Kick-Off Webinar:
Prevention and Public Health Fund
2016 Fall Prevention Grantees
July 22\textsuperscript{nd}, 2016
Thank you!
History...

2003: Evidence-Based Program (EBP) Pilot
- 14 grants

2006: Evidence-Based Prevention Program
- 24 AoA grants
- 3 Atlantic Philanthropies grants

2007: Hispanic Elders Grants
- 9 grants
- Chronic Disease Self-Management Education (CDSME) Program
- Collaborative effort of: AoA, AHRQ, CDC, CMS, HRSA

2010: Putting Prevention to Work: CDSME Recovery Act Grants
- 45 states
- District of Columbia
- Puerto Rico

2012-2013: Affordable Care Act
- Prevention and Public Health Fund

2014: CDSME Grants
- 22 states
- Last Year Funding
- Falls Prevention Grants
- 14 grants
- (4 tribal & 10 to state agencies, non-profits, etc.)
- National Falls Prevention Resource Center 2nd year of funding

2015: CDSME Grants
- 8 new grants
- Falls Prevention Grants
- 7 new grants
- National Falls Prevention Resource Center 2nd year of funding
And Now ............... 

YOU ARE THE NEW 2016 2016 Falls Prevention Grantee 

Congratulations!
## Individuals Served by ACL PPHF Falls Grantees

- Between September 2014 and July 20, 2016, nearly 22,000 older adults enrolled in ACL-grantee supported falls prevention programs!

<table>
<thead>
<tr>
<th></th>
<th>% Reporting Relevant Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living Alone</td>
<td>49%</td>
</tr>
<tr>
<td>Average Age</td>
<td>76</td>
</tr>
<tr>
<td>Gender</td>
<td>80% female</td>
</tr>
<tr>
<td>At least one fall in last three months</td>
<td>19%</td>
</tr>
<tr>
<td>At least one chronic condition</td>
<td>89%</td>
</tr>
<tr>
<td>Chronic conditions</td>
<td>Arthritis (61%), Heart Disease (29%), Diabetes (22%)</td>
</tr>
<tr>
<td>Disability</td>
<td>39%</td>
</tr>
<tr>
<td>Fearing falls “somewhat” or “a lot”</td>
<td>49%</td>
</tr>
</tbody>
</table>
Seeing results...

- Between September 2014 and June 30, 2016, older adults enrolled in ACL-grantee supported falls prevention programs reported the following outcomes:

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>% Improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program helped reduce their fear of falling</td>
<td>89%</td>
</tr>
<tr>
<td>Feel they can protect themselves from a fall</td>
<td>49%</td>
</tr>
<tr>
<td>Can find a way to reduce falls</td>
<td>47%</td>
</tr>
<tr>
<td>Can find a way to get up if they’ve fallen</td>
<td>40%</td>
</tr>
<tr>
<td>Can increase their physical strength</td>
<td>41%</td>
</tr>
<tr>
<td>Have become more steady on their feet</td>
<td>43%</td>
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2016 Falls Prevention Grant Goals

• **Goal 1**: Significantly increase the number of older adults and older adults with disabilities at risk of falls who participate in evidence-based community programs to reduce falls and falls risks.

• **Goal 2**: Build partnerships and/or secure contracts with the health care sector and identify innovative funding arrangements that can support these evidence-based falls prevention programs, while embedding the programs into an integrated, sustainable evidence-based prevention program network.
2016 Falls Grantees Awarded

- Elder Services of the Merrimack Valley, MA
- Iowa Department of Public Health, IA
- MAC, Inc., MD
- Marymount University, VA
- New Mexico Department of Health, NM
- Rush University Medical Center, IL
- Southern Maine Agency on Aging, ME
- Indian Health Council, CA
- Inter Tribal Council of AZ, Inc., AZ
- Mescalero Apache Tribe, NM
- Spirit Lake Tribe, ND
- National Council on Aging, Falls Prevention Resource Center, VA
Evidence-Based Falls Prevention Programs Offered 2014-2016 Grantees

- A Matter of Balance
- Stepping On
- SAIL
- FallsTalk/FallScape
- Tai Chi for Arthritis
- Tai Chi: Moving for Better Balance
- YMCA Tai Chi: Moving for Better Balance
- Otago
Goal 1: Increasing Falls Prevention Program Participants

- $4.142 million awarded to 11 grantees
- 15,957 participants proposed over 2 year period (2016-2018)
- Expanding geographic reach (statewide or regional)
Goal 2: Sustainability

• Business plan, contracts, or other means to secure financing
• Aging, public health, disability, and other networks engaged
• Strategic partnerships with organizations with the capacity to embed falls prevention program referral into routine operations, and to pay for delivery of these programs by the aging services network
ACL/AoA Falls Prevention Project Officers

• **Kristie Kulinski**
  Aging Services Program Specialist, Office of Nutrition and Health Promotion Programs
  Washington DC
  – New Mexico Department of Health
  – Elder Services of the Merrimack Valley

• **Shannon Skowronski**
  Team Lead, Office of Nutrition and Health Promotion Programs
  Washington DC
  – Marymount University
ACL/AoA Falls Prevention Project Officers

• Phantane Sprowls
  Program Analyst
  Office of Nutrition and Health Promotion Programs, Washington, DC
  – Iowa Department of Public Health

• Lacey Vaughan
  Aging Services Program Specialist
  ACL Regions V & VII Office, Chicago
  – Southern Maine Area Agency on Aging
  – Rush University Medical Center
ACL/AoA Falls Prevention Project Officers

• **Dennis Dudley**
  Aging Services Program Specialist, ACL Region IX Office
  San Francisco
  – Indian Health Council
  – Mescalero Apache Tribe
  – InterTribal Council of Arizona
  – Spirit Lake Tribe

• **Casey DiCocco**
  Program Analyst, Office of Nutrition and Health Promotion Programs
  Washington DC
  – MAC Incorporated
Next Steps

- You will be contacted by the National Falls Prevention Resource Center (NFPRC) to schedule an initial technical assistance call with you ACL Project Officer, your key grant staff, and your assigned NFPRC staff person.
- Please review grantee resources posted on National Falls Prevention Resource Center website (e.g., required data collection forms, grantee reporting calendar, contact list, etc.)
- Questions about your grant? Please contact your ACL Project Officer directly
ACL Falls Prevention Grantee Kickoff Webinar

July 22, 2016

Kathleen Cameron
Ellen Schneider
Marissa Whitehouse
Chelsea Gilchrist
About NCOA

Who We Are:
NCOA is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging

Our Vision:
A just and caring society in which each of us, as we age, lives with dignity, purpose, and security
About NCOA

Our Mission:
Improve the lives of millions of older adults, especially those who are struggling

Our Social Impact Goal:
Improve the health and economic security of 10 million older adults by 2020
NFPRC Goals:

Increase public awareness and educate consumers and professionals about the risks of falls and how to prevent falls.

Support and stimulate the implementation, dissemination, and sustainability of evidence-based falls prevention programs and strategies to reduce the incidence of falls among older adults and adults with disabilities.

Serve as the national clearinghouse of tools, best practices, and other information on falls and falls prevention.

https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/
Staff Profiles

Kathleen Cameron, MPH
Senior Director

Background:
• Bachelor’s in Pharmacy, University of Connecticut
• Master’s in Public Health, Yale University
• Matter of Balance Master Trainer
• Registered Pharmacist
• Passionate advocate for falls prevention

Technical Assistance Lead for:
• 2014 Grantees
• 2015 Grantees

Contact Information:
• kathleen.cameron@ncoa.org
• (571)527-3996
Ellen C. Schneider, MBA
Consultant, NCOA
Research Scientist, University of North Carolina - Chapel Hill

Background:
- Graduate Certificate in Aging, UNC - Chapel Hill
- Master’s in Business Administration, Penn State University
- Bachelor’s in Marketing & Financing, Penn State University
- Founder - NC Falls Prevention Coalition

Technical Assistance Lead for:
- InterTribal Council of Arizona
- Mescalero Apache Tribe (New Mexico)
- New Mexico Department of Health
- 2014 & 2015 Grantees

Contact Information:
- ellen.schneider@ncoa.org
- (919)966-9402
Staff Profiles

Marissa Whitehouse, MEd
Senior Program Specialist

Background:
• Master’s in Clinical Mental Health Counseling
• Bachelor’s in Psychology
• Matter of Balance Trainer
• Implemented ADRC Program with Mississippi SUA

Technical Assistance Lead for:
• Indian Health Council (California)
• Elder Services of Merrimack Valley (Massachusetts)
• MAC Incorporated (Maryland)
• Southern Maine Area Agency on Aging
• 2014 & 2015 Grantees

Contact Information:
• marissa.whitehouse@ncoa.org
• (571)527-3908
Chelsea Gilchrist, MGS
Program Associate

Background:
• Master’s in Gerontological Studies, Miami University of Ohio
• Bachelor’s in Psychology, Virginia Tech
• Matter of Balance Master Trainer
• Previously with Generations United

Technical Assistance Lead for:
• Iowa Department of Public Health
• Rush University Medical Center (Illinois)
• Spirit Lake Tribe (North Dakota)
• Marymount University (Virginia)
• 2014 & 2015 Grantees

Contact Information:
• chelsea.gilchrist@ncoa.org
• (571)527-3939
Technical Assistance Overview:
The Center helps state aging, disability, and public health networks and their partners offer proven programs that reduce the fear of falling and help prevent falls.
Technical Assistance Activities:

- On-going communication with grantees, including monthly or bi-monthly conference calls
- Support for data collection in partnership with Sound Generations
- Monthly evidence-based program and Tribal grantee workgroup meetings
- Webinars
- Annual Resource Centers’ Meeting
- Resource development and dissemination
- Collaboration with the National CDSME Resource Center, e.g., innovative funding arrangements
- ACL reporting requirement reminders
- Connecting grantees with one another and with other experts in the field of falls prevention
Monthly Workgroups:

- Tribal Grantee Workgroup
- Matter of Balance Workgroup
- Tai Chi Workgroup
- Stepping On Workgroup
- Otago Workgroup
CDSME and Falls Prevention National Resource Centers Annual Meeting: 
*Forging New Pathways to Growth and Sustainability*

May 24-26, 2016
Alexandria, VA

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
• YMAC.

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;

https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantee-profiles/
Reporting and Administrative Tools

Use these resources for reporting and administrative functions of your Falls Prevention grant.

- Frequently Asked Questions-Falls Grantees
- Grantee Contact List
- Grantee Technical Assistance- ACL/AoA Project Officer and Resource Center Liaisons
- National Falls Prevention Grantee Database Webinars
  - 2014 Webinar
  - 2015 Webinar
- Falls Reporting Calendars
  - Reporting Calendar for 2014 Grantees
  - Reporting Calendar for 2015 Grantees
- SF 425 Form

https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantees/
OMB Approved Tools and Related Materials

• Falls Attendance Log
• Falls Program Information Cover Sheet
• Falls Prevention Semi-Annual Performance Report Directions and Sample Template
• Group Leader Script (also available in Spanish)
• Host Organization Information Form
• Participant Information Form (also available in Spanish and Chinese)
• Participant Post Program Survey (also available in Spanish and Chinese)

https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantees/
Data Collection Forms
National Falls Prevention Database Webinar 2015

This webinar will provide a thorough review of the National Falls Prevention Database that you will use to enter the ACL/AoA Evidence-based Falls Prevention grantee data. Senior Services of Seattle will be your key contact on matters related to data entry and data reporting. Anyone involved with data collection and entry for your grant should view this webinar, including individuals at partner sites.
Other Resources:

• Evidence-Based Falls Prevention Programs
• Falls Prevention Awareness Day
• Preventing Falls: Tips for Older Adults & Caregivers
• 2015 Falls Free® National Action Plan
• Falls Free® Initiative
Business Acumen Resources:

- Toolkits & Guides
- DSMT Frequently Asked Questions
- Webinars
- Tip Sheets
- Sample Processes & Agreements
- Planning & Administrative Resources
- Participant Forms
- Videos for Doctors & Patients

https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/community-health-care-integration-resources/
Best Practices Toolkit: Resources from the Field:
This toolkit is designed to foster the expansion and sustainability of evidence-based health promotion programs by providing a centralized location for sharing resources.
