Clemson University
Evidence-Based Falls Prevention 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 your 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.

Clemson University and its partners will:

- Develop partnerships to provide an evidence-based fall prevention program for older adults in rural Upstate South Carolina.
- Empower communities to reduce falls and falls risk by providing workshops remotely and in person for rural older adults.

Proposed Interventions

- A Matter of Balance

Partnerships

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

- Area Agencies on Aging
- Division of Injury and Substance Use Prevention
- Institute for Engaged Aging
- Osher Lifelong Learning Institute
- Prisma Health - Upstate

Prevention and Public Health Fund 2021, effective May 1, 2021

Anticipated Results

Clemson University and its partners propose to achieve the following results:

- Provide virtual training for 16 Master Trainers and 76 Coaches
- Create educational and marketing materials for healthcare providers and community partners about a Matter of Balance.
- Provide 63 workshops reaching 630-756 rural older adults

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