

Stony Brook Medicine 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.

Strategies and Activities

Stony Brook Medicine (SBM) and its partners will:

- Build on community partnerships to enhance the portfolio of evidence-

based falls prevention programs offered across Long Island.

- Advance equity of program delivery, with special focus on inclusivity of individuals living with Parkinson's disease and bilingual/bicultural older adults.
- Partner with New York State Department of Health to expand capacity of EBPs across New York State.
- Establish screening and referral processes to bridge the gap between clinical care providers and patient referral to falls prevention interventions.
- Establish an electronic data capture system to support remote and in-person programming across New York state.

Proposed Interventions

- A Matter of Balance
- Otago Exercise Program

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



- Stepping On
- Tai Chi for Arthritis and Fall Prevention

Partnerships

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

- Barry and Florence Friedberg Jewish Community Center
- East Hampton Senior Center
- New York State Department of Health Bureau of Occupational Health and Injury Prevention
- New York State Office for the Aging
- OLA of Eastern Long Island
- Pilot International Pilot Club of Patchogue
- Regional and statewide trauma centers
- Retired Senior Volunteer Program Suffolk
- SBM Parkinson's and Movement Disorders Center
- SCDOH Office of Minority Health
- Southampton Senior Center
- Stony Brook Southampton Hospital Emergency Department
- Stony Brook University, Departments of Occupational Therapy and Physical Therapy
- Suffolk County Department of Health
- Suffolk County Office for the Aging

Anticipated Results

SBM and its partners propose to achieve the following results:

- Collaborate with partners to reach a minimum participant target of 1,980 older adults with in-person and remote evidence-based programs on Long Island and throughout NYS.
- Establish the Long Island Regional Falls Prevention Resource Center at SBM to streamline data collection across New York state and serve as a resource hub for providers and community members.
- Convene an active steering committee to inform best practices.
- Launch a screening and referral system to support older adults through a continuum of EBPs.

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For more information:

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