

YMCA of the Suncoast

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:

- Develop and implement a unified public communications campaign.
- Establish and install a formalized provider referral process.
- Expand the number of community-based falls prevention program workshops by adding new community locations and training more instructors.
- Establish a centralized coordinated process for receiving referrals from Florida Falls Prevention Project community partners and providers.
- Execute formal Memorandums of Understanding with sustainability partners to cover the cost of participation for low- to moderate-income individuals.
- Disseminate results of Florida Fall Prevention Project both locally and nationally.

Interventions

- EnhanceFitness
- Healthy Steps for Older Adults (HSOA)

Partners

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

- BayCare Health System
- Brooks Rehabilitation

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- Tampa Metropolitan Area YMCA
 - YMCA of Florida's First Coast
 - YMCA of Greater St Petersburg
 - YMCA of South Palm Beach County

Outcomes

The grantee anticipates the following results from this project.

- Increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks by serving 3600 older adult participants in HSOA and 1,134 participants in EnhanceFitness over the 3-year funding period.
- Establish and install a formalized provider referral process resulting in 3,500 provider referrals over the project period.
- Train 36 HSOA instructors and 1 Master Trainer and train 30 EnhanceFitness instructors and 2 Master Trainers.
- Identify and secure 24 community-based implementation sites.
- Implement innovative funding arrangements, including contracts and collaborations with sustainability partners by establishing formal written agreements.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2022

Most Significant Accomplishments

- Delivered programs in 12 counties across the state of Florida.
- Five Master Trainers and 44 instructors were trained in HSOA and EnhanceFitness.
- Partnered with multiple health systems, city recreation centers, libraries, senior living facilities, and senior centers.
- Developed a partnership with a local health system to support ongoing program implementation through Community Health Needs Assessment Funding.
- Created a system for electronic program referral in three different markets.
- Developed a unified strategy for ongoing program quality assurance through observation assessments and quarterly instructor workshops.
- Developed a Falls Prevention Marketing Campaign for all partner YMCAs.

Lessons Learned

- As we began working with a new program delivery agency to offer HSOA, we were able to create some best practices around data collection and quality assurance.
- Through trial and error, we realized quickly that we needed to have a local Master Trainer for HSOA. We worked with the HSOA program administrator and became the first outside organization to have our staff trained as Master Trainers.
- Our communities were in need of a shorter falls prevention program to complement the longer programs, such as EnhanceFitness. The newly offered HSOA workshop was a great fit.

What's Next

The Florida Falls Prevention Project will continue throughout the 12-county area. We have received continued grant funding through Health System Partners, the Area Agency on Aging, other community grants, and funding arrangements.

We will continue to seek additional funding opportunities to expand the offerings of both programs across the communities we serve. In addition, we are continuing to work with health system partners to explore third-party reimbursement through Medicare Advantage plans through community-based programming.

Grantee Contact

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