

Iowa Department on Aging 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 Iowa Department on Aging (IDA) and its partners will:

- Improve the ability of older adults and adults with disabilities in targeted counties to live safely in their homes by reducing in-home falls risk using the evidence-based CAPABLE program; and
- Build a sustainability strategy for CAPABLE to flourish beyond the project period.

Proposed Interventions

- Community Aging in Place – Advancing Better Living for Elders (CAPABLE)

Partnerships

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

- Area Agencies on Aging
- Easterseals Iowa
- Habitat for Humanity
- Iowa Association of Occupational Therapists
- Iowa Department of Public Health
- Iowa Falls Coalition
- Iowa Healthcare Collaborative
- Iowa Livable Homes Coalition
- John Hopkins School of Nursing
- League of Human Dignity
- Methodist Jennie Edmundson Hospital



Anticipated Results

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

- Engage 320 participants in CAPABLE;
- Achieve a completion rate of 85% of participants in CAPABLE;
- Establish CAPABLE infrastructures in target counties;
- Provide accessible resources through LifeLong Link Web Resource Center; and
- Increase in functional ability measured by Activities of Daily Living among participants.

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For more information:

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

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



Grant Impact Summary

Most Significant Accomplishments:

- Over this grant, 90 consumers participated in CAPABLE and 39 completed the program to fidelity. Delivered CAPABLE to 5 counties in Western Iowa and 2 counties in Central Iowa.
- Trained 7 clinicians to deliver CAPABLE.
- Partnered for program delivery with Connections Area Agency on Aging, Happy at Home Consulting, Greater Des Moines Habitat for Humanity, and Dallas County Hospital.
- CAPABLE met the needs of those who completed the program, and provided an opportunity for those who did not complete the program to get connected with services and resources.
- A stronger referral network was built to identify and serve clients throughout this project. The Western Iowa area strengthened relationships with healthcare systems through this project.
- Iowa was the first state to pilot CAPABLE using funding from ACL and submitting participant attendance and survey data to the Falls Database
- Promoted the benefits of simple home modifications through presentations, television and radio, and a web page (<https://hhs.iowa.gov/programs/programs-and-services/aging-services/homemod>).

Lessons Learned:

- 1) This project brought to light the need for home modification and in-home supports for older adults living in the community. Many CAPABLE participants were also accessing other services, but those services were not covering the full scope of their needs. These services together filled the gaps.
- 2) While this project aimed to prevent falls, it also provided education and helped participants plan for the “what ifs” that often accompany aging. Participants were not simply part of a program, but built a care team to help navigate their current difficulties and provide resources for the future.
- 3) The needs that were brought to light through this project were at times more urgent than what the CAPABLE program cadence could address. HARP seems to more quickly address the needs and is being piloted in an Iowa service area with infrastructure being built to hopefully expand this program.

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What's Next:

At this time, CAPABLE will not be offered in Iowa after the grant period has ended due to a lack of sustainable funding made more difficult by large licensing fees and costs associated with growing CAPABLE credentialed staff which would be needed to cover Iowa's rural geography. Ultimately, the needs that were brought to light through this project were at times more urgent than what the CAPABLE program cadence could address. The Home Hazard Removal Program (HARP) is an evidence-based program that is designed to reduce falls for community-dwelling older adults and utilizes the expertise of an occupational therapist in a 1:1 in-home setting. It differs from CAPABLE in that it is a much shorter program (only 2-3 visits over 1 month) and does not involve an RN. HARP's participant costs are less than half that of CAPABLE while still reducing falls and incorporating a trained occupational therapist. HARP is more feasible to provide at this time when compared to CAPABLE. HARP is being piloted in one (1) Iowa AAA service area and infrastructure is being built to hopefully expand this program.

