

Clemson University

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 your 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:

- Develop partnerships to provide an evidence-based fall prevention program for older adults in rural Upstate South Carolina.
- Empower communities to reduce falls and falls risk by providing workshops remotely and in person for older rural adults.

Interventions

- A Matter of Balance

Partners

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

- Area Agencies on Aging
- Division of Injury and Substance Use Prevention
- Institute for Engaged Aging
- Osher Lifelong Learning Institute
- Prisma Health – Upstate

Outcomes

The grantee anticipates the following results from this project.

- Provide virtual training for 16 Master Trainers and 76 Coaches.
- Create educational and marketing materials for healthcare providers and community partners about a Matter of Balance.
- Provide 63 workshops reaching 630-756 rural older adults.

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Falls Prevention Program Grant Impact Summary, Fiscal Year 2021

Most Significant Accomplishments

- Over this grant, 591 older South Carolinians were engaged through A Matter of Balance.
- Delivered AMOB in 17 out of 46 counties in SC, including rural, suburban, and urban communities.
- Trained 13 Master Trainers and 199 Coaches.
- Partnered with multiple YMCAs, health care systems, recreation centers, retirement homes, senior centers, libraries, community centers, and colleges.
- Two of the health system partners, Bon Secours and Spartanburg Regional Hospital, launched falls prevention initiatives and began offering AMOB and other evidence-based fall prevention programs.
- Conducted qualitative and quantitative research on AMOB and will submit two manuscripts for peer review.

Lessons Learned

- The name A Matter of Balance confused potential participants; they thought that this was an exercise class, whereas it is a cognitive restructuring class that includes some exercise. We were able to help people see the value of thinking differently (cognitive restructuring) about falls and fall prevention.
- Along the lines of our first lesson learned, we realized the value of marketing AMOB as a healthy aging class, as opposed to marketing it as a falls prevention class. By focusing on the positive (healthy aging), we were able to recruit more participants.
- The real cost of delivering AMOB was underestimated. Our program team trained 199 coaches in 8-hour blocks, but the vast majority did not end up teaching. We learned to be very particular about the coaches we trained to ensure our efforts would enhance their delivery.

What's Next

We will continue to offer A Matter of Balance at the Balance Lab. In addition, we are exploring other options to improve falls prevention efforts via research. This includes the exploration of yoga and education as a tool to reduce fear of falling and improve falls self-efficacy for older adults and those who live with chronic pain. In addition, one of our coaches and team members has joined the falls prevention team at a local health system and plans to help expand fall prevention awareness efforts.

Grantee Contact

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