



**Kick-Off Webinar:
Prevention and Public Health Fund 2020
Falls Prevention Grantees**

Shannon Skowronski


Administration for Community Living

June 17, 2020

Welcome, 2020 Falls Prevention Grantees!



About the Administration for Community Living (ACL)

- **Mission** – maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers
 - Commitment to one **fundamental principle** – people with disabilities and older adults should be able to live where they choose, with the people they choose, and participate fully in their communities
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About ACL (cont.)



Falls Prevention Grant History

- 2014: 13 new grantees and a new National Falls Prevention Resource Center
- 2015 – 2019: 47 new grants awarded
- 2020: 2 “integrated networks” grantees and 6 “empowering communities” grantees

Why Falls Prevention from ACL

- Falls are the leading cause of both fatal and nonfatal injuries for people 65+
- Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury
- Falls are the leading cause of TBI
- Falls and their consequences cost the U.S. healthcare system ~\$50 billion annually

Participants Served to Date

Since 2014, ACL grantees have delivered evidenced based falls prevention programs to more than 118,000 participants!



Falls Prevention Grant Goals: Integrated Networks

- **Goal 1:** Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- **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.

Falls Prevention Grant Goals: Empowering Communities

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in your community.
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Meet Your Fellow Grantees!

- Integrated Networks
 - Partners in Care Foundation, California
 - UNC Asheville, North Carolina

Meet Your Fellow Grantees (con't...)

- Empowering Communities
 - AltaPointe Health Systems, Inc., Alabama
 - Council for Jewish Elderly/CJE SeniorLife, Illinois
 - Iowa Department on Aging
 - Mary Hitchcock Memorial Hospital, New Hampshire
 - National Kidney Foundation of Michigan
 - Wisconsin Institute for Healthy Aging

Falls Prevention Programs to be Delivered

- A Matter of Balance
- Bingocize
- Community Aging in Place—Advancing Better Living for Elders (CAPABLE)
- Enhance Fitness
- Pisando Fuerte
- Otago

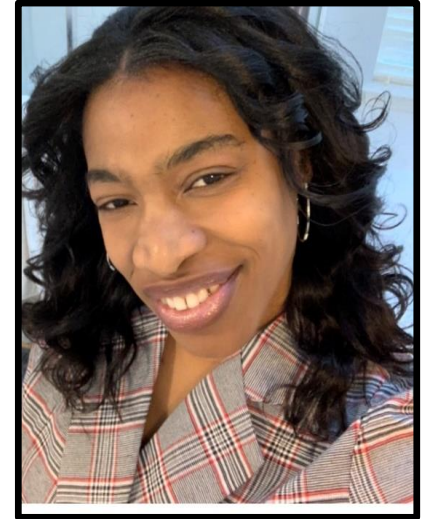
Falls Prevention Programs (con't...)

- SAIL
- Stepping On
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance
- Tai Chi Prime

Meet Your ACL Project Officers!

- **Monique Bolton**

- Mary Hitchcock Memorial Hospital/Dartmouth
- AltaPointe Health Systems, Inc.
- Iowa Department of Aging



Meet Your ACL Project Officers! (2)

- **Phantane Sprowls**

- CJE SeniorLife



- **Shannon Skowronski**

- Wisconsin Institute for Healthy Aging

- UNC Asheville

- National Kidney Foundation of Michigan

- Partners in Care Foundation



Getting Started

- Grantees' project period begins August 1, 2020, which means that they cannot draw down funds until that date.

Getting Started (con't...)

- Familiarize yourself with the resources, FAQs, reporting calendar, etc. on the Falls Prevention Resource Center Grantee website:
 - <https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantees-falls-resource-center/falls-prevention-grantees/>
- Grantee project profiles will be prepared and posted on ACL website

Remote Programs

- All 2020 grantees will be expected to be implementing ***at least one*** remote Falls Prevention programs within six months of the Start Date of their award, i.e., by end of January 2021.
- If a grantee proposed only program(s) that are not available remote, they will need to add at least one program that is available for remote delivery from the pre-approved list of programs that was included in the Funding Opportunity Announcements.

Remote Programs (con't...)

- You will have the opportunity to discuss remote options and work plan changes on your individual project kick off calls with your ACL Project Officer.
- For a listing of current remote program availability/details, see: <https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19/>

Required Reporting

- ACL Semi-Annual Progress Reports
- Final Report (in lieu of last Semi-Annual Progress Report)
- Financial Status Reports
 - Quarterly
 - Annual

For detailed reporting instructions, i.e., due dates, templates, submission instructions, etc., please visit the reporting calendar located at: <https://biturl.top/i2UBr2>

GrantSolutions

- All program reports (semi-annual and final) submitted via GrantSolutions
 - <https://home.grantsolutions.gov/home>
- Resources available on ACL website to assist with requesting a GrantSolutions user account, logging in, basic navigation, etc.
 - <https://www.acl.gov/grants/managing-grant>

Payment Management System

- All fiscal reports must be submitted via the Payment Management System.
 - <https://pms.psc.gov/>

Administrative Supplement

- For allowable, unanticipated COVID-19 expenses
- Look for information from your ACL Project Officer soon
- Please ensure you have GrantSolutions access as soon as possible and can view your Notice of Award

What's next?

- You will be contacted by a member of the National Falls Prevention Resource Center to:
 - confirm grantee contacts; and
 - schedule an individual grantee kick off call in July with your NCOA Project Officer and TA liaison

Questions?

Contact your ACL Project Officer

Shannon Skowronski – shannon.skowronski@acl.hhs.gov

Phantane Sprowls – phantane.sprohls@acl.hhs.gov

Monique Bolton – monique.bolton@acl.hhs.gov

Kick-Off Webinar: Welcome and Congratulations!

2020 Administration for Community Living
Falls Prevention Grantees

June 17, 2020



Improving the lives of 40 million older adults by 2030

Who We Are

We believe every person deserves to age well

OUR VISION

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

OUR MISSION

Improve the lives of millions of older adults, especially those who are struggling





NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers** funded by the Administration for Community Living
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** Behavioral health, physical activity, immunizations, oral health

Meet Our Team

Kathleen Cameron, MPH

Senior Director

Contact : kathleen.cameron@ncoa.org



Dorothea Vafiadis, MS

Director

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Meet Our Team

Jennifer Tripken, EdD, CHES

Associate Director

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Kathleen Zuke, MPH

Senior Program Manager

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Meet Our Team

Michelle Mai, MPH

Program Associate

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Binod Suwal, MS

Senior Manager

Point of contact for communication with the Resource Center

Contact: binod.suwal@ncoa.org



Meet Our Team

Mary Walsh, M.Ed.

Consultant

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Sharon Williams

Consultant

Contact: sharonr.williams@comcast.net



Technical Assistance Activities



One-on-One Support

- Tailored technical assistance based on your needs



Networking & Peer Learning

- Work groups
- Learning Collaboratives
- Listservs for professionals



Online Tools and Resources

- Ongoing webinars
- Best practices from organizations across the country



National Databases

- Data collection & management
- CDSME & falls prevention

Individual Support

Monthly or bi-monthly technical assistance calls

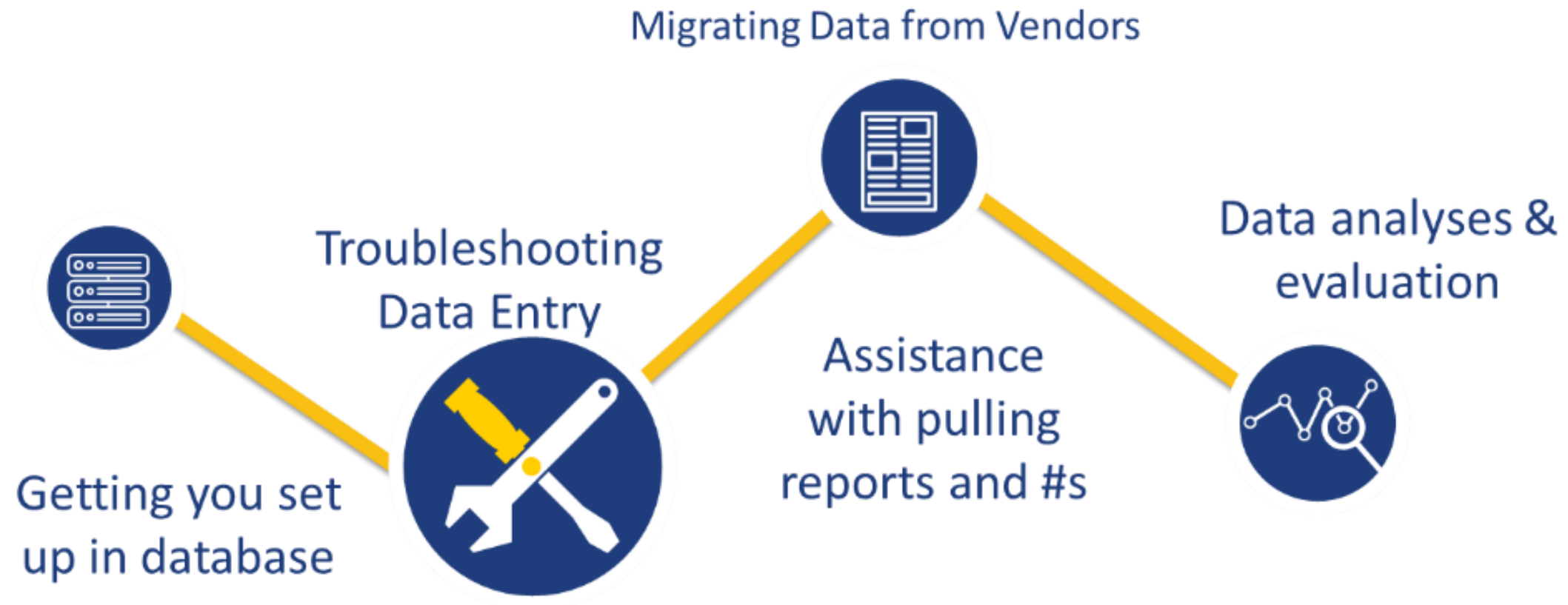
- Grantee, NCOA Technical Assistance Lead
- ACL Project Officer joins the month following each submission of the semi-annual report
- Discuss ongoing workplan progress, target participation goals, sustainability activities, questions, technical assistance needs
- Binod Suwal will reach out to schedule



Getting Started

- [Falls Prevention Grantee profiles](#) (2020 profiles coming this summer!)
- [ACL grant reporting calendars \(2020-2023\)](#)
- [FAQs for Falls Prevention Grantees](#)
- [Falls Prevention Semi-Annual Performance Report Directions and Sample Template](#)
- [Customizable marketing and recruitment templates](#)
- [Key components of offering EBPs](#)
- [Sample business and sustainability plans](#)
- [View past webinars](#)

National Falls Prevention Database



Falls Prevention Programs in Database

- A Matter of Balance
- CAPABLE
- EnhanceFitness
- FallScape
- Fit & Strong!
- Healthy Steps in Motion
- Otago Exercise Program
- Stay Active and Independent for Life
- Stay Safe, Stay Active
- Stepping On
- Tai Chi for Arthritis
- Tai Chi Moving for Better Balance (YMCA)
- Tai Ji Quan: Moving for Better Balance



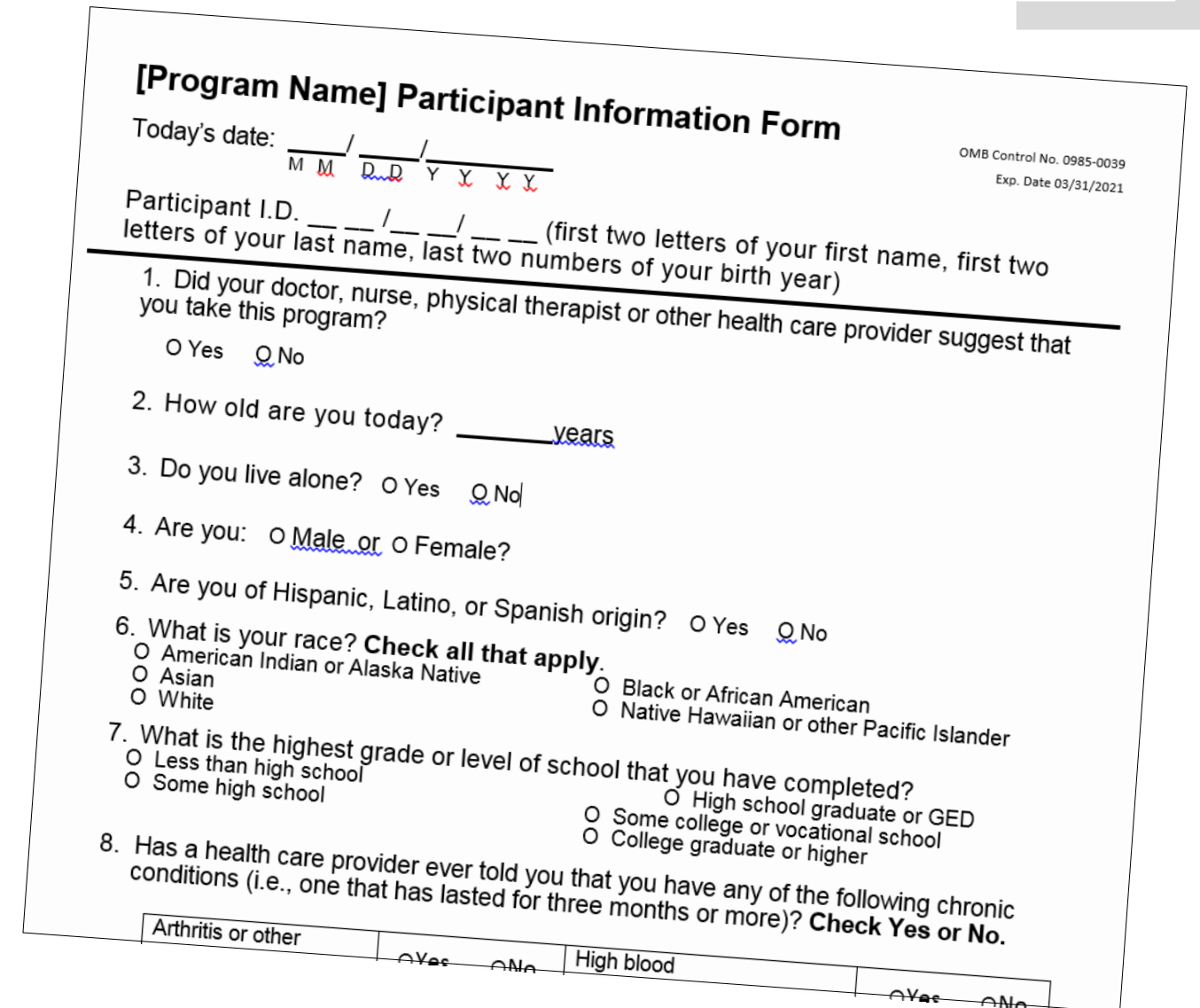
Data Collection Forms

Data Entry, Collection, and Management Resources

- Host Form
- Program Information Cover Sheet
- Attendance Log
- Participant Information Form (Pre-Survey)
- Post-Session Survey

Falls Prevention Data Collection Toolkit

Join us for the *National Falls Prevention Database Webinar* on **July 29 at 1:00p.m. EDT** for a thorough review of the Database and data collection forms—webinar registration coming soon



[Program Name] Participant Information Form

OMB Control No. 0985-0039
Exp. Date 03/31/2021

Today's date: / /
 M M / D D / Y Y Y Y

Participant I.D. / / (first two letters of your first name, first two letters of your last name, last two numbers of your birth year)

1. Did your doctor, nurse, physical therapist or other health care provider suggest that you take this program?
 Yes No

2. How old are you today? years

3. Do you live alone? Yes No

4. Are you: Male or Female?

5. Are you of Hispanic, Latino, or Spanish origin? Yes No

6. What is your race? **Check all that apply.**
 American Indian or Alaska Native Black or African American
 Asian Native Hawaiian or other Pacific Islander
 White

7. What is the highest grade or level of school that you have completed?
 Less than high school High school graduate or GED
 Some high school Some college or vocational school
 College graduate or higher

8. Has a health care provider ever told you that you have any of the following chronic conditions (i.e., one that has lasted for three months or more)? **Check Yes or No.**

Arthritis or other	<input type="radio"/> Yes <input checked="" type="radio"/> No	High blood	<input type="radio"/> Yes <input checked="" type="radio"/> No
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Best Practices Toolkit: Resources from the Field

A centralized location, with over 300 resources from across the U.S., focused on the expansion and sustainability of evidence-based programs

<https://www.ncoa.org/center-for-healthy-aging/cdsme-best-practices-toolkit/>



Leadership and Management



Strategic Partnerships



Delivery Infrastructure and Capacity



Marketing and Recruitment



Quality Assurance



Business Planning and Sustainability

Roadmap to Community-Integrated Health Care

<https://www.ncoa.org/center-for-healthy-aging/roadmap/>

The graphic is a vertical navigation menu on the left side of a slide, featuring a stylized map background with four location pins. To the right of the map are four horizontal panels, each with a different background image and a colored arrow pointing right. The panels are: 1. 'Leadership' with a background of hands holding a steering wheel and a yellow arrow. 2. 'Toolkit' with a background of a road with yellow lines and a green arrow. 3. 'Learning Collaboratives' with a background of a suspension bridge and an orange arrow. 4. 'Public Policy and Advocacy' with a background of a government building and a purple arrow.

- Leadership**
Meet the experts providing direction, advice, and assistance for community-integrated health care.
- Toolkit**
- Learning Collaboratives**
- Public Policy and Advocacy**

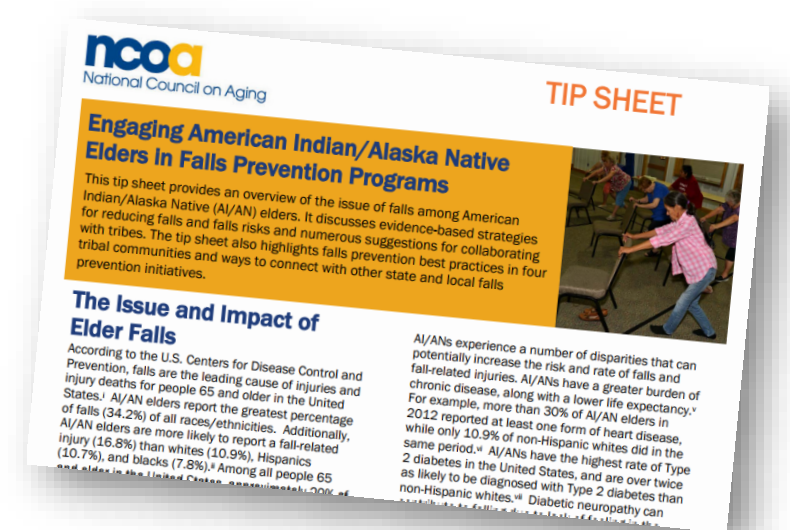
Falls Prevention Resources

- Videos about evidence-based falls prevention programs and 6 steps to prevent a fall
- Information on Falls Prevention Awareness Week
- Falls prevention success stories
- Resources for older adults and caregivers
- The 2015 Falls Free® Action Plan
- <https://www.ncoa.org/healthy-aging/falls-prevention/>

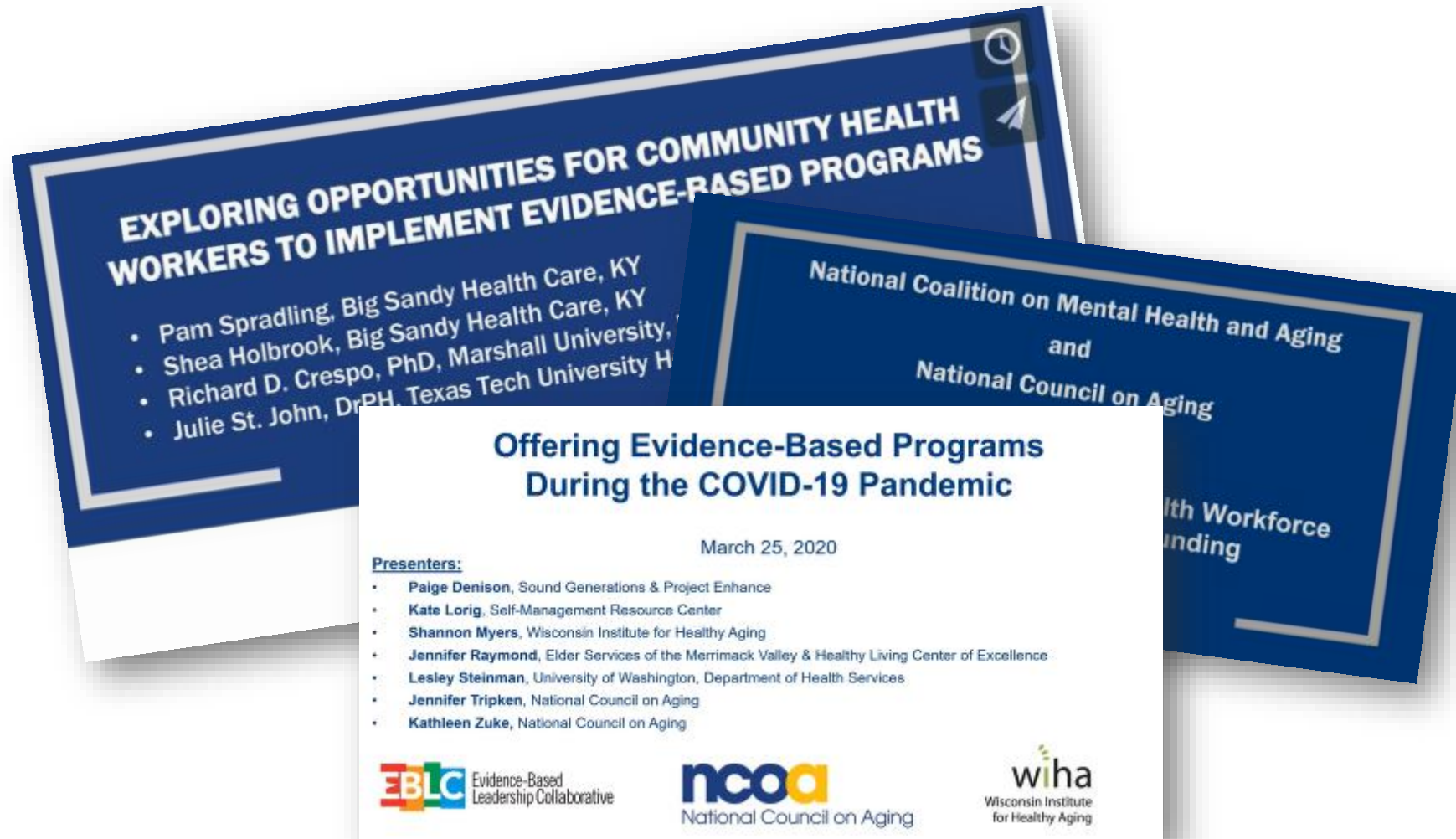
- 1 Find a good balance and exercise program**
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2 Talk to your health care provider**
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3 Regularly review your medications with your doctor or pharmacist**
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4 Get your vision and hearing checked annually and update your eyeglasses**
Your eyes and ears are key to keeping you on your feet. 
- 5 Keep your home safe**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6 Talk to your family members**
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

Examples of Helpful Tip Sheets

- [Engaging People with Disabilities in Evidence-Based Programs](#)
- [Developing Partnerships with the Disability Community](#)
- [Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education](#)
- [Engaging Veterans in Evidence-Based Programs](#)
- [Maximizing Complete and Accurate Data](#)



Webinars



Regular webinars on topics related to evidence-based program implementation, expansion, and sustainability

Learning Collaboratives

- Focused on developing advanced, complex strategies to implement, scale, and sustain home and community-based services, including evidence-based programs
- Intensive technical assistance through a variety of learning formats, with a focus on peer-to-peer sharing and mentor support

Current and past topics:

- **Medicare Reimbursement**: Achieve or make significant progress toward achieving Medicare reimbursement through Part B benefits for CDSME programs and accreditation for diabetes self-management education and support services. *(2016-17, 2017-18, 2018-19)*
- **Network Development**: Advance the development of community integrated networks (network hubs) to effectively partner and contract with health care systems. *(2017-18, 2018-19, 2019-20- in progress)*
- **Medicare Advantage**: Evaluate contracting opportunities and requirements with Medicare Advantage plans and develop a tailored value proposition for a specified service package. *(2019, 2020- in progress)*

NCOA's COVID-19 Resource Center

www.ncoa.org



- Upcoming and archived events
- FAQs for older adults, caregivers, and professionals
- Government resources
- Tips and tools

Guidance for Evidence-Based Programs

- Each evidence-based programs have their own set of guidance on how to proceed with virtual delivery when in-person is not possible.
- Some programs have been approved for remote delivery, while others are not allowable.
- Prior to your first call, explore this page and consider alternatives to original project plans.
- **Website:** <https://www.ncoa.org/news/ncoa-news/center-for-healthy-aging-news/track-health-promotion-program-guidance-during-covid-19/>

Track Health Promotion Program Guidance During COVID-19

Posted on March 23rd, 2020

- Events
- Behavioral Health
- Chronic Disease Self-Management Education

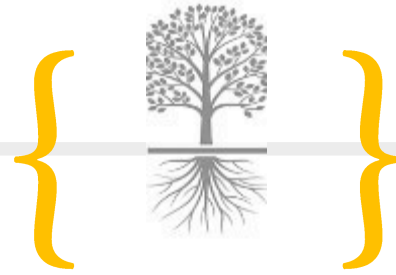
During a period of physical distancing due to COVID-19, community-based organizations are canceling health promotion programs and exploring options for connecting remotely. Check this page regularly for updates from individual programs on whether it's feasible to continue implementation when in-person gatherings are not possible.

Other Resources

- [Grand Rounds Webinars](#) – Bi-weekly webinars to discuss the rapid switch to virtual programs among community-based organizations (e.g. sharing best practices for participant registration, virtual delivery platforms, data collection, and more).
- [Frequently Asked Questions: COVID-19 and health promotion programs](#) – Questions from community-based organizations on how they can continue offering health promotion programs during the pandemic.
- [Frequently Asked Questions: Data Collection & Management for Health Promotion Programs During COVID-19](#) – Learn how community-based organizations are collecting participant data during this time period.
- [Program updates from ACL CDMSE and Falls Prevention grantees during COVID-19](#) – Grantees share their methods and solutions to offering health promotion programs online for their participants.
- [Instructions for Participants to Use Zoom](#) – Rush University Medical Center developed step-by-step instructions to support participants accessing Zoom, a virtual platform.

13th Annual National Fall Prevention Awareness Week

- September 21-25, 2020
- Raise awareness about how to prevent falls and fall-related injuries among older adults.
- Partner with your state or local [Falls Prevention Coalition](#)
- Visit www.ncoa.org for [details](#)
- Join us for Falls Prevention Awareness Week events
 - Webinar on August 4, 2020



Any questions?

- [Sign up](#) for the Center for Healthy Aging monthly e-news
- Save the Dates: **NCOA Age+Action Virtual Conference** – June 7-10, 2021
- All new grantees will be added to the **listserv for professionals implementing falls prevention programs**. Click “unsubscribe” or e-mail binod.suwal@ncoa.org to opt out.
- **Follow @NCOAging** on social media

National Falls Prevention Resource Center

