

North Carolina Center for Health and Wellness University of North Carolina Asheville

Falls Prevention Program Grantee Profile, Fiscal Year 2020

Goals

This 3-year grant aims to:

- Strengthen integrated state or regional networks that address the social and behavioral determinants of health of older adults and adults with disabilities.
- Significantly increase the number of older adults and adults with disabilities who participate in evidence-based community programs to reduce falls and falls risk.

Activities

The grantee and its partners will:

- Assess current information technology systems to support health care contracting for Area Agency on Aging (AAA) services.
- Embed evidence-based falls prevention programs and AAA services into a centralized referral system.
- Develop the infrastructure to secure health care contracts for AAA services.

Interventions

- A Matter of Balance (AMOB)
- Tai Chi for Arthritis for Falls Prevention (TCA/FP)

Partners

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

- Albemarle Commission Area Agency on Aging
- Cape Fear Area Agency on Aging
- Centralina Area Agency on Aging
- Eastern Carolina Area Agency on Aging
- High Country Area Agency on Aging
- Isothermal Planning & Development Commission Area Agency on Aging
- Kerr Tar Area Agency on Aging

- Land of Sky Area Agency on Aging
- Lumber River Area Agency on Aging
- Mid Carolina Area Agency on Aging
- Mid-East Commission Area Agency on Aging
- North Carolina Association of Area Agencies on Aging
- North Carolina Division of Aging and Adult Services (DAAS)
- North Carolina Division of Public Health
- North Carolina Falls Prevention Coalition
- Piedmont Triad Area Agency on Aging
- Southwestern Commission Area Agency on Aging
- Triangle J Area Agency on Aging
- Upper Coastal Plain Area Agency on Aging
- Western Piedmont Area Agency on Aging

Outcomes

The grantee anticipates the following results from this project.

- Formalize a statewide single point of contracting business entity.
- Establish a referral and reimbursement system for AAA services.
- Update the business plans for evidence-based falls prevention programs.
- Establish at least one reimbursement pathway for evidence-based falls prevention programs.
- Engage 4,160 older adults and adults with disabilities in AMOB and/or TCA/FP.

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Most Significant Accomplishments

- 4322 participants were engaged, with an overall 72% completion rate.
- Supported falls prevention program delivery statewide in 69 of 100 counties in NC.
- Trained 66 new and re-certified Tai Chi for Arthritis and Fall Prevention Instructors.
- Partnered with Area Agencies on Aging, Councils of Government, healthcare consultants, senior centers, libraries and multidisciplinary statewide organizations.
- Facilitated the process to support our NC4A (AAA/COG) partners to develop a 501 (c)3 to begin a Community Care Hub for health care contracting for evidence-based falls prevention programs.
- Led the transition to virtual Tai Chi for Arthritis and Fall Prevention (TCAFP) programming during the COVID pandemic.
- Exceeded our estimated participant numbers through a strong network of partners and our TCAFP Training Academy.
- Led the NC Falls Prevention Coalition and partnered to create a public awareness campaign and website: StandingStrongNC.org, which can support additional referrals to falls prevention programs.

Lessons Learned

- The COVID-19 pandemic created significant challenges; however, it encouraged us to transition swiftly and effectively to offer programs virtually, especially Tai Chi for Arthritis and Fall Prevention, to create a best practice guide for instructors, and to continue virtual programming.
- Leveraging statewide partnerships through our NC Falls Prevention Coalition to include falls prevention across multi-sector plans can enhance sustainability, business acumen and capacity building.
- Stakeholder engagement from all partners, along with strong leadership and communication skills throughout the grant period, is key to developing the foundation for a Community Care Hub.

What's Next

The NCCHW will leverage resources from our statewide partnerships and our Healthy Aging NC Initiative to support the capacity building and healthcare referrals for the newly developed 501(c)3 by NC4A and the NC COG Association.

NCCHW will continue to partner with the NC Division of Aging (NCDA) to promote the use of a software data management system, MonAmi, to support program management and outcomes.

NCCHW will leverage funding from the NCDA and the CDC Arthritis and Wellbeing Grant to promote evidence-based falls prevention programs (EBFPP), along with funding to the Area Agencies on Aging, to help sustain these programs for older adults and adults with disabilities.

The NC Division of Public Health Injury and Violence Prevention Branch provides funding to NCCHW to promote EBFPP and to strengthen and sustain the NC Falls Prevention Coalition (NCFPC).

The NCFPC will continue to work to reduce injuries and deaths from unintentional falls through the promotion of EBFPP, the STEADI initiative, multidisciplinary partnerships and Standing Strong NC.

Grantee Contact

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