

# Ohio Department of Health Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

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

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Ohio Department of Health (ODH) and its partners will:

- Increase the number of facilitators and participants for the Stepping On program and work toward statewide availability and reporting for program outcomes;
- Categorize availability and increase utilization of existing fall prevention programs including Matter of Balance, Tai Ji Quan: Moving for Better Balance, and Tai Chi for Arthritis;
- Upgrade the Ohio Department of Aging's Workshop Wizard platform to identify and track available fall prevention

programs, creating a referral database; and

- Create financial sustainability by embedding programs within community service agencies and health systems, and engaging insurers on reimbursement policies.

## Proposed Interventions

- Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis

## Partnerships

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

- 10 Area Agencies on Aging across 11 regions
- TriHealth
- Summa Health
- Ohio Health
- Mercy Medical Center- Trauma Services
- Premier Health- Miami Valley Hospital
- Ohio Older Adult Falls Coalition
- Summit County Public Health
- Youngstown State University

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- People Working Cooperatively
- Dayton Life Enrichment Center
- Holmes County General Health District

## Anticipated Results

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

- Pilot two Area Agencies on Aging as regionalized network hubs to refer from health systems to community fall prevention programs;
- Engage 1,200 participants in Stepping On; 6,552 participants in Matter of Balance; 1,200 Participants in Tai Ji Quan: Moving for Better Balance; and, 600 participants in Tai Chi for Arthritis;
- Engage two health systems to integrate fall risk assessments;

- Upgrade the statewide program database to include additional fall prevention programs;
- Engage four health insurers to offer coverage for programs; and
- Embed Stepping On classes into 20 health systems or community organizations.

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### For more information:

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