

Sanford USD Medical Center

Falls Prevention Program Grantee Profile, Fiscal Year 2022

Goals

This 3-year grant aims to:

- Develop or expand capacity to significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce their risk of falls.
- Enhance the sustainability of evidence-based falls prevention programs through the implementation of robust sustainability strategies.

Activities

The grantee and its partners will:

- Expand existing rural/urban partnerships to include urban/rural Emergency Medical Services/Fire Departments (EMS/FDs).
- Develop a referral platform.
- Train new leaders and teams in evidence-based falls prevention programs.
- Implement Home-Based CAPABLE©.
- Expand A Matter of Balance (MOB) to at least four new rural locations in South Dakota

Interventions

- A Matter of Balance (MOB)
- CAPABLE©

Partners

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

- City of Sioux Falls Department of Health
- Brandon Volunteer Fire Department
- Harrisburg Volunteer Fire Department
- Hartford Area Fire and Rescue

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- Sanford Health Cooperative (Co-Op)
 - Sanford Medicare Advantage Health Plan
 - Sioux Falls Fire and Rescue
 - South Dakota Department of Human Services: Division of Long-Term Services and Supports
 - Tea Volunteer Fire Department

Outcomes

The grantee anticipates the following results from this project.

- Engage four EMS and Fire Departments.
- Increase older adult participation in existing evidence-Based programs by 20%.
- Enroll 150 Older Adults in CAPABLE®.
- Enroll 240 in MOB in person or remotely.

Sanford Health

Falls Prevention Program Grant Impact Summary, Fiscal Year 2022

Most Significant Accomplishments

- Over this grant 591 individuals were engaged, with 415 completing programming.
- Delivered programs in one urban community and four rural communities.
- Over 90 individuals have been trained to lead evidence-based fall prevention programs in South Dakota.
- Partnered with one urban and four rural Emergency Medical Services and Fire Departments, Sioux Falls Community Health, Sanford Health Plan, and Sanford Health Co-Op.
- Strengthened falls prevention efforts across South Dakota by building and sustaining a strong, multidisciplinary coalition of community partners who worked collaboratively to expand education, outreach, and prevention strategies statewide.
- Enhanced the effectiveness of falls prevention activities by using lift assist call data to strategically target interventions in locations with the greatest need, ensuring resources were deployed where they could have the greatest impact on reducing falls risk.
- Through coordinated prevention efforts, targeted interventions, and strong community partnerships, CAPABLE to Prevent Falls contributed to a measurable reduction in the rate of deaths from unintentional falls in South Dakota.
- Developed a locally informed exercise book with evidence-based activities designed to reduce fall risk and support safer movement for South Dakota residents.

Lessons Learned

- Recruiting facilitators in rural communities requires proactive outreach; engaging fire departments and universities helped identify local volunteers and students to successfully lead MOB and Bingocize® programs.
- Clear communication, ongoing referral education, timely feedback to referral sources, and increased program visibility are essential to improving both the number and appropriateness of CAPABLE referrals.
- Strict enrollment criteria can unintentionally exclude individuals who would benefit; implementing a “session zero” in-home evaluation improved understanding of participant needs and increased appropriate enrollments.
- Resource-intensive models like CAPABLE are difficult to scale in large, rural states; transitioning to the locally developed EMPOWERED program demonstrated that flexible enrollment criteria and a hybrid delivery model can increase efficiency, expand reach, and better meet population needs with limited staff.

What's Next

With additional grant funding, CAPABLE partners will implement and expand the EMPOWERED program alongside continued delivery of evidence-based fall prevention programs, strengthening community collaboration and extending reach into rural communities across South Dakota and southwestern Minnesota to improve access, efficiency, and falls-related outcomes for older adults.

Grantee Contact

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