

San Antonio Lighthouse for the Blind: Vibrant Works

Falls Prevention Grantee Profile, Fiscal Year 2024

Goals

This 4-year grant aims to:

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

Activities

The grantee and its partners will:

- Collaborate on ensuring program materials are fully blind and visually impaired (BVI) accessible and in Spanish.
- Partner with university students to be coaches and lay leaders.
- Promote falls prevention programming best practices for BVI accessibility.
- Advocate for falls prevention and EBFPP to all community partners.

Interventions

- Healthy Steps for Older Adults (HSOA) (in-person and remote)
- Matter of Balance (MOB) (in-person and remote)

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Alamo Area Council of Governments (AACOG)
- American Foundation for the Blind (AFB)
- LVRC & OWL Radio
- Methodist Healthcare Ministries
- San Antonio Oasis
- Successfully Aging and Living in San Antonio (SALSA)

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- Texas Health and Human Services
 - University of Incarnate Word
 - University of Texas San Antonio School of Nursing
 - Vision Serve Alliance (VSA)

Outcomes

The grantee anticipates the following results from this project.

- 1,145 seniors will participate in HSOA at 90% retention rate with 1,030 completers.
- 366 seniors will participate in AMOB at 70% retention rate with 256 completers.
- Engage community partners through trainings to become trainers.
- Increase capacity to improve health outcomes with HSOA and MOB.

Grantee Contact

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