

North Carolina Division of Aging and Adult Services Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

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

- Increase access to evidence-based fall prevention programs for older adults and adults with disabilities to reduce falls risk and falls; and
- Create integrated, sustainable evidence-based prevention program networks.

The North Carolina Division of Aging and Adult Services (DAAS) within the Department of Health and Human Services will expand falls risk screening and implement three falls prevention programs:

- Building Better Balance, a falls risk screening process for community-dwelling older adults;
- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels;
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home; and

- Tai Ji Quan: Moving for Better Balance, a research-based balance training regimen designed for older adults and people with balance disorders.

Partnerships

To achieve the goals of this grant, the NC DAAS will collaborate with the following partners:

- Division of Public Health;
- Office on Disability and Health;
- Area Agencies on Aging;
- Universities;
- Regional hospital systems;
- NC Falls Prevention Coalition;
- Regional Falls Prevention Coalitions;
- Centers for Independent Living;
- Traumatic Brain Injury Clubhouses; and
- YMCAs.

Anticipated Results

- 1,500 older adults and adults with disabilities at risk for falls will be screened;
- 1,500 older adults and adults with disabilities will be enrolled in falls prevention programs;



- A centralized “hub” will be established to:
 - Offer a single point of entry for participants, providers, and implementers to receive and disseminate falls and falls-risk activities and programs;
 - Create a continuum of care toolkit and business plan for sustainability; and
 - Conduct data entry, program evaluations and quality assurance.
- Fear of falling will be reduced and confidence will be increased in participants who complete falls prevention programs;
- Awareness of falls prevention programs and services will be increased among health care professionals Innovative funding arrangements will be identified, including partnerships and/or contracts with health care providers; and
- A sustainable evidence-based falls prevention program network will be developed by linking regional networks with one statewide network.

Contact

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**For more information about the Administration
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