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Your Update from AgeOptions

June 2019

## AgeOptions Receives Falls Prevention Grant for Illinois

AgeOptions is one of six agencies nationwide to receive a three-year evidence-based falls prevention program – sustainable systems grant from the Administration for Community Living. The grant, which totals \$450,223, will build on the successes that Rush System for Health and its partners had with the first statewide ACL Falls Prevention Grant.

AgeOptions will work with a statewide system of partners to expand the falls prevention programming available throughout Illinois and sustain that work by developing contracts with health care providers, insurers and others. With our partners, including other Area Agencies on Aging, health departments and hospital systems, we plan to have at least 3,700 people in Illinois complete a falls-prevention program over the course of the three-year grant.

### **Major objectives of the program are to:**

- Increase the number of people who complete falls prevention programs throughout Illinois
- Increase the variety of falls prevention programs offered throughout the state
- Strengthen the hub infrastructure and delivery system of Illinois Pathways to Health, an integrated delivery system for evidence-based health programs
- Achieve financial sustainability

### **Three falls prevention programs are included in the award:**

- A Matter of Balance – An eight-week structured group intervention emphasizing practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

**AgeOptions.**

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- Tai Chi for Arthritis and Falls Prevention – A Tai Chi program designed for older adults and people with arthritis. It consists of a minimum of 16 hours of classes that include warm-up and cool-down exercises, breathing techniques and learning new movements.
- Healthy Steps in Motion – A program that strives to reduce the risk of falling by building body strength, increasing flexibility and improving balance. It consists of eight one-hour sessions, each of which has an educational component.

AgeOptions thanks Rush System for Health and Mike O'Donnell for their assistance in the application process and in the startup of our grant.

For more information about this grant, contact Rob Mapes, director of Program and Community Support, at <mailto:robert.mapes@ageoptions.org> or (708)383-0258.