

# Innovations for Aging

## Evidence-Based Falls Prevention Program Grantee



### Goals

The overall purposes of this 3-year “Integrated Networks to Deliver and Sustain Evidence-Based Falls Prevention Programs” grant are to:

- Goal 1: Strengthen integrated state, regional, or tribal networks that address the social and behavioral determinants of health of older adults and adults with disabilities; and
- Goal 2: Significantly increase the number of older adults and adults with disabilities who participate in evidence-based community programs to reduce falls and falls risk.

The Juniper® network, a program of Trellis, and its partners will:

- Scale program capacity to meet growing demand and increase program participation across Minnesota.
- Determine the return on investment of falls prevention programs using Medicare claims data.

- Integrate programming into care settings, including at least 3 clinic or hospital locations where Juniper will place community health works trained in falls prevention programs and offer social determinants of health screenings and care navigation.
- Deepen partnerships with healthcare organizations and the Minnesota Department of Health to scale healthcare provider referrals.

### Proposed Interventions

- A Matter of Balance
- Stay Independent and Active for Life (SAIL)
- Stepping On
- Tai Ji Quan: Moving for Better Balance

Prevention and Public Health Fund 2021, effective May 1, 2021



## Partnerships

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

- Arrowhead Area Agency on Aging
- Blue Cross and Blue Shield of Minnesota
- Central Minnesota Council on Aging
- Dancing Sky Area Agency on Aging
- HealthPartners
- Minnesota Board on Aging
- Minnesota Department of Health
- Minnesota Indian Area Agency on Aging
- Minnesota River Area Agency on Aging
- Presbyterian Homes
- Sanford Health
- Solid Research Group

- Achieve a completion rate of 70% across all programs.
- Expand access to social determinants of health screening and referral through three clinic locations by engaging 3,700 community members.

### Contact:

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### For more information:

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20201

<http://www.acl.gov>

## Anticipated Results

Trellis and its partners propose to achieve the following results:

- Partner with 86 falls prevention program providers.
- Engage 5,883 participants across all programs.
- Engage 2,120 participants in A Matter of Balance, 967 participants in SAIL, 233 participants in Stepping On, and 2,563 participants in TJQMBB.

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