

Partners in Care Foundation, Inc.

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.

Partners in Care Foundation will disseminate a Matter of Balance (MOB) to adults at risk for falls, including diverse, low-income older and disabled adults with a history of falls living in Los Angeles, Ventura, Napa, Solano, and Alameda counties.

A Matter of Balance is an eight session community-based workshop designed to reduce the fear of falling and increase activity levels.

Partnerships

To achieve the goals of the grant, Partners in Care Foundation will collaborate with the following partners:

- California Department of Aging;
- California Department of Public Health;
- Los Angeles Alliance for Community Health and Aging--Los Angeles County;

- Area Agencies on Aging and Public Health Departments--Alameda, Napa, and Solano Counties;
- Camarillo Health Care District;
- Braille Institute;
- Senior Concerns;
- The SCAN Senior Resource Center; and
- St. John's Regional Medical Center--Ventura County.

Anticipated Results

- Over 1,200 individuals at risk for falls will participate in MOB in five counties;
- By the end of the grant, these counties will have a sustainable infrastructure, including becoming active members of the Statewide Coalition, and developing knowledge related to identifying individuals at risk for falls and engaging them in evidence-based programs;
- Participants in MOB provided under contract with healthcare entities will have reduced emergency department, hospital, and skilled nursing facility/rehabilitation use amounting to an average ROI of at least 20% based on actual intervention costs as reported by healthcare entities;
- Sustainability will be attained by engaging healthcare payers and providers



in contracts with regional networks to deliver interventions that address the Triple Aim: improved health, better patient experience of care, and lower per-capita healthcare costs. At least two contracts with healthcare payers will enable long-term sustainability; and

- In the long run, sustainability will be achieved by demonstrating for healthcare payers and providers that fall prevention programs warrant their ongoing investment.

Contact

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**For more information about the Administration
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