

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

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- 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

Contact:

Margaret Danilovich
 CJE SeniorLife Senior Director of Research
margaret.danilovich@cje.net

For more information:

Administration for Community Living
 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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Grant Impact Summary

Most Significant Accomplishments:

- Engaged 4830 participants and had 1252 completers.
- Delivered programs to vulnerable older adults via Zoom in Illinois.
- Trained 25 new workshop leaders in Otago and SAIL.
- Partnered with other retirement communities and aging service organizations: Friendship Village, Presbyterian Homes, a medically underserved senior center, and a Jewish United Fund affiliate.
- Built demand for exercise programming on the part of CJE clients in the community.
- Created support by CJE leadership for assisted living residents to have exercise programming moving forward.
- Co-branded classes with other organizations (e.g. local libraries).
- Presented at Age+Action and the Gerontological Society of America conferences. Other communications activities included our website (www.cje.net/exercise), articles, and newsletters.

Lessons Learned:

- 1) Vulnerable older adults were able to access programs on Zoom. However, despite the convenience of Zoom, barriers such as (1) work conflicts, (2) other conflicts happening the same time as class, and (3) forgetting about class, still impede participation. Classes need to be engaging and social.
- 2) Class enjoyment is a driver of adherence. Participants are more likely to continually attend if they feel a sense of community and personalization. This can be difficult with evidence-based programs which are structured by fidelity, but instructor engagement/socialization can facilitate enjoyment.
- 3) Frequent communication touchpoints via email and phone increase participant engagement and attendance/adherence. Connecting with participants who have missed classes, communicating in advance of workshops starting, and newsletters are effective engagement strategies.

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What's Next:

Our primary instructor will continue at CJE's assisted living and has modified their group fitness programs to offer Otago. They will explore ways to integrate SAIL and Bingocize into programming for residents. Project activities will be sustained via directing participants to pre-recorded videos of Otago and SAIL, as well as other live workshops offered by other organizations. Project activities will be replicated via our project partners who are continuing to offering workshops.

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