

# Winston-Salem State University Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

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

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Winston-Salem State University and its partners will:

- Strengthen and expand fall prevention education and training in six western Piedmont counties;
- Increase accessibility to evidence-based programs for older adults and adults with disabilities;
- Create an organized and comprehensive fall prevention referral network; and
- Establish the Piedmont Triad Coalition for Fall Prevention to link referrals to durable and sustainable programming.

## Proposed Interventions

- Tai Ji Quan: Moving for Better Balance
- A Matter of Balance
- Otago Exercise Program

## Partnerships

To achieve the goals of the grant, Winston-Salem State University will collaborate with the following key partners:

- Community Care Center
- High County Area Agency on Aging
- Kindred at Home
- North Carolina Alliance of YMCA's
- North Carolina Center for Health & Wellness at UNC Asheville
- North Carolina Division of Aging and Adult Services
- Piedmont Triad Regional Council
- Senior Services, Inc.
- YMCA of Northwest North Carolina

## Anticipated Results

The Winston-Salem State University and its partners propose to achieve the following results:

- Engage 400 older adults and adults with disabilities in an evidence-based falls

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prevention program, 100 of whom are underserved;

- Train 12 new instructors;
- Demonstrate improvements in all balance and functional measures for program participants;
- Decrease fall risk and incidence of falls; and
- Establish a Falls Coalition that communicates quarterly and has at least 10 members.

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**For more information:**

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