

Mescalero Apache Tribe Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this two-year 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 these evidence-based falls prevention programs in the aging network during and beyond the grant period, while embedding the programs into an integrated, sustainable evidence-based prevention program network.

The Mescalero Apache Tribe will:

- Disseminate Stay Active and Independent for Life (SAIL), a physical activity program to improve mobility, strength, and balance;
- Develop a program infrastructure that ensures cultural relevancy and interdepartment integration to establish long-term falls prevention services across Mescalero Apache Tribe departments;

- Implement an outreach, education and engagement campaign focused on a physical activity program accessible to Mescalero Apache Tribes' 65+ population.

Partners

To achieve the goals of the grant, the Mescalero Apache Tribe will collaborate with the following key partners:

- Mescalero Apache Tribe Senior Center;
- Indian Health Service Mescalero Service Unit;
- Tribal Elderly Program;
- Mescalero Apache Housing Authority;
- Mescalero Apache Fire and Rescue.

Anticipated Results

- Enroll 66 Mescalero Apache Tribe seniors in the SAIL program to increase mobility and strength;
- Improve understanding of organizational opportunities for fall risk prevention through the completion of one tribe-wide baseline review;
- Improve understanding of organizational responsibilities in reducing fall risks by



conducting 12 meetings annually with Department/Program Directors;

- Establish competency in an evidence-based fall prevention program through completion of the SAIL Leader Program Training;
- Establish a method of data tracking through the development of one data tracking module;
- Establish availability of educational and resource materials, including five unique marketing pieces and six community newsletter articles;
- Complete 114 physical education classes (equal to three sessions per week) for the 38 weeks following SAIL certification.

Contact

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For more information about the Administration for Community Living

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