

# AgeOptions

## Evidence-Based Falls Prevention Program Grantee



### Goals, Strategies, and Activities

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

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

AgeOptions and its partners will:

- Increase the existing capacity of current providers to offer A Matter of Balance (MOB) statewide and build a statewide delivery system for Tai Chi for Arthritis and Falls Prevention and Healthy Steps in Motion.
- Strengthen the Illinois Pathways to Health hub infrastructure and delivery system.
- Achieve financial sustainability through four healthcare contracts.

### Proposed Interventions

- A Matter of Balance
- Healthy Steps in Motion
- Tai Chi for Arthritis and Falls Prevention

### Partnerships

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

- Rush System for Health and Rush University Medical Center
- White Crane Wellness Center
- Illinois' Area Agencies on Aging
- Illinois Department on Aging, Care Coordination Units and Medicaid Managed Care Providers
- Humana
- BlueCross and BlueShield of Illinois
- Oak Street Health

### Anticipated Results

AgeOptions and its partners propose to achieve the following results:

- Reach 4,933 program participants with 3,700 completing one of the three programs.

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- The Illinois Department on Aging, Care Coordination Units and Medicaid Managed Care Providers will refer appropriate Community Care Program (Medicaid waiver) participants who have experienced a reportable critical fall event to Illinois Pathways to Health.
- Increased awareness of falls prevention programming (as measured by number of brochures distributed, website hits, Facebook views).
- A sustainable statewide program with contracts from at least four organizations and at least 80% of delivery partners stating that they will continue to offer programming after the grant ends.
- Improved network ability to deliver under a healthcare contract (as evidenced by an increase of at least 4 delivery partners that are HIPAA compliant).

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