

Rush University Medical Center

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:

- Provide balance screenings in the West Side of Chicago for older adults and adults with disabilities.
- Identify fall risk and recruit screened participants for appropriate falls prevention intervention.
- Implement evidence-based programs in English and Spanish and expand the reach and sustainability to community-based organizations and health centers.
- Escalate social needs of participants to address barriers to participation and completion in evidence-based programs.

Proposed Interventions

- Fit and Strong! (in-person)
- A Matter of Balance (AMOB) (in-person and remote)
- Tai Chi for Arthritis and Fall Prevention (in-person and remote)
- ¡En Forma y Fuerte! (in-person)
- Un Asunto de Equilibrio (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:

- Rush University College of Health Sciences, Department of Occupational Therapy
- Rush Center for Excellence in Aging
- Center for Health and Social Care Integration
- University of Illinois at Chicago
- Chicago Housing Authority

Anticipated Results

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

- Empower and connect 800 older adults and adults with disabilities through balance screening.
- Provide Falls Prevention evidence-based programs in English and Spanish to 560 older adults and adults with disabilities.

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