

# MAC, Inc. Maryland Living Well Center of Excellence Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year sustainability grant are to:

- Significantly 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; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

MAC, Inc. Maryland Living Well Center of Excellence (LWCE) and its partners will:

- embed the program(s) into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes;
- increase business acumen with healthcare partners and reimbursement sources; and
- provide a continuum of care for highest risk, most costly individuals.

## Proposed Interventions

- Stepping On
- Enhance®Fitness

## Partnerships

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

- Maryland Department of Health
- Maryland Department of Aging
- Dartmouth Centers for Health & Aging
- Chesapeake Regional Information System for Patients (CRISP)
- University of Maryland Medical Center
- Keswick Community Health
- Frederick Regional Health System's Chronic Care Clinic
- Peninsula Regional Medical Center
- Washington County Health Department
- Washington County Commission on Aging
- Upper Shore Aging, Inc
- Queen Anne's County Department of Community Services
- Prince George's County Area Agency on Aging
- Montgomery County Department of Health and Human Services

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- Howard County Office on Aging and Independence
- Frederick County Senior Services Division
- Cecil County Department of Community Services, Community Wellness Division
- Baltimore City Health Department
- Baltimore County Department of Aging
- Anne Arundel County Department of Aging and Disabilities
- Peter Lamy Center for Drug Therapy and Aging at the University of MD

- Increase healthcare partners offering falls programs by 50% and/or obtain 3 new health care contracts;
- Pilot per member/per month reimbursement for falls programs;
- Two provider clinics will receive reimbursement for falls programs via Medicare/Chronic Care Management; and
- Demonstrate the value of evidence-based programs and long-term supports and services in reducing overall healthcare costs through a contract with Maryland's health information exchange: Chesapeake Regional Information System for Patients (CRISP).

## Anticipated Results

The LWCE and its partners propose to achieve the following results:

- Reach 1080 completers out of 1,500 participants; including 45% low income minority older adults, 15% low income rural older adults, and 35% of people with disabilities;
- Provide 6 Stepping On leader trainings for up to 120 leaders;
- Provide 2 Enhance Fitness leader trainings for up to 20 leaders

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### For more information:

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