

# Sanford Medical Center Evidence-Based Falls Prevention Program Grantee



## Goals

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 disabilities living in your community; and
- **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.

The Sanford Medical Center (SMC) and its partners will:

- Build on partner relationships in urban and rural areas.
- Train leaders/instructors for sustainable, evidence-based falls prevention.
- Deploy 3 federally qualified, evidence-based falls prevention programs to match community older adult needs.
- Develop an innovative plan for marketing and outreach.

- Develop and disseminate a replicable, scalable, sustainable model for both face-to-face and online applications of evidence-based falls prevention programs.

## Proposed Interventions

- A Matter of Balance
- Stay Independent and Active for Life (SAIL)
- Bingocize

## Partnerships

To achieve the goals of the grant, SMC will collaborate with the following key partners:

- Active Generations SF
- Canton Clinic/Hiawatha Heights
- City of Sioux Falls
- Good Samaritan Society
- Helpline Center, 2-1-1
- Madison Regional Health System
- Our Savior's Lutheran Church SF
- Sanford Health Plan
- Sanford Medical Center SF
- SD Falls Prevention Coalition
- Winner Regional Health

Prevention and Public Health Fund 2021, effective May 1, 2021



## Anticipated Results

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

- Establish an active steering committee representative of new rural, urban and state level partners.
- Increase community leaders engaged with evidence-based programs.
- Increase the number of older adult participants in 3 evidence-based falls prevention programs 590.
- Expand print, electronic media, and online marketing and outreach across South Dakota.
- Implement a replicable, sustainable model that is customizable to both urban and rural communities.

### Contact:

Gwen Jensen  
Sanford Medical Center  
[Gwenneth.jensen@sanfordhealth.org](mailto:Gwenneth.jensen@sanfordhealth.org)

Karla Cazer  
Sanford Medical Center  
[Karla.cazer@sanfordhealth.org](mailto:Karla.cazer@sanfordhealth.org)

### For more information:

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

Prevention and Public Health Fund 2021, effective May 1, 2021

