

# New Jersey Department of Human Services Evidence-Based Falls Prevention Program



## Goals, Strategies, and Activities

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

- Increase access to evidence-based fall prevention programs for older adults and adults with disabilities to reduce falls and falls risk; and
- Create integrated, sustainable evidence-based prevention programs and networks.

The New Jersey Department of Human Services' (NJ DHS) Division of Aging Services will enroll nearly 2,000 older adults and adults with disabilities in the following evidence-based falls prevention programs through network expansion, strategic partnerships, program integration and ongoing support of local providers:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Otago, an individually tailored program of muscle strengthening and balance-retraining exercises, combined with a walking program, for frail older adults living at home.

The NJ DHS will also:

- Engage NJ's network of health promotion partners to ensure a steady flow of potential participant referrals to these fall prevention programs; and
- Identify and take appropriate steps toward securing sustainable funding for these falls prevention programs.

## Partners

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

- NJ Department of Health and local health departments;
- NJ Division of Disability Services;
- Area Agencies in Aging/Aging and Disability Resource Centers;
- Program of All-Inclusive Care (PACE);
- NJ Physical Therapy Association;
- NJ Falls Prevention Workgroup;
- Brain Injury Association;
- NJ Association of Centers for Independent Living;
- Health care organizations and managed Care Organizations;
- Hospital-based wellness centers; and
- Emergency Medical Services.



## Anticipated Results

- Increased numbers of older adults screened for falls risks and referred to appropriate evidence-based programs and services;
- Decrease in falls, fall-related injuries, and fall-related deaths;
- Increase in life expectancy, independence, and quality of life for program participants;
- Demonstration of positive return on investments;
- Recognition that falls are preventable and are not a normal part of aging;
- Incorporation of falls prevention into organizational, health care, and community plans/policies/practices; and
- Provision and use of a wide range of falls prevention programs and services in most counties.

### Contact

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### For more information about the Administration for Community Living

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