

# 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.
- 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

### 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

### 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:

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### For more information:

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