**THE SOLUTION:** Proven Community-Based Programs

### A Matter of Balance
- **8-session workshop** to reduce fear of falling and increase activity among older adults in the community
- **97%** of participants feel more comfortable talking about their fear of falling
- **99%** of participants plan to continue exercising
- **$938** savings in unplanned medical costs per Medicare beneficiary

### Otago Exercise Program
- **Individual program** of muscle strengthening and balance exercises prescribed by a physical therapist for frail older adults living at home (aged 80+)
- **35%** reduction in falls rate
- **$429** net benefit per participant
- **127%** ROI**

### Stepping On
- **7-week program** that offers older adults living in the community proven strategies to reduce falls and increase self-confidence
- **30%** reduction in falls rate
- **$134** net benefit per participant
- **64%** ROI

### Tai Chi: Moving for Better Balance***
- **Balance and gait training program** of controlled movements for older adults and people with balance disorders
- **55%** reduction in falls rate
- **$530** net benefit per participant
- **509%** ROI

---

**Sources:**

Report to Congress in November 2013: The Centers for Medicare & Medicaid Services’ Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act. [http://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf](http://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf)

---

**Falls Free**
National Council on Aging

Learn more about these and other proven programs at [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention)

* Net benefit = Direct medical costs averted (e.g., emergency department visits, hospitalizations, rehab, homecare) after subtracting intervention costs
** ROI (return on investment) = Net benefit per participant divided by average cost of the program per participant; percentage of return for each dollar invested
***Now known as “Tai Ji Quan: Moving for Better Balance”

©2015 National Council on Aging. All Rights Reserved.