

Ohio Department of Health

Falls Prevention Program Grantee Profile, Fiscal Year 2022

Goals

This 3-year grant aims to:

- Develop or expand capacity to significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

Activities

The grantee and its partners will:

- Increase the number of facilitator training offered for Stepping On, Tai Chi for Arthritis, and A Matter of Balance in areas with special emphasis on people with disabilities and people living in rural areas.
- Partner with Ohio State University Extension Offices to implement Bingocize remotely in 10 counties.
- Develop and implement a Sustainability Workgroup within the statewide falls coalition.
- Build infrastructure and pilot a regional referral network hub in an Area Agency on Aging.

Interventions

- Tai Chi for Arthritis (TCA)
- A Matter of Balance (MOB)
- Stepping On
- Bingocize

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Area Agencies on Aging (AAAs) in Ohio
- Becky Rahe, TCA Master Trainer

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- Ohio Department of Aging
 - Ohio Injury Prevention Partnership
 - Ohio Older Adult Fall Prevention Coalition
 - Ohio State University, Extension Office-Aging Team
 - People Working Cooperatively
 - TriHealth, Stepping On Master Trainers
 - Western Kentucky University
 - Wisconsin Institute for Healthy Aging

Outcomes

The grantee anticipates the following results from this project.

- Engage 5,611 older adult participants through Stepping On, MOB, TCA, and Bingocize.
- Achieve 3,934 completers.
- Expand access to evidence-based balance and mobility programs in 10 counties in Ohio.
- Create a referral network model to be implemented in one high-risk AAA region.
- Offer facilitator training and technical support that lead to sustainable programs.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2022

Most Significant Accomplishments

- Over this grant, 4,724 older adults were engaged in falls prevention programs.
- Expanded Stepping On to 49 of 88 counties, with 27 being rural.
- Expanded Tai Chi for Arthritis to 21 counties, with 18 being rural.
- Expanded Bingocize to 14 counties, with 13 being rural.
- Stepping On exceeded participant goal, reaching 167%.
- Facilitated 11 statewide workgroups for Stepping On and 6 for Tai Chi for Arthritis with 356 facilitators in attendance.
- Partnered with People Working Cooperatively to build a regional hub network for falls prevention as a pilot project.
- Established new partnership relationships with the Brain Injury Association of Ohio, multiple AAAs, health systems, local health departments, senior centers, YMCAs, Universities, Ohio State University Extension Offices, and the Ohio Department of Mental Health & Addiction Services.

Lessons Learned

- Strategically developed and sustained relationships with community partners and stakeholders, which proved to increase capacity for fall prevention programming throughout Ohio.
- To develop consistency with the data collection process, the Ohio Department of Health (ODH) discovered that a systematic approach would be most effective, including providing education during workgroup meetings, presenting during program provider training, and providing ongoing technical support to program providers.
- Determined that the regional approach through a hub would be more suitable for Ohio than a statewide approach, as every region has different needs for its communities, and many partners expressed commitment to a regional approach versus a state.

What's Next

The Ohio Department of Health (ODH) contributed to training 107 new facilitators across the grant cycle, all of whom represent various health systems, social and human service, and higher education organizations in Ohio. As a condition of these training courses, participants agreed to facilitate one to two program workshop series per year and report the data back to ODH. These partners continue to submit data to ODH.

ODH does not plan to put additional resources into Bingocize at this time, as the investment for this program was unsustainable, mainly due to the cost of the training and license, as each county or agency is required to have its own license. However, ODH plans to sustain Stepping On by holding the state license with other federal funding. The Ohio SO Workgroup will continue. ODH hopes to expand TCA and MOB in higher-risk communities based on new data analyzed since 2022 at the start of this grant year.

OHD will lead the design of a five-year strategic plan for the state Falls Prevention Coalition.

Grantee Contact

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