

# Michigan State University Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year sustainability grant are to:

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

Michigan State University (MSU) and its partners will:

- Engage older adults, adults with disabilities, and Native Americans in the Upper Peninsula (U.P.) area of Michigan
- Train 15 new leaders/coaches in A Matter of Balance (MOB) and Tai Chi for Arthritis (TCA) in the U.P.
- Expand implementation and receipt of third-party reimbursement.

## Proposed Interventions

- A Matter of Balance
- Tai Chi for Arthritis

## Partnerships

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

- Evidence-Based Prevention Program Partner Network
- Keweenaw Bay Indian Community
- Michigan Aging and Adult Services Agency
- Michigan Arthritis Program, Michigan Department of Health and Human Services
- Region 11 Area Agency on Aging
- Upper Peninsula Health Plan

## Anticipated Results

MSU and its partners propose to achieve the following results:



- Engage 1,140 participants in MOB/TCA
- Achieve a 70% completion rate across the two programs
- Reduce reported fear of falling for 60% of participants who complete the MOB/TCA classes
- Attain a consistent and ongoing source of referrals to MOB and TCA classes among primary care providers in Michigan's U.P.

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