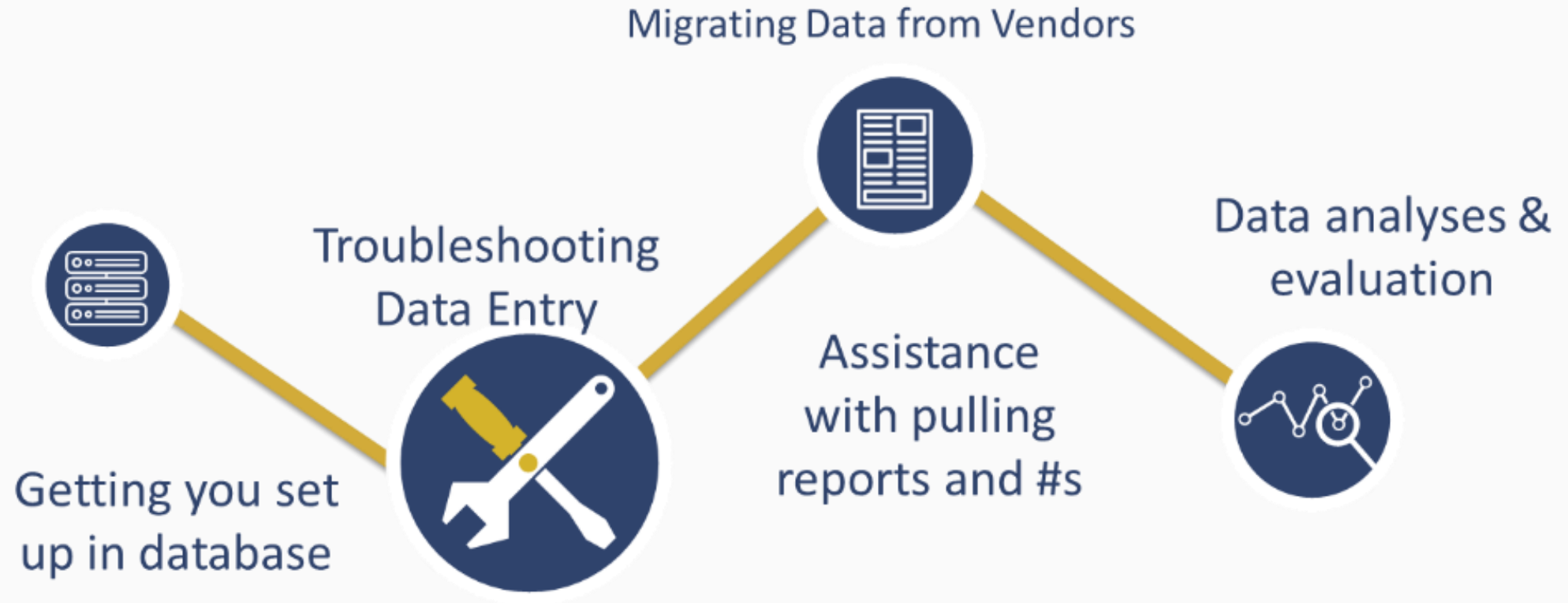
[Link](#)

Quick Links- Center for Healthy Aging

Main Sections	Scroll to the bottom of the page for more!	Description
<u>Evidence-Based Programs</u>		Find best practices for implementing evidence-based programs including information to <u>join monthly “Grand Rounds” webinars</u> and <u>Tracking Health Promotion Program Guidance During COVID-19</u> .
	<u>Key Components</u>	Information for those new to implementing programs as well as tip sheets on a variety of topics.
	<u>Evidence-Based Program Review</u>	Instructions for submitting a program for the evidence-based program review process.
	<u>Best Practices Clearinghouse</u>	Tips, templates, and examples of how community-based organizations have successfully implemented programs in 6 key categories.
<u>National Falls Prevention Resource Center</u>	<u>Grantee Information for Falls Prevention</u>	Find information about and for ACL Prevention and Public Health Fund grantees, including <u>reporting schedules</u> , orientation webinars, and contact information.
	<u>National Falls Prevention Database</u>	All of the resources you need to use the database and manage your data.
	<u>Falls Free Initiative</u>	Visit for information about state falls prevention coalitions and more.
	<u>Falls Prevention Awareness Week</u>	Tips and materials for celebrating Falls Prevention Awareness Week each year.
<u>National CDSME Resource Center</u>	<u>Grantee Information for CDSME</u>	Find information about and for ACL Prevention and Public Health Fund grantees, including reporting schedules, orientation webinars, and contact information.
	<u>National CDSME Database</u>	All of the resources you need to use the database and manage your data.
<u>Community-Integrated Health Care</u>		Find resources for sustaining programming long-term by creating stronger linkages with health care entities, creating networks for efficient deliver, and pursuing various forms of reimbursement.

National Falls Prevention Database

Getting Started in the Falls Prevention Database



Data Collection Tools

Download Data Collection Tools for Falls Prevention Programs

- Host Organization Information Form
- Program Information Cover Sheet
- Attendance Log
- Participant Information Form (Pre-Survey)
- Post-Session Survey

Join us for the upcoming National Falls Prevention Database Webinar for a thorough review of the Database and data collection forms—registration coming soon!

OMB Control No. 0985-0039
Exp. Date 04/30/2024

[[Program Name]] Participant Information Form

Admin Use Only: Participant I.D.: The facilitator or program staff should complete this part of the form and mark the sequential number of the participant to the name on the attendance form.

State abbreviation: ___ (e.g., NY, VA, etc.)

First four letters of the site name: _____

Start date of program: ___/___/___ (e.g., 12/01/19)

Participant number: ___ (e.g., 01, 02, 03, etc.)

- Did your doctor or other health care provider suggest that you attend this program?
 Yes No
- How old are you today? ___years
- Do you live alone? Yes No
- Are you: Male Female Prefer not to say
- Are you of Hispanic, Latino, or Spanish origin? Yes No
- What is your race? **Check all that apply.**

American Indian or Alaska Native	Native Hawaiian or other Pacific Islander
Asian	White
Black or African American	
- What is the highest grade or level of school that you have completed?

Some elementary, middle, or high school	Some college or technical school
High school graduate or GED	College (4 years or more)
- Has a health care provider ever told you that you have any of the following chronic conditions (i.e., one that has lasted for three months or more)?

Programs Tracked in the Database

- A Matter of Balance
- CAPABLE
- Bingocize
- EnhanceFitness
- FallScape
- Falls Talk
- Fit & Strong!
- Healthy Steps in Motion
- Otago Exercise Program
- Pisando Fuerte
- Stay Active and Independent for Life
- Stay Safe, Stay Active
- Stepping On
- Tai Chi for Arthritis
- Tai Chi Moving for Better Balance (YMCA)
- Tai Chi Prime
- Tai Ji Quan: Moving for Better Balance





Age+Action

2022 Virtual Conference

June 6—June 8

**Questions or
Comments?**

