

Marymount 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.

Marymount University and its partners will:

- Engage 5,500 older adults in evidence-based falls prevention programs (EBFPP).
- Develop a business and sustainability plan for a regional network hub.
- Engage two health carriers to extend coverage to EBFPP within their benefit structure.

Proposed Interventions

- Matter of Balance (MOB)
- Stay Active and Independent for Life (SAIL)
- Otago

Partnerships

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

- Northern Virginia Fall Prevention Alliance (NVFPA)—50 stakeholders including over 40 community-based organizations
- Area Agencies on Aging in Fairfax County, Arlington County, Alexandria, Loudoun County, and Prince William County
- State Unit on Aging: Virginia Department of Aging and Rehabilitation Services (DARS)
- Elderlink
- Inova Physical Therapy
- Goodwin House
- Virginia Hospital Center
- AHC, Inc. (affordable senior housing)
- APOC (affordable senior housing)
- Arlington Parks and Recreation



- Arlington Neighborhood Village
- HealthWorks for Northern Virginia (a Federally Qualified Health Center)
- Neighborhood Health (a Federally Qualified Health Center)
- Home Instead Senior Care

- Develop a business and sustainability plan for a regional network hub.
- Develop five individualized value propositions demonstrating EBFPF sustainability.
- Engage two health carriers to extend coverage to EBFPF within their benefit structure.

Anticipated Results

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

- Engage 5,500 older adults in EBFPF, including 1,400 participants from medically underserved areas and/or populations, and 200 individuals with dementia.
- Institutionalize an academic-community partnership (ACP) with the Northern Virginia Falls Prevention Alliance (NVFPA) to enhance availability and sustainability of evidence-based falls prevention programs in Northern Virginia.

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