

# Florida Department of Elder Affairs Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this three-year capacity-building grant are to do the following:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Florida Department of Elder Affairs (FDOEA) and its partners will do the following:

- Increase participant recruitment efforts and implement evidence-based falls prevention program sites in targeted locations in project counties;
- Improve participant health outcomes by ensuring program fidelity; and
- Convene strategic partners and other stakeholders on a regular basis via a steering committee to provide guidance and advise on sustainability efforts relevant to the project.

## Proposed Interventions

- Matter of Balance
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis

## Partnerships

To achieve the goals of the grant, FDOEA will collaborate with the following key partners:

- Florida Agency for Health Care Administration
- Florida Department of Health and local county health departments
- Florida Health Networks
- Local senior centers
- Mid-Florida Area Agency on Aging (d/b/a Elder Options)

## Anticipated Results

The FDEA and its partners propose to achieve the following results:

- Increased coverage in Planning and Service Area 3 through FDOEA-funded evidence-based falls prevention programs to three unserved rural counties;

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- Expanded program access among older adults and adults with disabilities to engage 267 program participants;
- Achievement of at least a 70 percent completion rate, for a total of 187 evidence-based falls prevention program completers;
- Expanded program access to underserved target populations;
- Improvement of participants' confidence, healthy behaviors, and self-efficacy as measured by pre-and-post outcome surveys; and
- Production of a developed strategic initiative and business plan designed to

address key issues relevant to the project and to advise and contribute to the sustainability of the program beyond the scope of the grant period.

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