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MIZELL SENIOR CENTER: A MATTER OF BALANCE (MOB)

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Background: Mizell Senior Center has run the successful, evidence-based, falls prevention program A Matter of Balance (AMOB) for many years. Recently, Mizell expanded to offer the AMOB class at additional locations throughout the Coachella Valley.

Methods: A participant survey was completed by AMOB participants to evaluate the impact of program. Participants tended to be older, as the median age was 80. Surveys were completed by participants at the beginning (n=266), end (n=277), and three-months after (n=25) the AMOB course. A Site Survey was also conducted in which each of the host sites were given the opportunity to provide feedback about their overall experience with the AMOB program. A total of eight sites completed the organizational survey.

Results from participant survey suggest that the AMOB program was beneficial to participants in a number of ways. First, participants increased their fall efficacy (or confidence) that they can both avoid falls and recover from falls. Qualitative interviews suggest many participants decreased their feelings of isolation. The three-month follow-up survey revealed that the majority of participants (83.3%) were continuing to take exercise classes. Finally, the majority of participants indicated they made some changes to their home, including: installing grab bars in the bathroom and removing objects from the floor. A Site Survey was also conducted and completed by all eight sites. Findings suggest that the majority of sites were satisfied with the AMOB program: most rated the experience as positive, would recommend the program to others, and plan to continue to host AMOB.

Biography

Suzanne Spencer currently working as a director for FALLS PREVENTION PROGRAM at Mizell Senior Center, Palm Springs, CA from 2015. She done her bachelor of arts - Psychology, San Diego State University and Graduate Studies at Business Administration, University of Southern California. She worked as a SENIOR CARE CASE MANAGER at Visiting Angels Caregiving Agency, Palm Desert, CA from 2013 to 2015. Director at A+ Home Health Care, Palm Springs, CA during 2010 – 2012. HR MANAGER at EMPLOYEE SERVICES & RECOGNITION during 2006 – 2010. Awarded the NASA Honor Award, "One NASA Peer Award" and "Wellness Center Team Award" as HR Manager of Employee Services & Recognition at the Jet Propulsion Laboratory.

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