

# Petersburg Medical Center

## 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:

- Establish two new evidence-based falls prevention programs in the community setting.
- Increase participation in falls prevention programs among eligible individuals in Petersburg, AK.
- Establish transportation assistance and technology lending program for universal access.
- Train facilitators from multiple community partners to ensure sustainability.

### Proposed Interventions

- Bingocize (in-person)
- Tai Ji Quan: Moving for Better Balance (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:

- Petersburg Borough - Mountain View Manor
- Petersburg Borough - Parks and Recreation
- Petersburg Medical Center - Home Health
- Petersburg Medical Center - Joy Janssen Clinic, Rehabilitation and Nursing Departments
- Petersburg Medical Center - Long Term Care

## Anticipated Results

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

- Establish year-round community based falls prevention programs.
- Engage 184 eligible participants in Bingocize program.
- Engage 116 eligible participants in Tai Ji Quan: Moving for Better Balance.
- Establish Strategic partnerships to ensure sustainability of falls prevention programming.
- Implement best practices for participant and facilitator recruitment.

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### For more information:

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