

# Martha's Vineyard Falls Prevention Coalition

## Spring Session

### Meeting Agenda:

- I. Welcome
- II. Review of 2026 Plan
- III. Homes & Spaces
- IV. Movement & Exercise
- V. Education & Outreach
- VI. Measurement & Evaluation
- VII. Matter of Balance Schedule Change
- VIII. Home Safety Modification Funding
- IX. Wrap-up and Action Items



# Welcome & Introductions

- Name
- Organization/Role
- What inspired you to become involved in falls prevention work?



# Falls Prevention Coalition Plan 2025–2026

## Goals & Focus Areas

**Homes & Spaces:** Support older adults through home safety modifications and access to safe community environments.

**Movement & Exercise:** Increase participation in exercise and balance programs such as Matter of Balance and other local fitness classes.

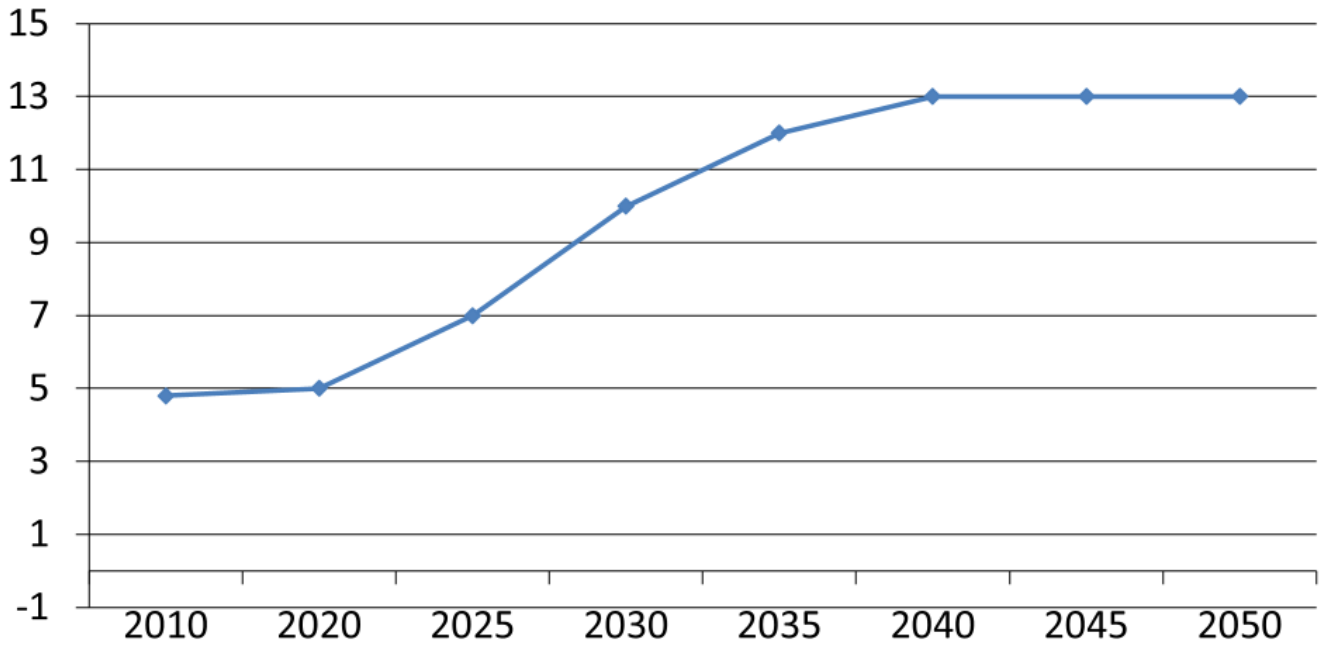
**Education & Outreach:** Raise awareness about falls prevention through events, resource guides, and distribution of materials across the community.

**Measurement & Evaluation:** Improve tracking of program effectiveness, including surveys and collaboration with professional organizations.



# Percent of County Population Age 80+

Percent 80+



# Population & Aging Summary by Town (2023)

	Aquinnah	Chilmark	Edgartown	Oak Bluffs	Tisbury	W. Tisbury	Dukes County
Total population	667	1726	5212	5370	4860	2865	20700
Total 60–85+	260	657	2111	1555	1658	1130	7371
% of 80+ of Older Adults	9%	19%	21%	12%	23%	2%	16%
% of 60+ to total population	39%	38%	41%	29%	34%	39%	36%

From American Community Survey Data



# Homes & Spaces

Support older adults through home safety modifications and access to safe community environments.

## What have we done?

1. Home Safety Modification Program
2. Beach Within Reach

## Areas of Exploration?

1. Partner with local EMS, Police, and Fire.
2. Review Beach Within Reach Beaches and Accessibility.



# Home Safety Modification Pilot Program Metrics

November 2020 – December 2025



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# Program Metrics – Client Overview



Program Metrics	Since Inception
Number of clients referred /applications completed	217/191
Average age of clients & range	79 average age (61-102)
Median income	\$68,355
Location of clients	Aquinnah - 4 Chilmark - 10 Edgartown - 67 Oak Bluffs - 38 Tisbury - 57 West Tisbury - 41
Household size	1-97; 2-114; 3-4; 4-1; 5-1
% who qualified for full subsidy (100%)	67%
% who qualified for partial subsidy (paid 10% of total)	10%
% who qualified for partial subsidy (20% of total)	12%
% who paid 100%	11%
Other (funding from other sources)	<1

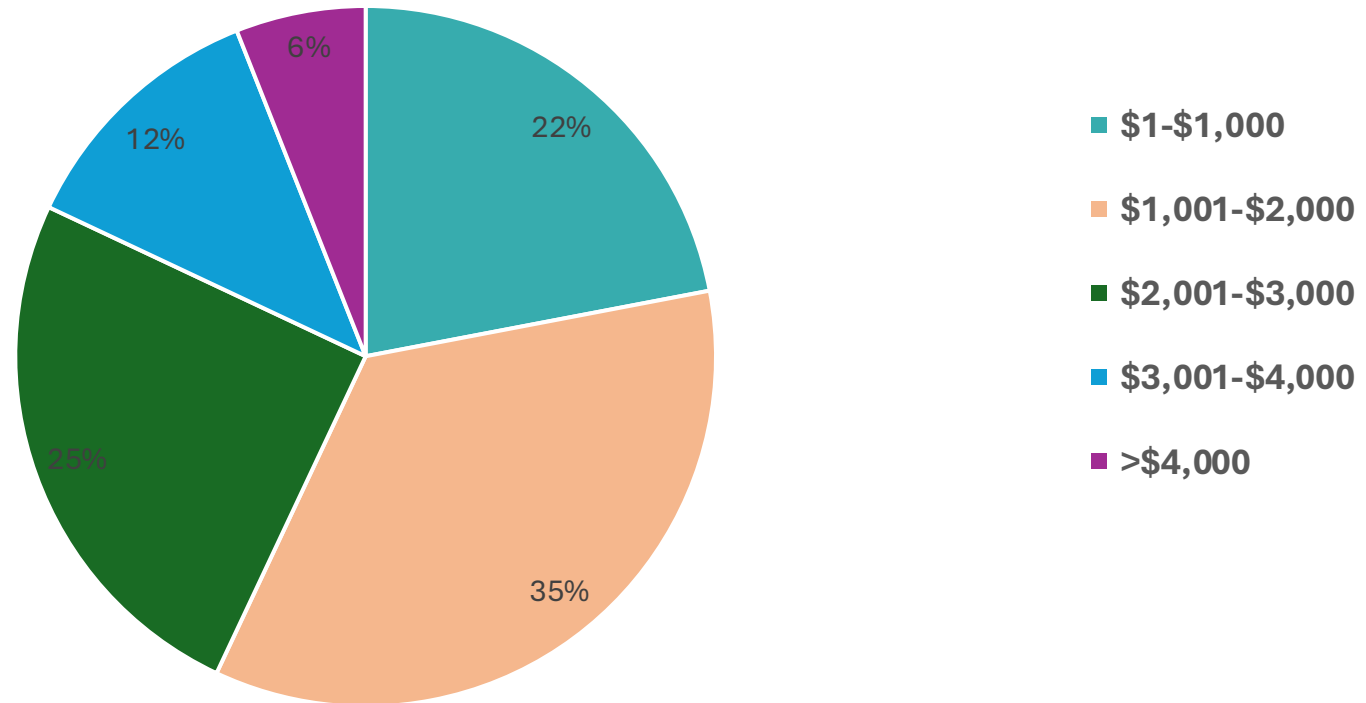
# Program Metrics – Program Status

	Since Inception
Work completed	191*
Work to-be-completed	No significant delays
Modifications fall outside program scope and referred to other programs	4 referrals
Average project cost and range	\$2,002 (\$120 - \$7,500)
Average time to complete work (from application to complete)	1 month (3 days - 6 months)
Average age of home	50 years

\* Includes additional projects for former clients

# Over half of projects fall under \$2,000

Project Cost



# Program metrics – Modification types

Type of modification (completed projects)	% of participants since inception
Grab bars	87%
Stairwell Banisters	59%
Outdoor Railings	65%
Lighting	12%
Smoke/fire detectors	14%
Taping down rugs	13%
Other*	53%
% who had outside work completed (includes railings)	92%

\* includes: secure bookshelves to wall, build terraced walkway with handrails, secure wheelchair ramp, non-skid stair strips, install metal wheelchair ramp, build short/straight ramps, install bench in outside shower, install hand-held shower, replaced rotten decking, replaced leaking pipe and repaired ceiling.

# Program metrics- Client Survey results\*

Post Modification Survey results – Since Inception (n=93)	% of participants
Reported falls on property before modification completed	64%
Reported falls on property since modification completed	16%
Ever treated for a fall either as an outpatient or hospitalized	53%
<b>Experience with project (strongly agree with the following statements)</b>	
-I was kept informed	98%
-I was treated with respect by everyone	99%
-Modifications made to my home have increased my safety	99%
-I believe these modifications will allow me to stay in my home as I age	98%
-I would recommend this program to my friends and homeowners who are 65 and older	99%

\*Multi-year survey program for beyond post modification is underway but data not included here

# Client Testimonials

Thank goodness 1000 times that the grab bars were installed. The Island is a great place to grow old because of programs like these.

Very pleased and grateful. I have recommended the program to other elderly people. Thank you for keeping us safe.

Thank you Diane for your prompt response and approval of my application. I am grateful to Catie Blake for her assistance.

The railings and shower bars are wonderful. Thank you.

The access ramp has helped greatly with my wife's mobility and access to our car.

The whole process was beautifully & professionally executed. Have recommended it to several friends. Many thanks!

You are doing a necessary and great job!

The bars in the tub were the best of all. The rest were good too. Thank you.

The project was done quickly and efficiently.

Thank you for installing the railings and the grab bars. I use them all the time.

The modifications have increased the safety of my husband, especially in the bathroom and our entry way.

The modifications program on MV is tremendous and has given me peace of mind.

# Client Testimonials



The process was seamless. Everyone involved was wonderful; courteous and went beyond my expectations. I couldn't be happier.

Everything was perfect. Jack and the 2 workmen were great, on time, made good suggestions, and brought good materials. I am so glad I/they did this. Bless this Island!

It's very gratifying & empowering to have aging issues recognized and helped.

I am very grateful for this program. The generosity of this community is one important reason that my recovery has been as successful as it has been for someone my age.

I really did not want grab bars, but I love them, use them like an old friend.

Now I feel safer living alone in my home. Thank you so much.

Was very impressed with the entire process. The final product has left me feeling much safer in my home. The workmanship was excellent. Everyone was polite and helpful.

Uenes did an outstanding job. I feel much safer. My daughter and I have been using the handrails every day.

Workmen were very polite and thoughtful. I couldn't be happier with the result.

Thank you! The modifications have made a big difference.

Thank you for this extraordinary program. Everything about it exceeded expectation. It enables me to get around with daily life. The carpenters were exceptional

Thank you, you made my life so much easier and safer.

# Client Testimonials

## Responsive

Everything was perfect. Jack and the 2 workmen were great, on time, made good suggestions, and brought good materials

The process was seamless

## Feeling Safer

Now I feel safer living alone in my home.

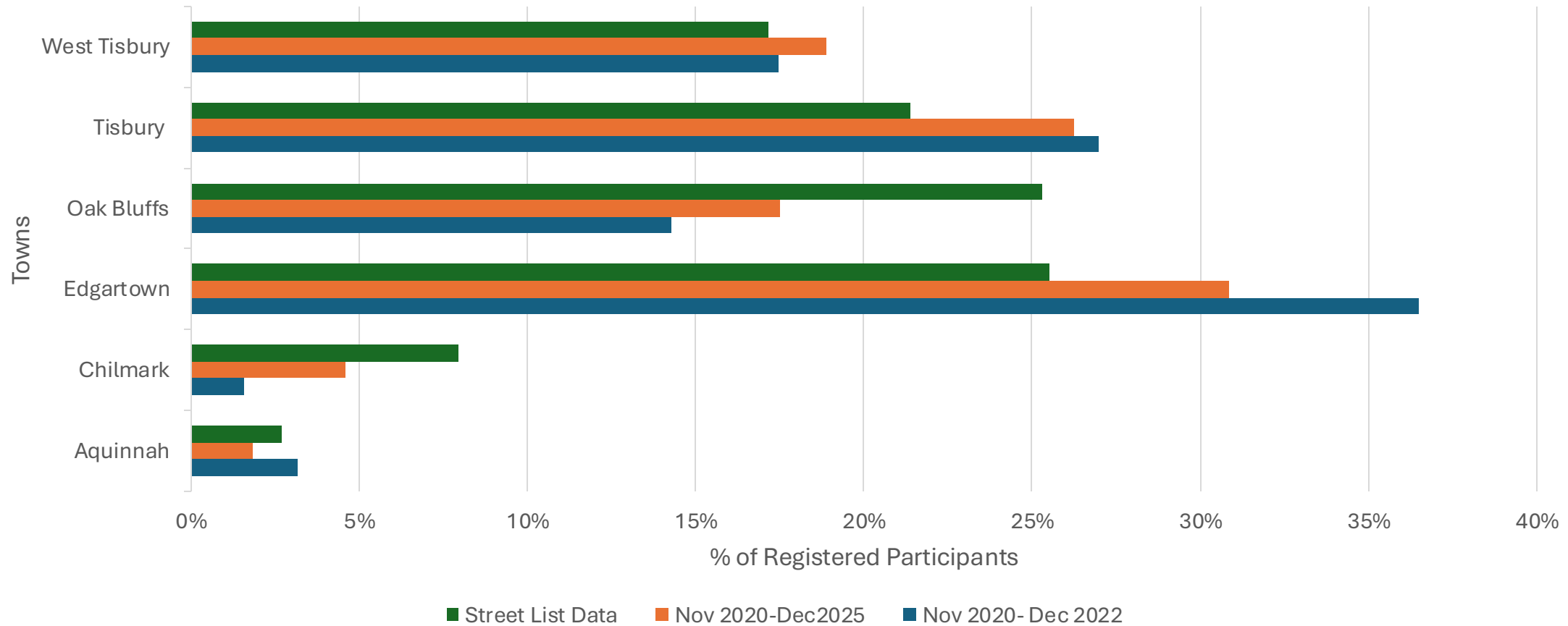
The final product has left me feeling much safer in my home

## Work Product

The contractors did a terrific job

The workmanship was excellent

# Participant Distribution by Town continues to align more closely to Older Adult population



Note – Oak Bluffs includes IEH so street list % is overstated due to fewer single-family homes

# 2025 Stretch Objectives (Calendar year)



Criteria	Goal	2025 Results
NUMBER OF PARTICIPANTS		
	-50 registered participants & 35 completed projects	-Behind goal at year end (48 registered, above goal for completion: 39 completed)
REACH		
-Improve geographic diversity	-balanced utilization across towns	-continues to become more balanced
-Improve income diversity	-11% of participants pay 100%	Met goal of 11%
-Develop goodwill ambassadors	-1-2 organizations “adopt us”	-Financial support from West Chop Foundation
OPERATIONAL		
-Look for cost reduction opportunities	-Establish discounts with local suppliers	-Utilized non-profit status for no sales taxes on materials
-Broaden scope of our program	Identify and trial cost-effective wheelchair ramp options	-trialing model of loaners and metal ramps are being used when appropriate
-Out-of-program scope options	Explore partnerships/hand-offs to other org.	No progress

# 2025 Success Metrics



Criteria	2025 Metrics	Comments
Number of participants and average cost of modifications (48/39)	Slightly ahead of goal for completed projects Average cost of modification - \$2,002 (2024 = \$1,972)	Slight increase in average cost of modification due to complexity increase of work in a few cases
Satisfaction/impact on quality of life for participants (pre/post surveys)	2 satisfaction measures (increase in safety, likelihood to age-in-place)	The same as 2024 data; 98% and higher scores
Reduction of falls (in-home)	Pre/Post Surveys – 64% previous; 16% post	Pre/post falls slightly up; well below national average for falls
Cost savings of falls reduction (against national norms)	Cost of falls to our participants pre-modification = \$4.3M Cost of falls for our participants post modification = \$1.09M Program savings demonstrated = >\$3M	January 20, 2023 Cost of Inpatient Falls and Cost-Benefit Analysis of Implementation of an Evidence-Based Fall Prevention Program (\$35,685 per fall = direct costs)
Increase in awareness of the program	Change in mix of participants by geography (support by all COAs)	Has become more aligned with town population

# 2026 Stretch Objectives (Calendar year)



Criteria	Goal	2026 Results
NUMBER OF PARTICIPANTS		
	-50 registered participants & 35 completed projects	
REACH		
-Maintain geographic diversity	-balanced utilization across towns	
-Maintain income diversity	>= 10% of participants pay 100% 30% contribute to the cost	
-Develop goodwill ambassadors	-Strengthen relationship with contracting community and “conduit” funding organizations such as the PA club, Rotary Club, Cottagers etc.	
OPERATIONAL		
-Look for cost reduction opportunities	-Develop relationships with Cottles, Hinkley and SBS 1 source to expand awareness and support for our program	
-Broaden scope of our program	Continue to evolve our wheelchair ramp model and explore other areas of unmet need	

# 2026 Success Metrics



Criteria	2026 Progress	Comments
Number of participants and average cost of modifications (50/35)		
Satisfaction/impact on quality of life for participants (pre/post surveys)	2 satisfaction measures (increase in safety, likelihood to age-in-place)	
Reduction of falls (in-home)	Pre/Post Surveys	
Cost savings of falls reduction (against national norms)		January 20, 2023 Cost of Inpatient Falls and Cost-Benefit Analysis of Implementation of an Evidence-Based Fall Prevention Program (\$35,685 per fall = direct costs)
Increase in awareness of the program		

# Movement & Exercise

Increase participation in exercise and balance programs such as Matter of Balance and other local fitness classes.

## What have we done?

1. A Matter of Balance
2. Keeping the Balance (Up Island COA)
3. Dynamic Balance (Up Island COA)
4. What else? COA/Vineyard Complementary/The Y?
5. Healthy Ager Day?

## Areas of Exploration?

- Are there gaps that need to be addressed?
- Enough Programs and lack of information.
- Review of current resources for our population.



# Education & Outreach

Raise awareness about falls prevention through events, resource guides, and distribution of materials across the community.

## What have we done?

1. Discussed the need for centralized directory. (No progress has been made.)
2. Where are people finding information now?

## Areas of Exploration?

- Is this still a priority for the Coalition
- Healthy Ageders Day is a good opportunity for Community Outreach.

# Measurement & Evaluation

Improve tracking of program effectiveness, including surveys and collaboration with professional organizations.

## What have we done?

1. HSM Effectiveness/impact
2. MOB Pre/Post data
3. STEADI Data from MVH
4. Healthy Aging Collaborative MA

## Areas of Exploration?

- Does this data matter?
- If so, how do we put it together and how do we communicate a win for the island.



# Wrap-up and Discussion

- Recap of key takeaways
- Q&A, comments, ideas
- Regroup in the fall and make progress in the meantime.

Thank you for being part of this coalition!

