

# University of Oklahoma Health Sciences Center 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.

The Oklahoma Healthy Aging Initiative (OHAI), a program within the University of Oklahoma Health Sciences Center, and its partners will:

- Reach older adults and adults with disabilities in underserved, rural areas of the state;
- Engage elders in the Choctaw Nation and in Spanish-speaking populations within the Oklahoma City metro area; and
- Conduct basic gait and speed analysis.

## Proposed Interventions

- Stay Independent and Active for Life (SAIL)
- Tai Ji Quan: Moving for Better Balance (TJQ:MBB)

## Partnerships

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

- All 7 Area Agencies on Aging in Oklahoma
- Choctaw Nation
- Mercy Health System
- OHAI's 5 Centers of Healthy Aging
- Oklahoma Fall Prevention Coalition
- Oklahoma State Department of Health
- University of Oklahoma Physicians

## Anticipated Results

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

- Engage 1,500 participants in TJQ:MBB/SAIL;
- Train a minimum of 60 new volunteer instructors;
- Improve quality of life parameters; and

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- Add 2 statewide sustainability partners and 5 regional sustainability partners.

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