

FALL PREVENTION – A TOP PRIORITY

The Visiting Nurses Association on February 1, 2010 submitted a grant application for a SURE STEP program that is designed to implement a comprehensive community-based fall prevention program for older adults living in rural and urban eastern Iowa. The grant, if awarded, would fund the implementation of a cooperative program in both Johnson and Washington Counties.

The Johnson County Livable Community Initiative brought together an amazing group of experts that advised VNA on the content of the grant. If awarded we will have the funds to expand the awareness program into various venues in both counties. Awards will be announced in four months. In addition, we will be able to:

- Improve access to community-based care through increased use of personal risk and home safety assessments and needed home modifications.
- Increase physical activity levels of older adults in Johnson and Washington County through participation in strength and balance exercise programs.
- Improve access to falls-prevention training by community-based providers working directly with older adults in eastern Iowa.
- Establish falls-prevention care coordination protocol between acute and community-based services.

Joyce Eland, Quality Manager, Visiting Nurses Association, and Chair of JCLC Fall Prevention Work Group, has accepted responsibility to take the lead on this grant application.