

**MEMORANDUM  
PLACER COUNTY HEALTH AND HUMAN SERVICES  
Community Health**

**TO:** Honorable Board of Supervisors

**FROM:** Richard J. Burton, M.D., M.P.H.  
Placer County Health Officer and Director of Health and Human Services  
Dr. Michael P. Mulligan, Assistant Health Officer

**DATE:** May 9, 2006

**SUBJECT:** Area 4 Agency on Aging Grant Application

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**ACTION REQUESTED:**

Approve submission of a Disease Prevention and Health Promotion grant application to Area 4 Agency on Aging and, if granted funding, authorize the Director of Health and Human Services to execute the contract and any amendments during the term of the contract.

**BACKGROUND:**

Falls are the most common cause of injuries to older adults. More than one-third of adults aged 65 or older fall each year, and of those who fall, 20%–30% suffer moderate to severe injuries that decrease their mobility and independence. Preventing health problems and preventing injuries are key to stemming rising health care costs and to helping seniors remain independent.

The Area 4 Agency on Aging (A4AA) grant will fund a part-time public health nurse who will provide risk assessments and education in fall prevention for County residents age 60 and older. The focus of this grant will be to improve the quality of life and independence for older adults through the prevention of premature institutionalization by maintaining and/or improving health status, reducing risk factors associated with illness, disability or disease, and preventing injuries due to falls.

Seniors who are visited in the home by an IHSS worker or Public Health Nurse will receive an in-home risk assessment. An individual fall prevention plan will be developed for those with identified risks. Community health education and outreach activities will be conducted including training sessions for IHSS caregivers and senior centers, group presentations, and distribution of educational information and materials through health fairs, newspapers, and websites.

**FISCAL IMPACT:**

The grant, if approved, will provide \$25,000 to Placer County Health and Human Services. The County's in-kind match of \$3,296 will be provide through program oversight by the Client Services Program Manager, Supervising Public Health Nurse, and Accountant/Auditor II. These positions are fully funded in Community Health's current budget and the proposed 2006-07 budget. No additional County General Funds are required.

The following Grant Application:

**Disease Prevention & Health  
Promotion to Area 4 Agency on  
Aging**

is on file with the Clerk of the Board  
for BOS meeting: May 9<sup>th</sup> 2006