

# Foundation for Healthy Communities 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 risk and falls; and
- Create integrated, sustainable evidence-based prevention program networks.

The Foundation for Healthy Communities (FHC) in New Hampshire (NH) is implementing two evidence-based falls prevention programs:

- A Matter of Balance, an eight session community-based workshop designed to reduce the fear of falling and increase activity levels; and
- Tai Ji Quan: Moving for Better Balance, a research-based balance training regimen designed for older adults and people with balance disorders.

Older adults and adults with disabilities at risk for falls will be targeted in two rural underserved counties and one urban county.

## Partnerships

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

- NH Bureau of Elderly and Adult Affairs, Division of Community-Based Care Services;
- NH Division of Public Health Services;
- NH Falls Risk Reduction Task Force;
- Injury Prevention Center, Dartmouth Hitchcock Medical Center
- NH Hospital Association;
- Concord Regional Visiting Nurses Association; and
- Community Action Plan of Belknap and Merrimack Counties; and
- Additional partners will include hospitals, home health, community health clinics, community services, and public health networks in targeted communities.

## Anticipated Results

- 360 older adults and adults with disabilities will participate in the two evidence-based falls prevention programs;
- Reduce falls risk and incidence of falls in the targeted counties;



- Reduce hospitalizations and emergency department visits associated with serious injury related to falls;
- Increase public and provider awareness about falls;
- Establish a sustainable funding/payment mechanism with health insurers; and
- Create a self-sustaining referral system with falls prevention programs filled to capacity.

**Contact**

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**For more information about the Administration  
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