Goals, Strategies, and Activities

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

- Significantly increase the number of American Indian, Alaskan Native and Native Hawaiian older adults at risk of falls who participate in evidence-based community programs to reduce falls and falls risks, and
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support these evidence-based falls prevention programs in the tribe, during and beyond the grant period.

Through a formal collaboration among Spirit Lake Nation’s Tribal Health Programs and Senior Services Program, Spirit Lake Tribe will expand the following evidence-based falls prevention program:

- Stepping On, a community-based falls prevention program offered once a week for seven weeks in small group settings.

Partnerships

To achieve the goals of the grant, the Spirit Lake Tribe will collaborate with the following partners:

- Spirit Lake Nation (SLN) Housing Department;
- Indian Health Services Clinic;
- Tribal and regional health providers;
- Tribal Elder-Care Workgroup;
- Drs. Krein and Moen, PC, of Eye Clinic;
- Local law enforcement;
- North Dakota Injury Prevention Program partners;
- North Dakota State University School of Nursing; and,
- North Dakota Department of Health and Health Equity Office.

Anticipated Results

- Offer falls prevention education for at least 64 elders with a 75% completer rate;
- Train three new SLN health workers as certified Stepping On program leaders;
- Conduct home safety assessments for all SLN elders 60 years of age and older;
- Utilize the home safety assessment (HSA) tool provided by the Stepping On program manual and the HSA from the National
Resource Center on Native American Aging
to evaluate elders’ potential fall hazards
and assist elders with making minor
adaptations to prevent falls at home;
• Improve awareness of falls prevention
strategies among elders and health care
workers;
• Create educational toolkits for maintaining
falls prevention education at SLN and to
share with other tribes;
• Develop a collaborative plan among four
health-related programs to rotate Stepping
On programs through all four community
districts bi-annually; and,
• Develop a sustainable component within a
larger system of long-term services and
supports by establishing a MOU between
Tribal Health and Senior Services Programs
to sustain Stepping On programs in all four
communities.

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For more information about the Administration
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