

University of Montana

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:

- Deliver two evidence-based falls prevention programs through the Confederated Salish and Kootenai Tribes (CSKT) Tribal Health Department.
- Apply an iterative evaluation process to translate programs for cultural/contextual relevance.
- Co-develop implementation/dissemination strategies for capacity building and sustainability.
- Engage and collaborate with multi-sectoral partners to achieve short and long-term goals.

Proposed Interventions

- Staying Active & Independent for Life (SAIL) (in-person and remote)
- Healthy Steps for Older Adults (HSOA) (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:

- Confederated Salish and Kootenai Tribes (CSKT) Tribal Health Department
- Montana Department of Public Health and Human Services, Fall Prevention Initiative
- Lake County Area Agency on Aging
- Missoula County Area Agency on Aging
- Center for Population Health Research, University of Montana

Anticipated Results

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

- Engage 200 rural Native American older adults in SAIL & HSOA programming (80% retention).
- Improve community knowledge and awareness of fall risk and fall prevention for elders.
- Reduce falls/ fall risk, and improve wellbeing among program participants.
- Develop a compendium of feasible and culturally responsive strategies for implementation.
- Develop sustainable systems through the CSKT Tribal Health Department for program delivery.

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