

Chicago Housing Authority Evidence-Based Falls Prevention Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year sustainability grant are to:

- Significantly increase the number of older adults and older adults with disabilities at risk for falls who participate in evidence-based community programs to reduce falls and falls risks; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

The Chicago Housing Authority and its partners will:

- Engage 300 individuals to enroll in the Fit & Strong! program across 30 buildings;
- Ensure 210 individuals successfully complete the program;
- Recruit graduate-level students to facilitate and implement Fit & Strong! at senior designated housing; and
- Train 30 resident Lay Leaders to continue offering the program over time.

Proposed Interventions

- Fit & Strong!

Partnerships

To achieve the goals of the grant, The Chicago Housing Authority will collaborate with the following key partners:

- University of Illinois at Chicago's Center for Research on Health and Aging (CRHA) in the Institute for Health Research and Policy at the College of Applied Sciences
- UIC's College of Applied Sciences, Department of Occupational Therapy

Anticipated Results

The Chicago Housing Authority and its partners propose to achieve the following results:

- Improve confidence in seniors in subsidized housing surviving with low income, limited social support, and limited mobility;
- Reduce the number of falls through increasing falls prevention awareness and education in seniors in subsidized housing; and

Prevention and Public Health Fund 2019, effective May 1, 2019



- Provide occupational therapist students exposure to an often-underserved population of seniors.

Contact:

Anne Lehocky
Chicago Housing Authority
alehocky@thecha.org

For more information:

Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
<http://www.acl.gov>

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