

# Technical Assistance Webinar

## Grant Introduction and Data Collection

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Dartmouth Centers for Health and Aging

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# Agenda

- Review Zoom technical procedure
- Overview of Grant
- Implementation Challenges and Pilot
- Data Collection

# Activate Audio and Video

Step 1: Connect to Audio through prompt at sign on or by clicking Join Audio and following instructions (Please mute yourself when not speaking)

Step 2: Connect to Video if capable by clicking Start Video

Choose ONE of the audio conference options

Phone Call Computer Audio

Phone Call Computer Audio

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+1 646 558 8656

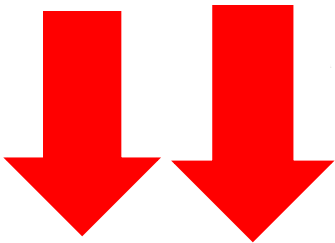
Meeting ID: 928 895 929

Participant ID: 16

Join Audio Conference by Computer

[Test Computer Mic & Speakers](#)

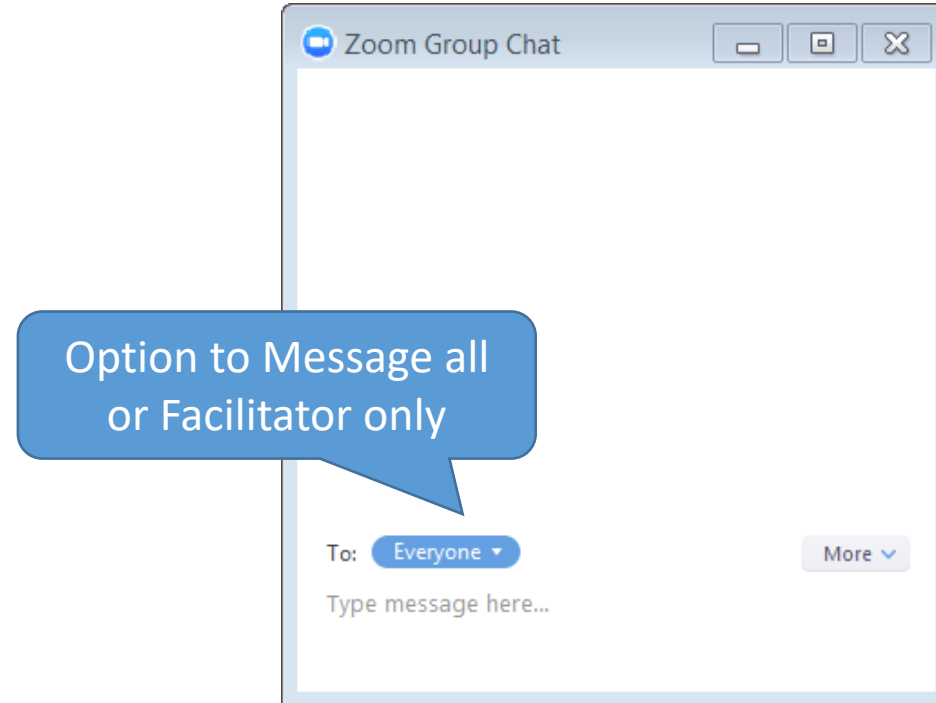
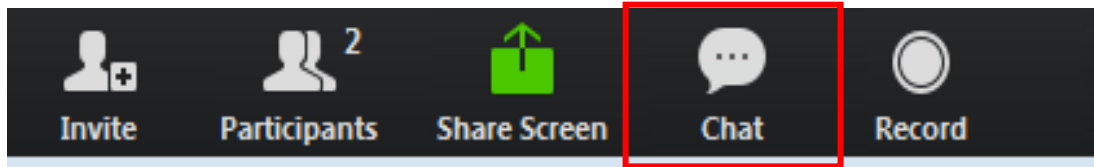
Automatically join audio by computer when joining a meeting



Join Audio Start Video Invite Manage Participants Share Screen Chat Record End Meeting

# Additional Zoom functionality

- Use chat to send the names of everyone participating, or if you have any questions or comments during presentations



- All sessions will be recorded and archived

# NH and DCHA ACL Falls Prevention Grants

- 2014 Foundation for Healthy Communities 2 year ACL grant
  - Coos and Carrol County, City of Nashua
  - A Matter of Balance (MOB) and Tai Ji Quan: Moving for Better Balance® (TJQMBB)
- 2015 Dartmouth Centers for Health and Aging (DCHA) 2 year ACL Grant
  - 6 NH Counties
  - TJQMBB and MOB, including individuals with Parkinson's Disease (PD)
- 2017 DCHA 3 year ACL Grant
  - All NH MOB and TJQMBB, Individuals with PD
  - TJQMBB MA, NJ, CT

# DCHA 2017 ACL Falls Prevention Grant Goals

- Increase the number of older adults and people with Parkinson's disease (PD) who participate in evidence-based community programs to reduce falls risk
- Implement innovative funding arrangements to support evidence-based falls prevention programs both during and beyond the grant period.

# 2017 Falls Prevention Grant Objectives

- Develop a ***New Hampshire Falls Prevention Network Hub (FPN-Hub)***
- Develop a ***Northeast Regional Tai Ji Quan: Moving for Better Balance<sup>®</sup> (TJQMBB) Training Center*** to build capacity for TJQMBB in New Hampshire, Massachusetts, Connecticut, and New Jersey
- ***Demonstrate the cost-effectiveness of community-based programs*** for NH healthcare systems as part of a self-sustaining network

# DCHA and NH Falls Prevention Programs

- A Matter of Balance
  - Fidelity
    - Eight, 2-hour sessions
    - 8-12 Participants
  - Completer: at least 5 sessions
- Tai Ji Quan: Moving for Better Balance®
  - Fidelity
    - 2x/week x 24 weeks
    - Maximum 15 participants
  - Completer: at least 36 sessions



# Implementation Challenges

- Recruiting class participants
  - Length of class
  - Seasonal Issues
  - Targeting the right participants
- Retaining participants
- Adequate number of Instructors
- Recruiting and sustaining coaches

# Implementation Workshop Pilot

- Five Hour Workshop
- Open to TJQMBB Instructors and site implementation staff
- Includes:
  - Addressing Implementation Challenges
  - Coaching and motivational interviewing
  - Reviewing TJQMBB protocol as needed
  - Balance Day Training (open to both MOB and TJQMBB Instructors)
- Scheduled Workshops:
  - NH: April 4<sup>th</sup>, 9:00-2:00 Granite YMCA, Manchester, NH
  - MA: May 16<sup>th</sup>, 8:00-1:00, Hyde Park Community Center, Hyde Park, MA

# Participant Retention Initiative

- DCHA data: Increased completion if participants complete first 3 weeks
- Weekly phone follow up and attendance recording with instructors (NH) x 4 weeks
- Lillian Rozanski: 603-653-3459; [Lillian.M.Rozanski@Hitchcock.org](mailto:Lillian.M.Rozanski@Hitchcock.org)
- Goals:
  - Assist sites with early implementation challenges
  - Learn from each other to improve retention and program implementation

Data Entry

# Forms to send to Dartmouth (NH)

- Fall Prevention Program Information Cover Sheet (1)
- Participant Entry Information Form (one for each participant)
- Attendance Log
- Participant Post Program Survey (one for each participant)
- TJQMBB will include the physical screening results
- MOB- make sure these forms are from the website and **NOT** the MOB Manual

# Accuracy of Data

- Prior to submitting data, please double check that all lines are filled in and that they put their correct Identifier in appropriate locations
- Dartmouth does not need any release forms or the PAR-Q Forms
  - Those are for your own use
- We should **NOT** receive data with full names of participants (including on the attendance sheet)

# MOB Data Submission

What	When	DCHA Contact	How
Information Cover Sheet	With Participant Entry Form and Post Program Survey/Attendance	Lillian Rozanski	Mail: Dartmouth Centers for Health and Aging 46 Centerra Parkway Lebanon, NH 03766 Scan and send to Lillian.M.Rozanski@Hitchcock.org
Participant Entry Form	Following Initial Assessment	Lillian Rozanski	Same
Attendance Roster	Following 1 <sup>st</sup> class	Lillian Rozanski	Same
Participant Post Program Survey	Upon Completion of Program	Lillian Rozanski	Same
Final Attendance Form	Upon Completion of Program	Lillian Rozanski	Same

# TJQMBB Data Submission

What	When	DCHA Contact	How
Information Cover Sheet	With Participant Entry Form, 12 week data and Post Program Survey/Attendance	Lillian Rozanski	Mail: Dartmouth Centers for Health and Aging 46 Centerra Parkway Lebanon, NH 03766 Scan and send to Lillian.M.Rozanski@Hitchcock.org
Participant Entry Form (+ Physical screens)	Following Initial Assessment	Lillian Rozanski	Same
Attendance Roster	Following 1st class	Lillian Rozanski	Same
12 Week TUG and 30 second sit to stand scores + Attendance Record	After 12 weeks of the program are complete	Lillian Rozanski	Same
Participant Post Program Survey (+ physical screens)	Upon Completion of Program	Lillian Rozanski	Same
Final Attendance Form	Upon Completion of Program	Lillian Rozanski	Same



# What happens to the data?

- You are encouraged to share results with participants
- The data will be entered into a federal database as a part of the implementation grant
- Following data entry, only cover sheets and attendance records will be saved, **all other forms will be shredded**
- DCHA can generate reports and send to you
  - Feedback to participants
  - For use in promoting programs

# Data Forms and Class Start Information

- NH Falls Task Force Website



- Nhfalls.org->Falls Prevention Programs->Information for Instructors
- <http://www.nhfalls.org/wordpress/evidence-based-falls-prevention-program-instructor-information/>