

Middlesex County Empowering Seniors Fall Prevention Network (MCESFPN)

Did You Know?

Falls are the leading cause of injuries and death among older adults...

And the majority of them are PREVENTABLE!

MIDDLESEX
COUNTY • NJ

**EMPOWERING SENIORS
FALL PREVENTION NETWORK**

Building Pathways to Independence

In Partnership With:

RWJ Barnabas
HEALTH

Robert Wood Johnson
University Hospital

Who are we?

The MCESFPN is a network of older adult service providers, including municipalities, non-profits, and other organizations providing services for older adults and individuals with disabilities in Middlesex County.

We focus on creating a safety net for this community group by improving accessibility to falls prevention programming, increasing physical activity and enhancing community resources.

New members are always welcome!

What do we offer?

Currently, older adults across the County have two opportunities to participate in evidence-based fall prevention programs.

Bingocize® is a 10-week, fall prevention program led by trained coaches, which combines exercise and fall prevention education with the familiar game of bingo - a fun way to get moving and socializing. Each session lasts 45-60 minutes and is meant to be played twice a week.

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels for older adults. The program includes eight two-hour classes presented to a group of 8-12 participants led by trained coaches. Participants learn to view falls as controllable, set goals for increasing activity levels, make small changes to reduce fall risks at home, and exercise to increase strength and balance.

And, new for 2024, is the **Check for Safety Home Safety Initiative** that provides an assessment, conducted by MCESFPN volunteers, intended to improve safety in and around the home.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

For more information,
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