

CJE SeniorLife

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 your 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:

- Expand the availability of falls prevention programs to groups not typically reached by evidence-based programs, including people with HIV and Spanish-speaking individuals.
- Embed falls prevention programming into an existing social service network providing HIV care.

Interventions

- Bingocize
- Otago

Partners

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

- AIDS Foundation of Chicago
- ACRIA Center for HIV and Aging
- Center on Addison
- GMHC
- Howard Brown Health
- National Resource Center on HIV and Aging
- Sinai Health System

Outcomes

The grantee anticipates the following results from this project.

- Enroll 1,365 participants in an evidence-based falls prevention program, with a 75% completion rate.
- Screen 2,000 older adults and adults with disabilities using the CDC Stay Independent Tool to provide them with referrals to evidence-based falls prevention programs.
- Recruit and support at least 24 lay leaders to become Bingocize or Otago certified with at least 24 new programs enacted.
- Educate at least 100 health care professionals about falls prevention programs and program referral mechanisms.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2021

Most Significant Accomplishments

- Over this grant 2,618 individuals were enrolled in falls prevention programs.
- Delivered programs for older adults with HIV and other vulnerable populations in Chicago and New York.
- Trained 31 new instructors to deliver falls prevention programs.
- Partnered with multiple organizations to reach the target populations, including GMHC, AIDS Foundation, SAGE, AIDS Foundation of Chicago, Chicago LGBT Aging Network, and Utah Pride Center.
- Partnered with other social service agencies and co-branding classes with other organizations to promote sustainability.
- Engaged with patient stakeholders to better understand barriers and needs to inform how falls prevention/ exercise initiatives might fit or be strengthened in this population.
- Embedded programs into CJE's faith-based network to deliver workshops on Zoom especially for those with restricted mobility and low income.
- Established referral network through two JUF affiliate agencies to support and sustain Otago. Referrals were facilitated through falls-risk screening quiz on the CJE website.

Lessons Learned

- Importance of tailoring messages, marketing materials, and programs to specific communities to enhance engagement and participation.
- Building strong relationships with stakeholders, addressing barriers to participation, refining recruitment processes, prioritizing staff training, and collaborating with partners have been crucial in ensuring program effectiveness and sustainability.
- The challenges faced underscored the need for ongoing collaboration, advocacy within the HIV community, and the importance of disseminating lessons learned to share best practices with other social service agencies and community organizations.

What's Next

A range of tactics were deployed to support sustainability via (1) partnerships; (2) infrastructure; and (3) awareness-building. The team met frequently with the nearly 50 social service

organizations serving those with HIV around the country, but especially in Chicago and New York, given the locations of key projects, to formalize partnerships and build a delivery system.

They sought to build the necessary infrastructure to sustain these efforts, engaging with local and national organizations. They worked to coordinate events to increase awareness of the benefits of these programs among social service and healthcare organizations.

Despite these concerted efforts, the team struggled to effectively engage sufficient direct trainers to ensure that the falls prevention activities for older adults with HIV would be sustained post-project.

Grantee Contact

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