

MHP Salud

Evidence-Based Falls Prevention Program Grantee



Goals

The overall purposes of this 3-year grant are to:

- **Goal 1:** Through robust partnerships, develop a result-based, comprehensive strategy for reducing falls and falls risk among older adults and adults with disabilities living in your community; and
- **Goal 2:** Significantly increase the number of older adults and adults with disabilities who participate in evidence-based falls prevention programs, while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

MHP Salud and its partners will:

- Create an advisory group that will meet quarterly to discuss and provide guidance on key activities.
- Develop strategies and action plans to promote the success of the project.
- Develop an actionable sustainability plan.

Proposed Interventions

- Bingocize

Partnerships

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

- Area Agency on Aging of the Middle Rio Grande Development Council
- City of Eagle Pass Department of Parks and Recreation

Anticipated Results

MHP Salud and its partners propose to achieve the following results:

- Engage 265 participants in Bingocize.
- Improve quality of life amongst older adults.
- Increase confidence in preventing falls in older adults.
- Increase physical activity, knowledge of health topics, and perceived level of social support amongst older adults.

Prevention and Public Health Fund 2021, effective May 1, 2021



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