

National Kidney Foundation of Michigan

Falls Prevention Program Grantee Profile, Fiscal Year 2020

Goals

This 3-year grant aims to:

- Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in the community.
- 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.

Activities

The grantee and its partners will:

- Develop a results-based strategy for reducing falls and falls risk among older adults and adults with disabilities in a three-county region of Southeast Michigan.
- Increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs.
- Pursue innovative, sustainable pay structures and systems.

Interventions

- A Matter of Balance
- EnhanceFitness

Partners

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

- Area Agencies on Aging
- Centers for Independent Living
- Southeast Michigan health care systems (4)
- Southeast Michigan Senior Regional Collaborative

Outcomes

The grantee anticipates the following results from this project.

- Decreased falls and fear of falling
- Increased number of trained leaders
- Improved regional collaboration
- Enhanced understanding of the value of falls prevention
- Contracts with payors
- Development of a regional falls prevention plan, marketing and outreach materials, and a model for developing contracts

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2020

Most Significant Accomplishments

- Over the grant, 3,060 participants were engaged through Falls Prevention programs.
- Trained 28 EnhanceFitness instructors and 54 A Matter of Balance (AMOB) coaches.
- Delivered programs in Southeast Michigan, expanding AMOB to Mandarin speaking populations.
- Partnered with Area Agencies on Aging, senior living facilities, schools, community centers, and health plans to implement falls prevention programs both virtually and in person.
- Secured \$14 million in American Rescue Plan funding through the state of Michigan by engaging with state legislators for support of falls prevention programs.
- Secured contracts with two Area Agencies on Aging for funding of programs.
- Secured Medicaid Match funding from the State of Michigan, which partially supports staff time to build relationships for falls prevention programming that focuses on high-risk communities.
- Created the Falls Prevention Coalition in Michigan and enhanced coalition sustainability by transferring leadership to the Michigan Department of Health and Human Services.

Lessons Learned

- Virtual delivery of programs requires additional staff time to offer support for instructors, coaches, and participants to attend classes comfortably and safely.
- Returning to in-person program delivery after the COVID-19 pandemic required new policies and protocols to address health safety.
- Securing in-person program locations after the COVID-19 pandemic required seeking out non-traditional partners, including schools, to implement falls prevention programs and reach new audiences.

What's Next

EnhanceFitness and A Matter of Balance will continue to be offered in both remote and in-person formats. Remote workshops are inclusive and open to all participants who are unable to attend in-person classes due to barriers including geographic distance to program locations, lack of transportation, and health concerns.

New in-person programming sites will be identified and partnerships will be built and strengthened to continue offering falls prevention programs in Michigan.

The Falls Prevention Coalition will continue under the leadership of the Michigan Department of Health and Human Services, with the National Kidney Foundation of Michigan remaining as an engaged member.

Grantee Contact

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