

# Elder Services of the Merrimack Valley Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year sustainability 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 the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Elder Services of the Merrimack Valley (ESMV) and its partners will:

- Introduce new physical activity programs to build upon the existing falls prevention work;
- Contract with payors in health care; and
- Focus on four underserved and vulnerable populations: older adults with early stage Alzheimer's Disease or related dementia; Spanish, Portuguese, Albanian and Chinese speaking adults; homebound, frail older adults; and older

adults with intellectual and developmental disabilities.

## Proposed Interventions

- A Matter of Balance (MOB)
- Community Aging in Place – Advancing Better Care for Elders (CAPABLE)
- Enhance Fitness

## Partnerships

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

- Alliance of Massachusetts YMCAs
- Executive Office of Elder Affairs
- Local Area Agencies on Aging
- Massachusetts Department of Public Health
- Massachusetts Falls Coalition

## Anticipated Results

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

- Reach no less than 10,747 older adults or adults with disabilities with a target completion rate of 80%;
- Increase capacity in Gateway Cities, such that participation in gateway cities

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increased by 50% and 50% of the 26 cities have falls programs embedded;

- Contract with no less than three payors for falls prevention programs, including but not limited to health systems, housing sites, and business or industry; and
- Create a New England Evidence-Based Program Network.

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