

Montana Department of Public Health & Human Services

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 Montana Department of Public Health & Human Services (DPHHS) and its partners will:

- Expand Stepping On and implement SAIL into all 10 area agency on aging (AAA) regions.
- Evaluate project activities and disseminate results to local, state, and national audiences.
- Develop and implement a unified outreach and marketing campaign.

- Engage with the Aging Services Bureau to identify and support affiliated AAA senior centers and partners as a primary source for implementing and sustaining the Stepping On and SAIL programs.

Proposed Interventions

- Stepping On
- Stay Independent and Active for Life (SAIL)

Partnerships

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

- Montana Aging Services Bureau
- Montana Area Agencies on Aging
- Montana Area Agencies on Aging Association
- Montana Chronic Disease Prevention & Health Promotion Bureau
- Montana Disability and Health Program
- Montana State University Extension

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



Anticipated Results

The Montana DPHHS and its partners propose to achieve the following results:

- Establish the 10 regional AAA as regionalized network hubs to implement and refer to community falls prevention programs.
- Embed Stepping on and SAIL classes into 30 new sites statewide within all 10 regional AAA, with a focus on current areas with no falls prevention programs.
- Engage 1,200 participants in Stepping On and SAIL, achieving an 80% retention rate.
- Upgrade the statewide program database to include additional falls prevention programs and have all sites utilize the database system.
- Increase older adults (60+) improvement in behavior and health status to prevent falls.

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