

2023 Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs to empower them to reduce falls and/or their risk of falls.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based falls prevention programs.

Strategies and Activities

The grantee and its partners will:

- Increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs.
- Expand community partners through engagement in Middlesex County Empowering Seniors Fall Prevention Network (MCESFPN) to broaden evidence-based falls prevention programs offered.
- Provide ongoing training for Rutgers Robert Wood Johnson Medical School HIPHOP Community Health Initiative students to implement the newly created *Check for Safety* home safety assessment initiative through dissemination to 100% MCESFPN members.
- Collaborate with local Fire and EMS Departments to develop and implement a process for referring 911 falls calls to the MCESFPN for participation in falls prevention classes and access to other older adult community resources.

Proposed Interventions

- A Matter of Balance
- Bingocize

Prevention and Public Health Fund 2023, effective May 1, 2023



Partnerships

To achieve the goals of the grant, grantee will collaborate with the following key partners:

- Robert Wood Johnson Barnabas Health
- Hackensack Meridian Health
- Saint Peters University Hospital
- Piscataway Senior Center
- Silver Linings @ Old Bridge
- Alliance Center for Independence
- Brain Injury Alliance
- Raritan Valley YMCA
- Robert Wood Johnson Medical School
- North Brunswick Township Housing
- Middlesex County Office of Health Services
- South Brunswick Senior Center
- Carteret Senior Center
- South Brunswick Senior Center
- Puerto Rican Action Board
- Spotswood Senior Center
- NJ Institute for Disabilities
- NJ Health Initiatives
- Caregiver Coach
- South Plainfield Office of Aging
- Catholic Charities Dioceses of Metuchen

Anticipated Results

The grantee and its partners propose to achieve the following results:

- A minimum of 3,304 older adults and adults with disabilities will have participated in A Matter of Balance and/or Bingocize.
- Establish a countywide cohort of 7 Master Trainers, 94 MOB Coaches and 30 Bingocize Coaches.
- Increase MCEFPN membership by 5%
- Develop and disseminate a tool kit to provide 100% of Middlesex County municipalities with fall prevention information, research and educational tools to enhance offerings to older adults and individuals with disabilities in their communities.
- Create a Fire and EMS referral network to expand access to evidence-based programs.
- MCEFPN Healthcare Work Group will develop a Provider Referral Process to be shared with 100% of their respective health systems.

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