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:

- Increase the number of adults with disabilities and Spanish speakers in falls prevention programs.

- Increase the number of instructors to deliver virtual Tai Chi for Arthritis and Falls Prevention (TCAFP), Stepping On (SO), and Pisando Fuerte (PF).

- Work with the HUB and AAAs to provide infrastructure support and operational capacity

- Increase referrals to programs by providing AAAs with operational support from the CHP HUB.

Interventions

- Tai Chi for Arthritis and Falls Prevention (in-person and remote)

- Stepping On (in-person and remote)

- Pisando Fuerte (in-person and remote)

Partners

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

- Area Agencies on Aging: Milestone, Northeast Iowa (NeI3A), and Elderbridge

- CHPcommunity HUB (The HUB)

- Easterseals Iowa

- Iowa Department of Aging

- Iowa Department of Public Health (IDPH)

- Iowa Falls Prevention Coalition

- Visiting Nurse Association (VNA)

Outcomes

The grantee anticipates the following results from this project.

- Establish the infrastructure to create and maintain fall prevention programs for older adults.

- Increase participation for TCAFP in rural areas to 100 participants with disabilities.

- Increase the number of participants for SO in rural areas to 20 individuals with disabilities.

- Expand falls prevention programs for Spanish-speaking older adults to include 72 participants.

Grantee Contact

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