Wisconsin Institute for Healthy Aging
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 programs and networks.

The Wisconsin Institute for Healthy Aging (WIHA) will enroll older adults in Stepping On workshops each year, targeting adults with disabilities age 55+, with a focus on those with sensory disabilities and adults from African-American, Native American and other minority communities.

Stepping On is an evidence-based falls prevention program offered once a week in two-hour sessions for seven weeks in small group settings in the community; participants gain specific knowledge and skills to increase self-confidence and prevent falls.

Partners
- WI Department of Health Services, Office on Aging;
African-American elders and adults with disabilities;  
- Development and execution of at least two business contracts with healthcare entities to embed Stepping On into an integrated sustainable evidence-based prevention program network; and  
- Case studies and model templates of successful contracts with insurers/health care entities.

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For more information about the Administration for Community Living  
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