

# New York City Department for the Aging 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 New York City Department for the Aging (DFTA) and its partners will:

- Target low income and/or uninsured individuals 60+, immigrants, LGBTQ older adults, visually impaired older adults, and homeless older adults;
- Develop and implement a unified outreach and marketing campaign;
- Establish and install a formalized provider referral process;
- Convene stakeholders to establish diversified funding streams for long-term sustainability; and

- Evaluate project activities and disseminate results to local, state, and national audiences.

## Proposed Interventions

- A Matter of Balance (MOB)
- Tai Chi for Arthritis (TCA)

## Partnerships

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

- The Center for Self-Determination, Self-Direction and Self-Care (CS-3)
- Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai
- Community-based senior centers
- Healthfirst
- MetroPlus Health Plan
- New York City Department of Health and Mental Hygiene
- New York City Health + Hospitals

## Anticipated Results

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

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- Enroll 2,200 older adults in TCA and/or MOB workshops offered at 20 senior centers and other locations to achieve an 85% retention rate;
- Strengthen linkages and collaborations between aging and healthcare organizations;
- Build greater integration of evidence-based falls prevention programming with aging network's health promotion agenda; and
- Increase senior participation with accompanying improvement in behavior and health status as they relate to falls and falls risk.

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