

# Metropolitan Community Health

## *Falls Prevention Program Grantee Profile, Fiscal Year 2024*

### Goals

This 4-year grant aims to:

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

### Activities

The grantee and its partners will:

- Provide access to falls prevention (FP) programs within Metropolitan Community Health Services (MCHS) service area.
- Implement programs and workshops into the day-to-day operations of the MCHS clinic.
- Embed programs into a FP Program network via a Network Hub model.
- Implement FP programs and workshops into the MCHS electronic health record system.

### Interventions

- A Matter of Balance
- Tai Chi for Arthritis and Fall Prevention

### Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Beaufort County Health Department
- Dering Consulting
- MaineHealth
- Mid-East Area Agency on Aging
- NC Center for Health and Wellness
- Pennsylvania Department of Aging

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- State HUB

## Outcomes

The grantee anticipates the following results from this project.

- 700 total participants and 525 completers in remote and in-person programs.
- 400 participants and 300 completers in Tai Chi.
- 300 participants and 225 completers in A Matter of Balance.

## Grantee Contact

Mariana Rolinsky, Director of Operations and Special Projects: [mrolinsky@agapechc.org](mailto:mrolinsky@agapechc.org)