

Marymount University

2023 Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce falls and/or their risk of falls.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based falls prevention programs.

Strategies and Activities

The grantee and its partners will:

- Expand SAIL and MOB offerings in the Northern Virginia region, including Washington DC
- Expand programming with an emphasis on Black, Hispanic, and low-income older adults
- Embed the work of the Regional Training Office and Northern VA Falls Prevention Alliance into the Marymount Center for Optimal Aging

Proposed Interventions

- Stay Active and Independent for Life (SAIL) (in-person and remote)
- A Matter of Balance (MOB) (in-person and remote)

Prevention and Public Health Fund 2023, effective May 1, 2023



Partnerships

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

- Regional Area Agencies on Aging
- Virginia Hospital Center
- Fairfax County Office of Community Outreach
- Safe at Home
- Aging and Moving Forward
- DC Parks and Recreation
- Virginia DARS
- Arlington Neighborhood Village
- Senior Services of Alexandria

Anticipated Results

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

- At least 1400 older adults from target population reached through SAIL and MOB
- Established SAIL Master Training program
- Improved health equity for target populations through a positive impact on risk factors of falls
- Centralized structures for sustained delivery of community-based fall prevention programs
- Trusted community resource for fall prevention

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