

County of Middlesex

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:

- Expand community partners through Middlesex County Empowering Seniors Falls Prevention Network (MCESFPN).
- Train Rutgers Robert Wood Johnson Medical School HIPHOP Community Health Initiative students to implement the newly created, Check for Safety home safety assessment.
- Collaborate with local Fire and EMS Departments to develop and implement a referral process.

Proposed Interventions

- A Matter of Balance (AMOB) (in-person and remote)
- Bingocize (in-person and remote)

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
- Saint Peters University Hospital
- Piscataway Senior Center
- 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
- Silver Linings @ Old Bridge

Anticipated Results

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

- Engage a minimum of 1,500 participants in AMOB and/or Bingocize.
- Establish a countywide cohort of AMOB Master Trainers and Coaches and Bingocize Coaches.
- Increase MCEFPN membership by 5%.
- Develop and disseminate a falls prevention toolkit to Middlesex County municipalities.
- Develop a provider referral process to be shared with health systems.

Contact:

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For more information:

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