

Atlanta Regional Commission (ARC)

2023 Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce falls and/or their risk of falls.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based falls prevention programs.

Strategies and Activities

The grantee and its partners will:

- Expand access to evidence-based falls prevention programs to medically under-served, minority, historically marginalized elders.
- Solidify multi-disciplinary stakeholder partnerships to ensure program sustainability.
- Focus outreach efforts to individuals "new" to the Area Agency on Aging and evidence-based falls prevention programs, especially for virtual engagement.
- Establish a solid workforce of trained/active EBFPF volunteers and implementation partners.

Proposed Interventions

- A Matter of Balance (AMOB) (in-person)
- Bingocize (in-person and remote)
- Tai Chi for Arthritis and Falls Prevention (in-person and remote)

Prevention and Public Health Fund 2023, effective May 1, 2023



Partnerships

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

- Georgia State University Georgia Health Policy Center
- Emory University School of Medicine Georgia GEAR (Geriatric Workforce Enhancement Program)
- All 10 county-based Aging Services providers in the ARC planning and service area
- Cobb County Senior Services Department
- Cobb County Fire and Emergency Services
- Cobb County Public Library System
- Middle Georgia Regional Commission Area Agency on Aging
- Mercer University's College of Health Sciences, Department of Physical Therapy
- Georgia Department of Public Health, Injury Prevention
- Injury Prevention Research Center at Emory (IPRCE)

Anticipated Results

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

- Host a minimum of 56 evidence-based falls prevention workshops serving 660 participants.
- Double the number of in-person workshop host sites.
- Increase the number of trained volunteers across all three programs.
- Initiate an Evidence-Based Aging Services Coalition with representation from all 10 counties.
- Implement outreach plan to recruit virtual participants and engage under-served communities.

Contact:

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