

Putnam County

Falls Prevention Program Grantee Profile, Fiscal Year 2021

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:

- Engage 1,100 participants in evidence-based falls prevention programs in 5 counties of the Lower Hudson Valley.
- Develop partnerships with area hospital systems and insurance companies to improve care coordination.
- Increase usage of the STEADI toolkit as a screening tool for falls prevention efforts.
- Build business acumen for sustaining programs beyond the grant period.

Interventions

- A Matter of Balance (MOB)
- Bingocize

Partners

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

- Dutchess County Office for the Aging
- Orange County Office for the Aging
- Rockland County Office for the Aging
- Ulster County Office for the Aging

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- County Departments of Health in Putnam, Dutchess, Orange, Rockland, Ulster
 - Garnet Health
 - Hudson Valley Health Centers
 - Lower Hudson Valley Fall Prevention Network
 - MVP Healthcare
 - New York State Bureau of Occupational Health and Injury Prevention
 - New York State Office for Aging
 - Northwell Health
 - Nuvance Health
 - Westchester Medical Network

Outcomes

The grantee anticipates the following results from this project.

- Increase participation in evidence-based strategies for falls prevention by engaging 1,100 participants in MOB and Bingocize.
- Improve sustainability for falls prevention interventions by aligning with medical systems.
- Reduced health care costs for older New Yorkers.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2021

Most Significant Accomplishments

- Over this grant, 1039 older adults were engaged in A Matter of Balance and/or Bingocize.
- Delivered programs throughout five counties in the Lower Hudson Valley, NY.
- Expanded the program implementation sites to 59 new sites.
- Partnered with Westchester Medical Center and regional hospitals, MVP Health Care, county health departments, Lower Hudson Valley Fall Prevention Network, and other entities.
- Participated in the Network Development Learning Collaborative and identified challenges for county network development.
- Advised the New York State Office for the Aging and statewide Aging NY advocates on the limitations of the individual counties and regional county alliances and the need for external resources to sustain programs.
- Used the STEADI Toolkit and Home Safety Awareness Checklists to help older adults sustain a longer-term focus on falls prevention actions and programs.
- Each of the five counties that participated in the grant expanded their falls prevention offerings to include Bingocize, which has become a very popular program.

Lessons Learned

- Putnam County achieved the grant objectives. This success was driven by two key factors: dedicating a full-time staff position, which ensures program implementation and sustainability, and serving as the lead agency, which increased partner commitment and buy-in.
- County government structure and the predominant risk aversion of their law departments made collaboration on formal agreements with healthcare payers and providers unrealistic on a regional basis. Additionally, each county's Office of Aging directors were not able to dedicate the time needed for development.
- Our technical skills in remote program delivery grew in response to the temporary closures of our senior centers. Since the reopening, we have continued providing remote program offerings to this day.

What's Next

The five-county consortium will continue its strong collaboration by sharing best practices, training, and data, even as counties transition to independent administration of falls prevention programs.

To ensure sustainability, efforts will focus on leveraging combined funding, primarily through Older Americans Act (OAA) allocations and community grants. Each county will also pursue partnerships with local hospitals, health departments, and other organizations to strengthen outreach and program impact. Ultimately, the consortium remains committed to maintaining momentum, promoting falls prevention, and improving regional health outcomes.

Grantee Contact

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