Hardrock Council on Substance Abuse
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 and falls risk; and
• Create integrated, sustainable evidence-based prevention program networks.

The Hardrock Council on Substance Abuse and its partners will:

• Complete home and environmental assessments for 50% of the target population of older adults ages 65 years and older;
• Establish and consistently conduct weekly Tai Chi classes;
• Design a simple and easy-to-understand falls prevention PowerPoint presentation in the Navajo language; and
• Develop a fall prevention sustainability plan.

Partnerships

To achieve the goals of the grant, Hardrock Council on Substance Abuse will collaborate with the following partners:

• Indian Health Services;
• Pinon Chapter, Navajo Nation;
• Hardrock Chapter, Navajo Nation;
• Navajo Nation Health Education; and
• Navajo Area Agency on Aging.

Anticipated Results

• The homes of 100 elders will be assessed for falls risks, and the following will be provided:
  o Custom ramps to 8 recipients;
  o Bathtub slip resistant strips to 50 elders;
  o Nightlights and a non-slip bathroom rug to 50 recipients;
  o Grab bars to 50 elders;
  o Solar lights in the homes and at the outside toilets in 8 homes.
• 50 participants will be enrolled in Tai Chi, with 30 completers;
• Falls prevention educational sessions will be given to 150 elders;
• Fall related injuries will be decreased by 5% in the Hardrock and Pinon communities through coordination with stakeholders to implement evidence-based fall prevention activities; and
• Sustainable funding options will be identified.
Contact
Bernice Bert
Hardrock Council on Substance Abuse
bbert01@yahoo.com

For more information about the Administration for Community Living
U.S. Department of Health and Human Services
Administration for Community Living
Administration on Aging
Washington, DC 20201
http://www.acl.gov/