



The Community Foundation
Serving Riverside and San Bernardino Counties

COMMUNITY IMPACT Grant Evaluation Form

Date: May 15, 2012

Organization: Mizell Senior Center of Palm Springs

Contact Name: Jack Newby

Title: Director of Development

Phone Number: 760-323-5689 x118

Grant Period: May 1, 2011 ~ April 30, 2012

Award Amount: \$10,000

Grant Number: 2011198

- Describe the project's key outcomes and results based on your goals and objectives. Provide the number of clients served and other relevant statistics.

The Fall Prevention Program served 141 seniors over age 60 through a combination of Fall Prevention Courses, assessment of fall risk factors, exercise programs, and home assessments. The program supplemented instructor fees for several exercise classes to provide evaluations and exercises shown to prevent falls among older adults. This was a pilot program to develop a comprehensive Senior Fall Prevention Program including all of the components outlined in the Centers For Disease Control publication *Preventing Falls: How to Develop Community Based Fall Prevention Programs for Older Adults* (2008).

As a result of this funding, we have developed a model for a community based program that works for our community and is sustainable. All seniors participating in the program received a comprehensive home inspection that highlighted fall risks in the home and ways to reduce those risks as well as personalized instruction on home exercises to reduce their fall risk. At follow-up, all participants had made at least one suggested modification. Seminars were presented on medication and fall risks, the importance of exercise programs as a long-term solution to reducing fall risk as well as the importance of regular vision and medical check-ups.

Forty-two clients participated in a comprehensive six week Fall Prevention Course that included a fall risk assessment, exercises, fall prevention techniques, education about fall prevention, and the importance of continued and regular exercise. At six week follow-up, 74% of participants who completed the course were continuing in regular exercise classes. Prior to the course, they were in no regular exercise program. Pre- and post-testing of predictors of falls were measured showing a 94% improvement in at least two of the four tests and many showed marked improvement in all four predictors. All participants who completed the Subjective Activities-specific Balance Confidence (ABC) scale showed increased confidence in various activities of daily living. This is an important aspect of this program, since research shows that many seniors are afraid to leave the home because of fear of falling, thereby increasing their isolation and fall risk.

- What were the challenges and obstacles you encountered (if any) in attaining your goals & objectives? How did you overcome and/or address the challenges and obstacles? What were the lessons learned?

Our greatest challenge was in developing the course and refining it to meet the grant requirements and to create a model program that was sustainable. Additional difficulty was encountered in recruiting individuals to participate in the six week intensive Fall Prevention Course. Future courses will have to be supported by a media budget to help get the word out. Also, following recruitment of two highly qualified individuals to design and develop the program, we had to make some adjustments in how the course was presented. Overall, over the course of the program year, we were able to develop a program that is demonstrably effective and sustainable.

We were fortunate to have recruited two individuals to design and lead these courses. Dr. Sophia Risorto has a PhD in Physical Therapy and specializes in older adults. She is the only practicing physical therapist in the Coachella Valley who is a Board Certified Clinical Specialist in Geriatric Physical Therapy, receiving her Doctorate of Physical Therapy from Western University in 2009. Dr. Marc Eisman is a Chiropractor and physical therapist specializing in older adults. He served as an Assistant Professor of Clinical Sciences Physical Therapy Rehabilitation at Southern California College of Chiropractic for three years.

- Describe any unintended positive outcomes as a result of the efforts supported by this grant.

As we developed this pilot Fall Prevention Program, we realized that Mizell Senior Center is the only organization in the Coachella Valley offering a comprehensive Community Based Senior Fall Prevention Program. This has resulted in a strengthening of our exercise programs and an increased awareness of Senior Fall risks. Here are some facts to consider from the California Department of Public Health and provided by the National Falls Free Coalition:

*More than 40% of Californians hospitalized for hip fractures never return home or live independently again and 25% will die within one year.

*In California, between 1999 and 2009, fall-related deaths among seniors (age 60+) increased by 86%

*There are 15 times more hospitalizations for falls among older adults than traffic related injuries in California

Mizell Senior Center is committed to reducing falls among older adults in our community and is working to provide community education about this growing problem.

- Describe the overall effect this grant has had on your organization.

Following review of this program and the positive results reported by participants and demonstrated by objective physical testing, Mizell Senior Center has determined to develop and build our Senior Fall Prevention Program as a key program with the Fall Prevention Courses serving as a centerpiece and associated exercise classes (now numbering 19 classes each week) as a long-term commitment to Senior Fall Prevention.

The Board of Directors of Mizell Senior Center has determined to put necessary resources into this program as part of our commitment to work with seniors and older adults in maintaining independence in their own home for as long as possible.

- Tell us a few success stories that made an impact on your organization and/or community as a result of this grant.

The success stories are based upon the realization of the course participants that they could change their lives. A remarkable 74% of the participants in the Fall Prevention Course are continuing in regular exercise classes when they did not previously engage in regular exercise is a major success of this program.

In addition, as the course became better known in the community, we have begun to receive cooperation and support from Desert Regional Medical Center, Eisenhower Palm Springs, and Desert Oasis Healthcare in referring their patients to this community based program. All of these organizations have provided letters of support in our efforts to maintain and expand the program.

As a result of the success of this program, we are submitting funding proposals to other funders and are continuing with the program, supported through fundraising efforts and direct contributions to the program.

- Provide a financial report on the use of your grant funds (expenditures).

Please see attached financial report.

- ❖ Please send copies of publicity and other promotional materials. – Please see attached materials. In addition, the Fall Prevention Course is a featured program on our website: www.mizell.org.
- ❖ All variances or time extensions must be approved by The Community Foundation's Grant Committee. Please contact us at 951-684-4194, ext. 114 immediately if a variance or extension becomes necessary.

Please return the completed form to:

Celia Cudiamat, Vice President, Donor Services and Grant Programs
3700 Sixth Street, Suite 200, Riverside, CA 92501 or fax to 951-684-1911
Or email to: ccudiamat@thecommunityfoundation.net