

Virginia Department for Aging and Rehabilitative Services

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:

- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs.
- Increase partnerships with referral organizations and a health care funder.
- Improve the number of participants and program sites in counties with poor health outcomes.
- Increase the number of A Matter of Balance master trainers from 27 to 54 and Bingocize facilitators from 18 to 54.

Interventions

- A Matter of Balance (MOB)
- Bingocize

Partners

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

- Area Agencies on Aging
- Brain Injury Services of Southwest Virginia
- Community Brain Injury Services
- Disability Resource Center of the Rappahannock Area

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- The ENDependence Center of Northern Virginia
 - Genworth Financial
 - Independence Empowerment Center
 - No Wrong Door Virginia
 - The Virginia Department of Health

Outcomes

The grantee anticipates the following results from this project.

- Strengthen strategic partnerships between the Virginia Department for Aging and Rehabilitative Services (DARS) and community-based referral organizations.
- Receive 1,500 referrals for falls prevention programs through No Wrong Door Virginia and a minimum of 500 consumer self-referrals from No Wrong Door Direct Connect.
- Recruit at least 960 participants from underserved areas with poor health outcomes.
- Reach 1,985 completers over the three-year period.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2021

Most Significant Accomplishments

- Over this grant, 2,267 older adults and people with disabilities were engaged.
- Achieved the overall completer rate of 81% (national completer rate is 78.2).
- Delivered MOB and Bigncoze workshops both in-person and remotely statewide.
- Trained 20 new AMOB Master Trainers and over 100 new Bingocize leaders.
- Partnered with multiple community partners, including Centers for Independent Living and Brain Injury Clubhouse partners.
- Delivered programs across diverse settings, including senior centers, libraries, public housing, and faith-based organizations.
- Hosted a Sustainability Conference with grant partners and received overwhelmingly positive feedback.
- Partnered with Genworth Financial to donate Bingocize prizes for three years of the grant.

Lessons Learned

- Remote workshops helped reach individuals who faced barriers such as a lack of transportation, inclement weather, or disabilities.
- Staff turnover was a significant challenge for many agencies, which limited their ability to schedule workshops and meet grant goals.
- Some participants found it challenging to commit to meeting two times per week for the 20-session workshops, and attendance rates were lower at neutral community sites compared to locations where participants already had an established connection.

What's Next

VA DARS will continue to maintain contact with its grantee partners through quarterly conference calls and will continue to monitor grant opportunities from the Administration for Community Living (ACL). To ensure the continuation of the program, VA DARS has proactively paid for a Bingocize state license for two additional years, through October 2026.

Many of the Area Agencies on Aging (AAAs) plan to continue offering the falls prevention programs on a smaller scale. They will use the Older Americans Act Title III-D funds and seek additional funding from other sources. The plan is to implement workshops at new locations, such as the Woodland Nursing home, with the

hope of branching out to other local nursing and rehabilitation facilities. Prince William Area Agency on Aging has already scheduled partnerships with The University of Virginia Health Haymarket and Prince William Parks and Recreation for 2025 to continue their programs.

Grantee Contact

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