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 Skowronsksi
  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](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:
  o Training for the National Falls Prevention database in June 2022
  o Schedule an individual grantee kick off call in July/August with your ACL Project Officer and Falls Prevention Resource Center TA liaison
  o 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**

<table>
<thead>
<tr>
<th><strong>Vision</strong></th>
<th>A just and caring society in which each of us, as we age, lives with dignity, purpose, and security</th>
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<tbody>
<tr>
<td><strong>Mission</strong></td>
<td>Improve the lives of millions of older adults, especially those who are struggling</td>
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<tr>
<td><strong>Goal</strong></td>
<td>Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals</td>
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</table>
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

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

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

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

Online Tools and Resources
• Ongoing webinars
• Best practices from organizations across the country

Networking & Peer Learning
• Work groups
• Learning Collaboratives
• Listservs for professionals

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
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
Information By Audience

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

Professionals

Improving the lives of millions of older adults, especially those who are struggling, is not just your responsibility—it’s at your core. Gain your inspiration here and walk 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

https://www.ncoa.org/evidence-based-programs
## Getting Started (continued)

### Grantee Information for Falls Prevention

<table>
<thead>
<tr>
<th>Falls Prevention Grantee profiles - 2022 profiles coming soon!</th>
<th>ACL grant reporting requirements and templates</th>
<th>FAQs for Falls Prevention Grantees</th>
<th>Contact Fellow CDSME &amp; Falls Prevention Grantees</th>
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| Key components of offering EBPs                              | Best Practices Clearinghouse                     | Community-Integrated Health Care | View past webinars                           |
| Link                                                          | Link                                             | Link                              | Link                                          |

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## Key Resources For Remote Programming

<table>
<thead>
<tr>
<th>Evidence-Based Programs for Professionals</th>
<th>Tracking Health Promotion Program Guidance During COVID-19</th>
<th>&quot;Grand Rounds&quot;: Health Promotion Programs Remote/Virtual Delivery</th>
<th>Frequently Asked Questions: COVID-19 and Technology Resources</th>
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# Quick Links - Center for Healthy Aging

<table>
<thead>
<tr>
<th>Main Sections</th>
<th>Scroll to the bottom of the page for more!</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Evidence-Based Programs</strong></td>
<td>Find best practices for implementing evidence-based programs including information to <a href="#">join monthly “Grand Rounds” webinars</a> and <a href="#">Tracking Health Promotion Program Guidance During COVID-19</a>.</td>
<td></td>
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<tr>
<td><strong>Key Components</strong></td>
<td>Information for those new to implementing programs as well as tip sheets on a variety of topics.</td>
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<td><strong>Evidence-Based Program Review</strong></td>
<td>Instructions for submitting a program for the evidence-based program review process.</td>
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<td><strong>Best Practices Clearinghouse</strong></td>
<td>Tips, templates, and examples of how community-based organizations have successfully implemented programs in 6 key categories.</td>
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<td><strong>National Falls Prevention Resource Center</strong></td>
<td></td>
<td>Find information about and for ACL Prevention and Public Health Fund grantees, including <a href="#">reporting schedules</a>, orientation webinars, and contact information.</td>
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<td><strong>Grantee Information for Falls Prevention</strong></td>
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<td><strong>National Falls Prevention Database</strong></td>
<td>All of the resources you need to use the database and manage your data.</td>
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<td><strong>Falls Free Initiative</strong></td>
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<td>Visit for information about state falls prevention coalitions and more.</td>
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<tr>
<td><strong>Falls Prevention Awareness Week</strong></td>
<td></td>
<td>Tips and materials for celebrating Falls Prevention Awareness Week each year.</td>
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<td><strong>National CDSME Resource Center</strong></td>
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<td><strong>Grantee Information for CDSME</strong></td>
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<td><strong>Community-Integrated Health Care</strong></td>
<td></td>
<td>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.</td>
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National Falls Prevention Database

Getting Started in the Falls Prevention Database

- Migrating Data from Vendors
- Data analyses & evaluation
- Assistance with pulling reports and #s
- Troubleshooting Data Entry
- Getting you set up in 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!
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?