

Hardrock Council on Substance Abuse Evidence-Based Falls Prevention Program



Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Increase access to evidence-based fall prevention programs for older adults and adults with disabilities to reduce falls and falls risk; and
- Create integrated, sustainable evidence-based prevention program networks.

The Hardrock Council on Substance Abuse and its partners will:

- Complete home and environmental assessments for 50% of the target population of older adults ages 65 years and older;
- Establish and consistently conduct weekly Tai Chi classes;
- Design a simple and easy-to-understand falls prevention PowerPoint presentation in the Navajo language; and
- Develop a fall prevention sustainability plan.

Partnerships

To achieve the goals of the grant, Hardrock Council on Substance Abuse will collaborate with the following partners:

- Indian Health Services;

- Pinon Chapter, Navajo Nation;
- Hardrock Chapter, Navajo Nation;
- Navajo Nation Health Education; and
- Navajo Area Agency on Aging.

Anticipated Results

- The homes of 100 elders will be assessed for falls risks, and the following will be provided:
 - Custom ramps to 8 recipients;
 - Bathtub slip resistant strips to 50 elders;
 - Nightlights and a non-slip bathroom rug to 50 recipients;
 - Grab bars to 50 elders;
 - Solar lights in the homes and at the outside toilets in 8 homes.
- 50 participants will be enrolled in Tai Chi, with 30 completers;
- Falls prevention educational sessions will be given to 150 elders;
- Fall related injuries will be decreased by 5% in the Hardrock and Pinon communities through coordination with stakeholders to implement evidence-based fall prevention activities; and
- Sustainable funding options will be identified.

Contact

Bernice Bert

Hardrock Council on Substance Abuse

bbert01@yahoo.com

**For more information about the Administration
for Community Living**

U.S. Department of Health and Human Services

Administration for Community Living

Administration on Aging

Washington, DC 20201

<http://www.acl.gov/>

