



Webinar

Leveraging grant funding to implement a proven and multi-factorial falls prevention intervention

Presented by:

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What is WIHA?

- Non-profit clearinghouse of researched and proven (evidence-based) health promotion programs
- Mission: to bring evidence-based programs to communities throughout Wisconsin to encourage healthy living and healthy aging

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Stepping On falls prevention program

Welcome!

Topics:

- ❧ **What is *Stepping On*?** What is a “multi-factorial” falls prevention intervention?
Why is this significant?
- ❧ What are the key factors in a **successful implementation** of *Stepping On*?
- ❧ What **training and other on-going support** will you receive from WIHA to implement *Stepping On* in your area?
- ❧ How do you calculate the License and Training fees for *Stepping On* for your **grant proposal budget**?
- ❧ How can your organization obtain a **“Letter of Cooperation” from WIHA** to include with your grant proposal?

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What is *Stepping On*?

- High level, **evidence-based** community Falls Prevention program
- **7 week workshop** (2 hours/session) with 2 follow-ups
- Proven to **reduce falls** by 31%
- **Multi-factorial** with balance and strength exercises, vision, medication management, moving out and about, footwear, identifying and problem-solving home and community hazards.
- **Adult learning techniques**, including guest experts, peer-to-peer learning, vignettes, handouts and decision-making processes
- **Benefits:** Builds confidence, peer-to-peer learning, greater awareness of risk factors, and reduces falls

What does multi-factorial mean?

Merriam-Webster defines multi-factorial as, *“having, involving, or produced by a variety of elements or causes”*

Stepping On is unique:

- High level, **evidence-based** Falls Prevention intervention.
- A **multi-factorial Falls Prevention program**, effective at improving balance, gait ability, and fear of falling.
- **Balance and strength exercise during each session** – based on proven exercise program; linked to functional activities so participants understand purpose
- Balance and strength exercises at home with follow-up each week
- **Progression of exercises**, as able
- Topics include **risk factors and safety strategies** (vision, home safety, medication review, calcium and Vitamin D, safe footwear, safe mobility)
- Invited **guest experts**



Stepping On addresses five areas proven to prevent falls

- Balance and strengthening exercises
- Home safety
- Medication review
- Vision
- Footwear

SOURCE: The September *American Journal of Preventive Medicine*, authored by Judy A. Stevens, PhD, and Robin Lee, PhD. Both authors are with the CDC's National Center for Injury Prevention and Control. This CDC study looked at the effectiveness of evidence-based falls interventions. The journal article entitled, *The Potential to Reduce Falls and Avert Costs by Clinically Managing Fall Risk*, evaluated risk factors and calculated direct medical costs averted by associated interventions. **The results found while mobility problems and gait disorders are high risk factors, other factors such as medications, Vitamin D insufficiency, visual impairment and home hazards also put a high number of older adults at risk for falling.** In the CDC study, home hazards are estimated to put 38.2 older adults at risk of falls; this compares with 13.5 million who are at risk due to mobility factors. Here is a full text version of the article at [https://www.ajpmonline.org/article/S0749-3797\(18\)31759-8/fulltext](https://www.ajpmonline.org/article/S0749-3797(18)31759-8/fulltext) .



Who are good candidates for *Stepping On*?

Those who:

- Have a fear of falling or have had a fall in the last year
- Are community dwelling older adults (60+)
- Are cognitively intact
- Can walk independently, or with a cane, or with a walker outside of the home.
- Speak and understand conversational English

***Stepping On* by the numbers - 2018**

18 States (32 license holders)

588 Trained Leaders nationwide outside WI

373 Trained Leaders in WI

82 Master Trainers nationwide

462 workshops nationwide outside WI

5,182 participants nationwide, outside WI

198 workshops in Wisconsin (167 in 2019, but still more are to be accounted for)

1,472 participants in Wisconsin

6,656 Total participants

650 Total workshops



7 Keys to Successful SO Implementation

- (1) Strong agency leadership with health promotion commitment
- (2) Organizational stability
- (3) Program implementation duties assigned to a specific person

SOURCE: Ford, James H. II; Abramson, Betsy; Wise, Meg; Dattalo, Melissa; Mahoney, Jane E., "Bringing Healthy Aging to Scale: A Randomized Trial of a Quality Improvement Intervention to Increase Adoption of Evidence-Based Health Community Partners, *Journal of Public Health Management and Practice*, 23(5):e17-e24, September/October 2017.



- (4) Identify and prepare individuals for Leader Training
- (5) Supervisor support and direction to:
 - attend Leader Training
 - conduct at least 2 workshops/year
- (6) Strong community partnerships
- (7) Multi-agency “Coordinating” Team to plan, share roles, complete tasks.



How does WIHA support License Holders?

- **Welcome kit** with template materials, report parameters, publicity materials, logos and other items to help you launch a successful implementation
- **Sensory Toolkit**
- **Networking and sharing conference calls** for each group: Leaders, Master Trainers and License Holders
- **Regular communications** to strengthen facilitation skills and build program
- **Webinars to refresh skills** for leaders, as requested
- **Technical assistance**
- **Falls Prevention** resources
- Electronic **workshop materials**
- Program **implementation guide**
- **Fidelity coaching** to ensure quality





Training options & license structure

Training & License structure go hand-in-hand

- **License holder is accountable** for properly Trained Leaders
- **Trained Leaders practice collaboratively** under the license of License Holder
- License structure **encourages** (not penalizes) increasing workshops and adding Trained Leaders, **reaching more older adults**

Training options

Leader Training options for **New License Holders:**

- **Wisconsin:** Prospective License Holder sends individuals to WIHA/Wisconsin for Leader Training
- **On-site:** Prospective License Holder contracts with WIHA to send two Master Trainers to its community for On-Site Leader Training
 - Up to 20 individuals
 - License Holder and/or Affiliate representation

*Once trained and **after eligibility criteria are met**, additional options include:*

- **Peer Leader:** Enthusiastic participant, good role model, able to demonstrate exercises, etc. May be provided brief training by local Trained Leader
- **Master Trainer:** Once trained, Master Trainers, in pairs, may conduct local Leader Trainings

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Two Types of License Holders

- **Sole License Holder:** A License Holder with Trained Leaders who represent a single organization, health system, university, public agency, hospital, or retirement community, etc.
- **License Holder with Affiliates:** A License Holder with Trained Leaders who represent separate organizations or branches, health systems, universities, agencies, etc.

*Regardless of the Sole or Affiliate License status, a License covers the geographic area of **one state**.*

Detailed budget costs available upon request.



Stepping On License 2019 Fees

Sole License = \$3,000 for three years (2020 Fee Structure)

Affiliate Tier (1-4 Affiliates) + \$5,000

As the number of Affiliates increase, the fees increase accordingly

When Affiliates are involved it is likely the License Holder will ask each Affiliate to pay a share of the License fee, based on the number of Affiliates in the tier.

It is at the sole discretion of the License Holder if the organization chooses to ask Affiliates for a share of the License Fee and/or ask for a fee to participate in Leader Training.

Letter of Cooperation from WIHA? **Yes!**

If to become a new licensee, send us....

- Details of proposal
- Plans for Leader Training: Wisconsin or in your state?
- Plan: Sole License holder or with Affiliates?
- Plans for Master Trainers?
- We'll review, then prepare and send LOC

Letter of Cooperation from WIHA? **Yes!**

If a current licensee, send us.....

- Highlights of previous success
- Details of proposal
- Plans for more Leaders, Master Trainers?
- Train them in Wisconsin or your state?
- Sole License holder or adding Affiliates?
- We'll review, then prepare and send LOC

For more information, or to prep for your grant, please contact:

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