

Montana Department of Public Health and Human Services

Falls Prevention *Program Grantee Profile, Fiscal Year 2025*

Goals

This 3-year grant aims to:

- Reduce falls and associated risks among older adults and adults with disabilities, especially those in rural and frontier areas of Montana.
- Expand access to three evidence-based falls prevention programs in Montana: Bingocize, Stay Active and Independent for Life (SAIL), and Tai Chi for Arthritis and Falls Prevention.
- Reach 1,890 new participants over three years, with a 72% program completion rate (1,361 completers).
- Build and strengthen statewide partnerships to increase trained leaders, intervention sites, and data/surveillance capacity.
- Improve confidence, independence, and safety among older adults while reducing fall-related injuries and deaths.

Activities

The grantee and its partners will:

- Implement and expand three evidence-based falls prevention programs (Bingocize, SAIL, and Tai Chi for Arthritis and Falls Prevention) to all 56 counties and eight tribal nations.
- Recruit 45 new intervention sites and train 60 new instructors.
- Certify one in-state Master Trainer for Tai Chi for Arthritis and Falls Prevention.
- Provide technical assistance, quarterly data reviews, fidelity monitoring, and training support.
- Conduct statewide and local marketing, social media, partner networks, and outreach to health care providers.
- Use CONNECT, a bi-directional referral system, to link participants with community support.

Interventions

- Bingocize
- Stay Active and Independent for Life (SAIL)
- Tai Chi for Arthritis and Falls Prevention

Partners

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

- Montana Alzheimer's & Dementia Program
 - Montana Arthritis Program
 - Montana Cancer Control Program
 - Montana Diabetes Program
 - Montana Disability and Health Program
 - Montana Injury Prevention Program
 - Montana Nutrition and Physical Activity Program
- Montana Injury Prevention Coalition
- Montana State Unit on Aging
- Nine Regional Area Agencies on Aging (AAAs)
- Local Senior Centers
- Local Health Departments
- Hospitals and Health Systems
- Parks and Recreation Departments
- Montana State University (MSU) Extension
- AARP
- Faith-based Organizations
- Centers for Independent Living
- Asher Media Agency

Outcomes

The grantee anticipates the following results from this project.

- Enrollment of 1,890 participants with a 72 percent completion rate
- Delivery of more than 80 falls prevention workshops statewide
- Improved reduction in falls and fall risk among rural, frontier, and high-risk populations
- Strengthened statewide public health infrastructure and referral pathways
- Enhanced cross-program and cross-sector partnerships
- Annual surveillance, evaluation, and reporting capacity

Grantee Contact

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