

# Iowa Department on Aging Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

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 the 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 Iowa Department on Aging (IDA) and its partners will:

- Improve the ability of older adults and adults with disabilities in targeted counties to live safely in their homes by reducing in-home falls risk using the evidence-based CAPABLE program; and
- Build a sustainability strategy for CAPABLE to flourish beyond the project period.

## Proposed Interventions

- Community Aging in Place – Advancing Better Living for Elders (CAPABLE)

## Partnerships

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

- Area Agencies on Aging
- Easterseals Iowa
- Habitat for Humanity
- Iowa Association of Occupational Therapists
- Iowa Department of Public Health
- Iowa Falls Coalition
- Iowa Healthcare Collaborative
- Iowa Livable Homes Coalition
- John Hopkins School of Nursing
- League of Human Dignity
- Methodist Jennie Edmundson Hospital

Prevention and Public Health Fund 2020, effective August 1, 2020



## Anticipated Results

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

- Engage 320 participants in CAPABLE;
- Achieve a completion rate of 85% of participants in CAPABLE;
- Establish CAPABLE infrastructures in target counties;
- Provide accessible resources through LifeLong Link Web Resource Center; and
- Increase in functional ability measured by Activities of Daily Living among participants.

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### For more information:

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