United Way of Tarrant County
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.

United Way of Tarrant County (UWTC) and its partners will:

• Reach older adults in rural, underserved areas of Central TX;
• Develop an electronic calendar class scheduling system to be hosted by Texas Healthy at Home, the network hub; and
• Form partnerships between YMCAs and AAAs in five counties.

Proposed Interventions
• A Matter of Balance (AMOB)
• EnhanceFitness (EF)

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

• Ardent Spirit
• Heart of Texas Council of Governments
• Texas A&M Center for Population Health and Aging/Texas Active for Life ® Coalition
• Texas Healthy at Home
• YMCA of Metropolitan Fort Worth
• YMCA of Central Texas

Anticipated Results
UWTC and its partners propose to achieve the following results:

• Engage 480 participants in AMOB and 650 participants in EF;
• Achieve a completer rate of 80% for both AMOB and EF; and
• Receive contracts for 50% of proposals made to healthcare payors.
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