Southern Maine Agency on Aging
Evidence-Based Falls Prevention Program

Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

• Significantly increase the number of older adults and older adults with disabilities at risk of falls who participate in evidence-based community programs to reduce falls and falls risks; and
• Implement innovative funding arrangements to support community-based falls prevention programs beyond the grant period, while embedding the programs into an integrated, sustainable evidence-based prevention program network.

Southern Maine Agency on Aging (SMAA) is expanding three evidence-based falls prevention (EBFP) programs:

• A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
• Tai Chi for Arthritis, an eight-week group program based on Sun style tai chi.

SMAA will work to establish a Falls Prevention “hub”, implement programs at regional centers, and establish relationships with key medical partners.

Partnerships

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

• Maine Department of Health and Human Services, Office of Aging and Disability Services;
• MaineHealth Accountable Care Organization;
• York Hospital;
• Office of MaineCareServices (Medicaid);
• Aroostook Agency on Aging;
• Eastern Area Agency on Aging;
• SeniorsPlus, Western Maine’s Aging & Disability Resource Center;
• Tai Chi for Health Institute;
• MaineHealth Partnership for Healthy Aging;
• MaineGeneral Health;
• Spectrum Generations, Central Maine’s Aging & Disability Resource Center and Area Agency on Aging; Maine Quality Counts, a regional health improvement collaborative; and
• InterMed, a healthcare provider in Southern Maine.

Anticipated Results

• Develop workforce and system for falls risk screening and referral, engaging and connecting target audiences to EBFP
programs;
• Increase the number of older adults and people with disabilities who participate in Matter of Balance, Tai Chi for Arthritis, and Tai Ji Quan by 270% from 630 to 1,700 over two years through a statewide distribution network, including partners who embed the program and provide ongoing financial support; and
• Develop a variety of products, including a statewide calendar of EBFP programs, a value proposition proposal and cost analysis of EBFP programs, a MaineHealth Safe Mobility Toolkit, and an Interdisciplinary Educational Workshop curriculum.

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