

Council for Jewish Elderly

Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year grant are to:

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in the community; and
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

The Council for Jewish Elderly SeniorLife (CJE) and its partners will:

- Utilize CDC STEADI falls screenings to refer older adults to falls prevention programs;
- Cultivate a network of leaders and trained staff to lead falls prevention programs;
- Educate health care providers on falls prevention programs; and

- Offer educational resources to social service agencies to increase uptake of falls prevention programs.

Proposed Interventions

- Bingocize
- Otago Exercise Program
- Stay Active and Independent for Life (SAIL)

Partnerships

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

- Area Agency on Aging for Lincolnland
- AgeOptions
- AgeSmart Community Resources
- Central Illinois Area Agency on Aging
- Central Illinois District Lutheran Church Missouri Synod
- Chicago Area Council on Aging
- Coalition of Limited English Speaking Elderly (CLESE)
- Concordia University Chicago Center on Gerontology
- East Central Illinois Area Agency on Aging
- Jewish United Fund

Prevention and Public Health Fund 2020, effective August 1, 2020



- Midland Area Agency on Aging
- Sinai Health System
- Southeastern Illinois Area Agency on Aging
- University of Chicago Biological Sciences Division & SHARE Network
- West Central Illinois Area Agency on Aging

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For more information:

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 U.S. Department of Health and Human Services
 Washington, DC 20201
<http://www.acl.gov>

Anticipated Results

The CJE and its partners propose to achieve the following results:

- Engage 5,159 older adults and older adults with disabilities in Bingocize, Otago Exercise Program, and/or SAIL;
- Provide 7,200 older adults with information about falls prevention programs;
- Train at least 80 leaders in SAIL; and
- Educate at least 100 health care professionals about falls prevention programs and referral mechanisms.

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