



# Fall Prevention Programing in Minnesota

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Minnesota Board on Aging (state unit on aging)

## Minnesota Board on Aging (MBA)

- Designated State unit on aging.
- 7 Area Agencies on Aging. (AAA)
- Older Americans Act funding (Title III D)
- Grants from Administration for Community Living (ACL)
- other state funding.

# Why is Fall Prevention programming important?

The population of older adults is growing

In Minnesota there are approx. 1.1 million older adults 60 years and older.

If we consider that approximately 1 in 4 older adults may fall, in Minnesota that is potentially over 275,000 older adults.

# Fall Prevention in Minnesota-short history

Minnesota has been involved in evidence based fall prevention programming since early 2007.

A Matter of Balance (MOB) was the initial evidence based fall prevention program provided.

Tai Ji Quan: Moving for Better Balance (TJQMBB) was added in 2013

Tai Chi, Stepping On, SAIL and others have been added in the last several years.

# ACL Fall Prevention Grant 2014 to 2017

- 2014 received grant from a fall prevention grant from ACL

2 goals for this grant:

- Increase number of persons participating in a fall prevention program
- Increase dissemination and develop sustainability to continue programs.

# How did we do?

- Proposed reach 2,500 older adults:

Reached over **7,000** ( in 3 years)

Have over 600 trained leaders in various evidence based fall prevention

Forged and strengthened relationships with many partners including MDH, healthcare systems and community based organizations.

# Lessons learned

- We are still learning- there is not one “golden” answer that works for everyone.
- Health care providers/systems are busy and it is not easy to get their attention.
- Unforeseen issues that impede progress: staffing turnover, changes in EMR systems, capacity and other “more pressing” issues.
- It takes time to actually know what you don’t know.

# Going Forward?

- Continue to expand the opportunities for older adults to participate in a fall prevention program.
- AAA's has trainers in MOB and other evidence based programs
- Funding through: OAA Title III D
- Other funding potentials: Live Well at Home grants (state funds), Minnesota Department of Health: State Health Improvement Program (SHIP)
- Development: Eldercare Development Partnership (state funds)
- AAA private funding source for development of "Juniper" this includes a "hub" - calendar, enrollment, referral to evidence based classes.



# Questions??

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