

# 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<sup>®</sup> 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 completion rate of 80% for both AMOB and EF; and
- Receive contracts for 50% of proposals made to healthcare payors.

Prevention and Public Health Fund 2019, effective May 1, 2019



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**For more information:**

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