

COST SAVINGS ASSOCIATED WITH PREVENTING FALLS IN OLDER MINNESOTANS

Juniper is a statewide social care network developed by Trellis (a non-profit, community-based organization) that helps people manage chronic health conditions, prevent falls, and foster well-being.

KEY FACTS

- Over 25,000 Minnesotans have participated in Juniper programming since 2018
- More than half of participants are from rural areas
- Four evidence-based fall prevention classes offered: A Matter of Balance, Staying Active and Independent for Life (SAIL), Stepping On, Tai Ji Quan
- There are 85 partner provider organizations across the state who help facilitate the programs

JUNIPER PROGRAMS DELIVER RESULTS



Participants in Juniper classes report up to 20% fewer falls



More than 90% of Juniper class participants report feeling less afraid of falling and more confident in increasing their physical activity

9 out of 10

9 out of 10 Juniper class participants would recommend the class to friends and family



Over 90% of Juniper participants report the program helped them to prevent falls and continue performing their daily activities



Participants report that Juniper programs helped them socialize more with others

An average of 6 months after class ended, the fall rate was 69% lower than before class started.*



\$7,227

A Matter of Balance Class Savings Per Participant



\$7,359

Stepping On Class Savings Per Participant



\$5,075

Tai Ji Quan Class Savings Per Participant



\$2,425

Stay Active and Independent for Life (SAIL) Class Savings Per Participant

Data from January 2019 through January 2020, based on self-reported falls; assumes program completion, and using an estimate of cost-savings per fall avoided. Values represent the upper limit of a range of estimates produced by an internal analysis.

**Data from participants who responded to a follow-up survey 2-12 months after the end of their class - 44% response rate.*