

# SLOWW and STEADI: A Titusville Community Fall Prevention Program

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In honor of my grandmother  
the late Elizabeth Waller

## Logic Model

### Outcomes

- Increased awareness and accessibility of community resources for seniors
- Increased mobility and balance among seniors 65 years and older
- Provision of Durable Medical Equipment and grab bar installation to reduce fall related risk factors
- Seniors feel empowered to be autonomous taking precaution to reduce fall related injuries

### Outputs

- Over 200 seniors were positively impacted by the four phase project
- Ten seniors received DME
- 100% of recommended bathroom grab bars installed
- Reports of increased mobility

### Activities

- Senior Fall Prevention and Wellness Expo
- Five fall prevention educational sessions at area churches
- Distribution of Durable Medical Equipment
- Bathroom grab bar and keyless door entry installations
- Grassroots community outreach in North Titusville

### Inputs

- Partnership with 25 area community agencies serving the Senior population
- QR registration codes for participating agencies and seniors
- In person registration at local church senior meetings/gatherings
- Program planning and coordination with host church and community and political stakeholders
- Utilization of dedicated prepaid cell phone for participant correspondence

## Introduction

Titusville, Alabama, is one of the first communities where African Americans were able to purchase both residential and commercial property. Among its three distinct areas, Woodland Park stands as the most historic. Rooted in resilience and pride, Titusville has a rich history of grassroots efforts dedicated to preserving its heritage.

This project was designed to enhance mobility, reduce fall-related injuries, and improve overall quality of life and healthcare outcomes for seniors aged 65 and older in the Titusville community of Birmingham, Alabama. Research indicates that nearly seven million falls occur annually among this population, equating to one in three seniors experiencing a debilitating fall. Falls are the eighth leading cause of death among older adults, accounting for 56.1% of unintentional fatalities. Additionally, studies show that approximately 60% of falls happen at home, 30% in public spaces, and 10% in healthcare institutions. By 2040, hip fractures related to falls are projected to exceed 500,000 annually.

This initiative provided education, resources, and interventions to help seniors maintain autonomy and independence within this historic community. By addressing key risk factors and implementing preventive measures, the project aligns with the **Healthy People 2030** goal of reducing fall-related deaths and injuries among seniors from 76.9 in 2022 to 63.4 per 100,000.



**Top: Tai Chi demo during Senior Fall Prevention and Wellness Expo-November 14, 2024 Bottom: Group photo after Chair aerobics demo**

## Impact on Senior Population

100% Satisfaction related to overall impact of fall prevention program as determined during organized focus groups and follow up survey of participants.

- Subjective reports of increase in mobility resulting in decreased utilization of DME
- 100% reported increased safety and confidence during bathroom entry and exit following installation of grab bars and provision of DME
- Request received by three churches to conduct an annual Senior Expo
- 100% of surveyed seniors reported change in at least one high fall risk behavior

## Sustainability Plan

- Project plan and established community partnerships shared with Oakstreet Health representative and BBNA for anticipated duplication of Senior Expo

## Critical Assessment

### Barriers and Challenges

- Securing a contractor for grab bar installation**-partnership with Senator R. Smitherman for contractor recommendation
- Funding for project implementation needs**-received \$3,000 grant from Centene/Ambetter in support of project needs

### Future Impact and Personal Development

- I have gained confidence in requesting and seeking a" seat at the table" with community and state representatives
- My passion shows in my actions. I am a changemaker. I am honored by the way in which I was able to honor my grandmother, Elizabeth Waller.
- The ability to identify health inequities is the catalyst to fuel a passion for intentional efforts to improve health care outcomes. I will be a better provider because of this awareness.



**Blood Pressure Screenings performed by BBNA representative**

## Acknowledgements

Special gratitude to Dr. Ronald Bayles and Ms. Sharon Tarver, Dr Lindsey Harris, Dr. Tedra Smith-UAB Dean of Students, Dr. Kendall Jno-Finn of M3 Endeavors, Trillo Shipman of Ambetter, CAB members Elizabeth Stewart and Ashley Lemsky, Sixth Avenue Baptist Church, The Remedy Center, Oak Street Health, Patricia and Laura Dudley,Dorothy Scott, Ray Bourn, my husband Trevor and my parents, Joseph and Lola Johnson.

## References

