

AltaPointe Health Systems, Inc.

Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

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

- Goal 1: Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with severe mental illness or intellectual disabilities.
- Goal 2: Significantly increase the number of older adults and adults with severe mental illness or intellectual disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

AltaPointe Health and its partners will:

- Engage adults with severe mental illness or intellectual disabilities in Southwest and East Central Alabama;
- Enroll a minimum of 650 moderate-high fall-risk consumers in SAIL or Bingocize;
- Reach 100 individuals at community sites;
- Establish and sustain a Fall Prevention Steering Committee comprised of representatives of key partners; and

- Inform interested community organizations about fall prevention evidence-based programs (EPBs).

Proposed Interventions

- Bingocize
- Stay Active & Independent for Life (SAIL)

Partnerships

To achieve the grant goals, AltaPointe Health is collaborating with the following key partners:

- Accordia Health Family Medical Care
- Mobile Parks & Recreation Department
- South and East Alabama Area Agencies on Aging
- Survivor of Mental Illness Club
- VIA Community Center

Anticipated Results

AltaPointe Health and its partners propose to achieve the following results:

- Expand the fall prevention program for adults with severe mental illness or intellectual disabilities in Southwest and East Central Alabama.

Prevention and Public Health Fund 2020, effective August 1, 2020



- Achieve 750 participants by the end of the grant period across the two EBPs;
- Improve participant knowledge of fall-risk reduction and increase awareness;
- Decrease fear of falling for the population across the AltaPointe continuum; and
- Refine best practices for assessing fall risk and implement these across the AltaPointe continuum.

Contact:

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For more information:

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U.S. Department of Health and Human Services
Washington, DC 20201
<http://www.acl.gov>

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Grant Impact Summary

Most Significant Accomplishments:

- Over the period of this grant, 767 older adults and people with disabilities were engaged.
- Delivered evidence-based programs (EBPs) in Southwest and East Central Alabama counties.
- Trained 26 Bingocize® Program leaders and 11 SAIL instructors.
- Partnered with Mobile Parks & Recreation Department, community centers, senior and therapeutic centers, South Alabama Regional Planning Commission (AAA), and retirement communities.
- Successfully set up sustainability partnerships with City of Mobile Parks and Recreation Department and AAA to expand the implementation of EBPs within Southwest Alabama.
- Secured sustainable funding through utilization of Certified Peer Specialist as EBP instructor for long-term implementation for qualifying individuals within programs at AltaPointe Health.
- Enhanced marketing sustainability plans to stake holders for both internal departments and external agencies through robust outcome measures .
- Expanded measurable outcome targets to include functional fitness assessments utilizing the Timed up and Go (TUG) and Chair Stand.

Lessons Learned:

- 1) Know the preferences of the audience of participants to pair the best EBP. We found that Bingocize® paired best with our participants that were seeking social interaction and health promotion. Implementing in sites that already had established bingo programs was ideal.
- 2) Explore how to adapt an EBP to serve individuals with severe mental illness, intellectual disabilities and developmental disabilities. We partnered with the program designers to ensure any adaptations in delivery remain in line with the program fidelity.
- 3) In addition to instructor certifications, training on motivational interviewing helps with engaging participants to achieve program retention. We expanded on the benefits of shared lived experiences from our certified peer specialists in engaging participants through these health promotion programs.

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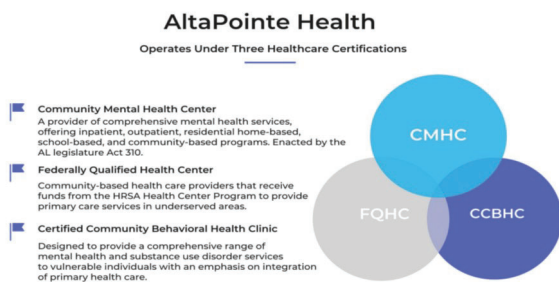


What's Next:

Looking ahead, we are committed to sustaining the positive outcomes of this project. Our future plans include continued partnership with Mobile Parks and Recreation Department and local Area Agency on Aging for Bingocize® in their community centers in Southwest Alabama Counties.

We will continue to work in partnership with both of the above mentioned agencies for expanded community programming. Our internal mission is to reduce falls within our residential continuum. We have analyzed our fall data and identified target populations at highest risk for falls to implement continuous evidence-based falls prevention programs. We also feel that, through exposure of fall prevention strategies, the staff can promote a continuous fall risk reduction culture in these highest risk areas.

We will continue to aggregate outcome measure data to support programming relevance in community settings. We feel the combination of SAIL and Bingocize® are highly marketable for this region and populations we are serving. The goal is to engage more individuals at falls risk to further expand the reach of these EBP.



EVIDENCE-BASED FALL PREVENTION PROGRAMS

Since **2020**, AltaPointe Health has led **767 participants** in Fall Prevention programs, both within our continuum of care and at partnering community sites. Over the last **3 years**, AltaPointe has provided **53 workshops** hosted at **44 implementation sites** and offered **2 different evidence-based programs** (SAIL and Bingocize®).

<p>DEMOGRAPHICS:</p> <ul style="list-style-type: none"> ★ 64% aged 60+ ★ 78% managed multiple chronic medical conditions ★ 64% people of color ★ 25% live alone 	<p>TOP 3 CHRONIC CONDITIONS:</p> <ul style="list-style-type: none"> ★ Severe Mental Illness or Intellectual Disability (56%) ★ High Blood Pressure (56%) ★ Diabetes (28%)
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PROGRAM OUTCOMES:

- ★ **Over 70%** showed improvement in their **functional fitness** assessments.
- ★ **88%** reported feeling more **satisfied with life**.
- ★ **80%** reported they made **safety modifications** in their home.

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