

# Ohio Department of Health

## *Falls Prevention Program Grantee Profile, Fiscal Year 2025*

### Goals

This three-year grant aims to:

- Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce falls and/or their risk of falls.
- Identify and implement one or more robust strategies that will promote the sustainability of evidence-based falls prevention programs.

### Activities

The grantee and its partners will:

- Provide funding statewide, prioritizing high burden counties, to expand facilitators for Tai Chi for Arthritis-Fall Prevention and Master Trainers in A Matter of Balance.
- Expand facilitators and coaches offering Tai Chi for Arthritis and A Matter of Balance.
- Provide a system for facilitators' license renewals and recertification fees.
- Update data collection forms to help guide the bidirectional and person-centered falls prevention activities.
- Provide person-centered, trauma-informed, and culturally appropriate guidance/resources to facilitators.

### Interventions

- Tai Chi for Arthritis Fall Prevention.
- A Matter of Balance.

### Partners

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

- Ohio Department of Aging.
- Ohio Area Agency of Aging: select regions.
- Local Health Departments.

- MaineHealth and A Matter of Balance Ohio Master Trainers.
- Tai Chi for Health Institute and Tai Chi for Arthritis-Fall Prevention Master Trainers and facilitators in Ohio.
- Ohio Injury Prevention Partnership; Ohio Older Adult Falls Prevention Coalition.
- Ohio Department of Health Chronic Disease, Injury and Epidemiology Section.

## Outcomes

The grantee anticipates the following results from this project.

- 3,500 participants in A Matter of Balance.
- 3,200 participants in Tai Chi for Arthritis-Fall Prevention.
- Create resources for local partners to utilize.
- Ohio Tai Chi for Arthritis Quarterly Workgroup meetings.
- Increase the number of facilitators implementing both Tai Chi for Arthritis-Fall Prevention by 40 and A Matter of Balance by 30.

## Grantee Contact

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