Kick-Off Webinar: Prevention and Public Health Fund 2021 Falls Prevention Grantees

Donna Bethge
Administration for Community Living

May 14, 2021
Welcome, 2021 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
About ACL (cont.)

ACL

Office of the Administrator

Administration on Aging

Administration on Disabilities

National Institute on Disability, Independent Living, and Rehabilitation Research

Center for Innovation and Partnership

Center for Management and Budget

Center for Policy and Evaluation
Falls Prevention Grant History

• 2014: 13 new grantees and a new National Falls Prevention Resource Center
• 2015 – 2020: 55 new grants awarded
• 2021: 1 integrated network grantee and 10 empowering communities grantees
Why Falls Prevention from ACL

• One-fourth of Americans aged 65+ falls each year
• Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury
• Falls are the most common 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 130,000 participants!
Falls Prevention Grant Goals: Integrated Networks

• **Goal 1:** Strengthen state or regional community integrated health 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.
Meet Your Fellow Grantees!

• Integrated Networks
  – Innovations in Aging (now called Trellis), Minnesota
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

• Empowering Communities

Clemson University, South Carolina

Council for Jewish Elderly, Illinois

MHP Salud, Texas

Mississippi State Department of Health

Montana Dept. of Public Health and Human Services
Meet Your Fellow Grantees (con’t…)

• Empowering Communities

Putnam County, New York
Sanford Medical Center, South Dakota
Springfield College, Massachusetts
The University of Tennessee
Virginia Dept. for Aging and Rehabilitative Services
Falls Prevention Programs to be Delivered

- A Matter of Balance
- Bingocize
- EnhanceFitness
- Otago
- SAIL
- Stepping On
- Tai Ji Quan: Moving for Better Balance
Meet Your ACL Project Officers!

• **Lesha Spencer-Brown**
  - MHP Salud
  - Springfield College
  - Va. Dept. for Aging and Rehabilitative Services

• **Shannon Skowronski**
  - Council for Jewish Elderly
  - The University of Tennessee
Meet Your ACL Project Officers!

• **Donna Bethge**
  • Clemson University
  • Innovations for Aging (Trellis)
  • Mississippi State Department of Health
  • MT Department of Public Health and Human Services
  • Putnam County
  • Sanford Medical Center
The official grant project period began May 1, 2021, which means that you can already begin to draw down funds.
Getting Started (con’t…)

• Familiarize yourself with the resources, FAQs, reporting calendar, etc. on the Falls Prevention Resource Center Grantee website:

• Grantee project profiles will be prepared and posted on the ACL and Falls Resource Center website.
Remote Programs

• All 2021 grantees are expected to be implementing at least one remote Falls Prevention program.

• For a listing of current remote program availability/details, see: https://www.ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19
Required Reporting

• ACL Semi-Annual Progress Reports
  – 2021 Falls grantee reports are due November 30 and May 30 each year of the grant
• Final Report (in lieu of last Semi-Annual Progress Report)
• Financial Status Reports (SF-425)
  – Quarterly
  – Annual

For detailed reporting instructions, i.e., due dates, templates, submission instructions, etc., please visit the reporting calendar located at: https://www.ncoa.org/article/acl-grant-reporting-requirements-for-falls-prevention
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/
Grantee Access

• Please ensure you have access to GrantSolutions and Payment Management System as soon as possible so that you can view your Notice of Award and be able to access your funds.
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 August with your ACL Project Officer and Falls Prevention Resource Center TA liaison
  – receive training for the National Falls database June 17 from 1-2 p.m. ET
Questions?

• Feel free to enter any questions into the chat box. We will answer them at the end.

Contact your ACL Project Officer
Donna Bethge – Donna.bethge@acl.hhs.gov
Lesha Spencer-Brown – Lesha.spencer-brown@acl.hhs.gov
Shannon Skowronski – Shannon.skowronski@acl.hhs.gov
Introductions

• Please share with us:
  – Your name
  – Your organization
  – Location
  – The program(s) you will offer
Kick-Off: Prevention and Public Health Fund Awards

2021 ACL Falls Prevention Grantees

May 14, 2021
Agenda

1. About NCOA
2. Meet our team
3. Technical assistance resources
4. Questions
## Who we are

<table>
<thead>
<tr>
<th><strong>Vision</strong></th>
<th>A just and caring society in which each of us, as we age, lives with dignity, purpose, and security</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mission</strong></td>
<td>Improve the lives of millions of older adults, especially those who are struggling</td>
</tr>
<tr>
<td><strong>Goal</strong></td>
<td>Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals</td>
</tr>
</tbody>
</table>
The work we do

Resources
Trusted, unbiased information that enable older adults and their caregivers to take small steps that can have a big impact on their health and financial security

Best Practices
Technical assistance and support for professionals in community-based organizations who serve older adults every day

Tools
Personalized, online support for individuals to find benefits, choose a Medicare plan, prevent falls, and plan for a healthy and secure life

Advocacy
A national platform and voice to fight against ageism—and to strengthen the federal programs we all depend on as we age
Our focus areas

Healthy Living
1. Prevention
2. Physical Health
3. Behavioral Health
4. Aging Mastery

Financial Security
- Money Management
- Job Training
- Retirement Planning
- Benefits Enrollment
The people we serve

**Older Adults**
Parents, grandparents, neighbors, and friends, aged 60 to 80, living at home

**Professionals**
Individuals who serve older adults every day at senior centers, community-based organizations, and social and human services agencies

**Caregivers**
Multigenerational family and friends who care for an older loved one at home

**Advocates**
Individuals who want to shape aging policy and influence policymakers
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 (ACL)
  - 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 Information: kathleen.cameron@ncoa.org

Dorothea Vafiadis
Director
Contact Information: dorothea.vafiadis@ncoa.org
Meet Our Team

Jennifer Tripken, EdD, CHES
Associate Director
Contact: jennifer.tripken@ncoa.org

Kathleen Zuke, MPH
Senior Program Manager
Contact: kathleen.zuke@ncoa.org
Meet Our Team

Laura B. Plunkett, MPH
Program Specialist
Contact: laura.plunkett@ncoa.org

Tia Crayton
Data Management and Evaluation Specialist
Contact: tia.crayton@ncoa.org
Meet Our Team

**Michelle Mai, MPH**  
Program Associate  
**Contact:** michelle.mai@ncoa.org

**Binod Suwal, MS**  
Senior Manager  
Point of contact for communication with the Resource Center  
**Contact:** binod.suwal@ncoa.org
Technical Assistance Activities

**One-on-One Support**
- Tailored technical assistance based on your needs

**Online Tools and Resources**
- Ongoing webinars
- Best practices from organizations across the country

**Networking & Peer Learning**
- Work groups
- Learning Collaboratives
- Listservs for professionals

**National Databases**
- Data collection & management
- Workshop and participant-level data
- CDSME & falls prevention
Individual & Group Support

- **Monthly or bi-monthly technical assistance calls**
  - Grantee, NCOA Technical Assistance Lead
  - ACL Project Officer joins following each submission of the semi-annual report
  - Discuss ongoing workplan progress, target participation goals, sustainability activities, questions, technical assistance needs
  - Binod Suwal will schedule

**Ongoing work group calls**

- By program (A Matter of Balance, SAIL, Otago, Tai Chi, Better Choices, Better Health online, etc.)
- Organizations serving American Indian, Alaska Native, and Native Hawaiian communities
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.

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)

- **Medicare Advantage**: Evaluate contracting opportunities and requirements with Medicare Advantage plans and develop a tailored value proposition for a specified service package. (2019, 2020)
NCOA Website

View Video Tutorial: https://vimeo.com/520127084
Information By Audience

• Content specifically for older adults and caregivers

• Focus on health, money, senior centers, benefits, and public policy

• Interactive tools and resources
Information by Audience - Professionals

Professionals

Improving the lives of millions of older adults, especially those who are struggling, is not just your job—it's at your core. Gain your inspiration here and walking the walk so that each of us can live and age with dignity, purpose, and economic security.
New Search Tool for Evidence-Based Programs

Find programs that are a good fit for your community and eligible for Older Americans Act Title III-D Funding. See video tutorial: https://vimeo.com/520118201

https://www.ncoa.org/evidence-based-programs
# Getting Started

## Grantee Information for Falls Prevention

<table>
<thead>
<tr>
<th>Fall Prevention Grantee profiles - 2021 profiles coming soon!</th>
<th>ACL grant reporting requirements and templates</th>
<th>FAQs for Falls Prevention Grantees</th>
<th>Contact Fellow CDSME &amp; Falls Prevention Grantees</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Key components of offering EBPs</th>
<th>Best Practices Clearinghouse</th>
<th>Community-Integrated Health Care</th>
<th>View past webinars</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
<td><a href="#">Link</a></td>
</tr>
</tbody>
</table>
# Key Resources For Remote Programming

<table>
<thead>
<tr>
<th>Evidence-Based Programs for Professionals</th>
<th>Tracking Health Promotion Program Guidance During COVID-19</th>
<th>&quot;Grand Rounds&quot; Webinars: Health Promotion Programs and COVID-19</th>
<th>Frequently Asked Questions: COVID-19 and Technology Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
<tr>
<td>Link</td>
<td>Link</td>
<td>Link</td>
<td>Link</td>
</tr>
</tbody>
</table>
# Quick Links- Center for Healthy Aging

<table>
<thead>
<tr>
<th>Main Sections</th>
<th>Scroll to the bottom of the page for more!</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Evidence-Based Programs</strong></td>
<td></td>
<td>Find best practices for implementing evidence-based programs including information to join monthly “Grand Rounds” webinars and Tracking Health Promotion Program Guidance During COVID-19.</td>
</tr>
<tr>
<td>Key Components</td>
<td></td>
<td>Information for those new to implementing programs as well as tip sheets on a variety of topics.</td>
</tr>
<tr>
<td>Evidence-Based Program Review</td>
<td></td>
<td>Instructions for submitting a program for the evidence-based program review process.</td>
</tr>
<tr>
<td>Best Practices Clearinghouse</td>
<td></td>
<td>Tips, templates, and examples of how community-based organizations have successfully implemented programs in 6 key categories.</td>
</tr>
<tr>
<td><strong>National Falls Prevention Resource Center</strong></td>
<td></td>
<td>Find information about and for ACL Prevention and Public Health Fund grantees, including reporting schedules, orientation webinars, and contact information.</td>
</tr>
<tr>
<td>Grantee Information for Falls Prevention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Falls Prevention Database</td>
<td></td>
<td>All of the resources you need to use the database and manage your data.</td>
</tr>
<tr>
<td>Falls Free Initiative</td>
<td></td>
<td>Visit for information about state falls prevention coalitions and more.</td>
</tr>
<tr>
<td>Falls Prevention Awareness Week</td>
<td></td>
<td>Tips and materials for celebrating Falls Prevention Awareness Week each year.</td>
</tr>
<tr>
<td><strong>National CDSME Resource Center</strong></td>
<td></td>
<td>Find information about and for ACL Prevention and Public Health Fund grantees, including reporting schedules, orientation webinars, and contact information.</td>
</tr>
<tr>
<td>Grantee Information for CDSME</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National CDSME Database</td>
<td></td>
<td>All of the resources you need to use the database and manage your data.</td>
</tr>
<tr>
<td><strong>Community-Integrated Health Care</strong></td>
<td></td>
<td>Find resources for sustaining programming long-term by creating stronger linkages with health care entities, creating networks for efficient deliver, and pursuing various forms of reimbursement.</td>
</tr>
</tbody>
</table>

---

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.

Visit for information about state falls prevention coalitions and more.
National Falls Prevention Database

Getting Started in the Falls Prevention Database

- Migrating Data from Vendors
- Troubleshooting Data Entry
- Assistance with pulling reports and #s
- Getting you set up in database

Data analyses & evaluation
Data Collection Tools

Download Data Collection Tools for Falls Prevention Programs

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

Join us for the National Falls Prevention Database Webinar on June 17 @1-2 p.m. ET for a thorough review of the Database and data collection forms—registration coming soon!
Programs Tracked in the Database

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