

Appalachian State University Evidence-Based Falls Prevention Program Grantee



Goals

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

- Goal 1: Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- Goal 2: Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

- Utilize enhanced instructor infrastructure to offer classes on a consistent schedule
- Work with local hospital and health care providers to build awareness of the Fall Prevention Programs
- Offer pre and post balance assessments for all program participants and share data with the NC Falls Prevention Coalition

Proposed Interventions

- A Matter of Balance
- Tai Chi for Arthritis and Fall Prevention

Strategies and Activities

App State IHHS and its partners will:

- Build on existing partnerships with senior centers in rural Northwest North Carolina to train more leaders for A Matter of Balance and Tai Chi

Partnerships

To achieve the goals of the grant, App State IHHS will collaborate with the following key partner:

- High Country Area Agency on Aging

Prevention and Public Health Fund 2022, effective May 1, 2022



Anticipated Results

App State IHHS and its partners propose to achieve the following results:

- Engage 840 participants in Tai Chi and 560 for A Matter of Balance
- Establish a medical referral network across 7 counties to Fall Prevention Programs
- Provide pre and post class balance assessment comparison data to all participants with completion

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