

# AltaPointe Health Systems, Inc.

## 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 severe mental illness or intellectual disabilities.
- Goal 2: Significantly increase the number of older adults and adults with severe mental illness or intellectual disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

AltaPointe Health and its partners will:

- Engage adults with severe mental illness or intellectual disabilities in Southwest and East Central Alabama;
- Enroll a minimum of 650 moderate-high fall-risk consumers in SAIL or Bingocize;
- Reach 100 individuals at community sites;
- Establish and sustain a Fall Prevention Steering Committee comprised of representatives of key partners; and

- Inform interested community organizations about fall prevention evidence-based programs (EPBs).

### Proposed Interventions

- Bingocize
- Stay Active & Independent for Life (SAIL)

### Partnerships

To achieve the grant goals, AltaPointe Health is collaborating with the following key partners:

- Accordia Health Family Medical Care
- Mobile Parks & Recreation Department
- South and East Alabama Area Agencies on Aging
- Survivor of Mental Illness Club
- VIA Community Center

### Anticipated Results

AltaPointe Health and its partners propose to achieve the following results:

- Expand the fall prevention program for adults with severe mental illness or intellectual disabilities in Southwest and East Central Alabama.

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- Achieve 750 participants by the end of the grant period across the two EBPs;
- Improve participant knowledge of fall-risk reduction and increase awareness;
- Decrease fear of falling for the population across the AltaPointe continuum; and
- Refine best practices for assessing fall risk and implement these across the AltaPointe continuum.

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