

# New York YMCA Foundation

## *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:

- Expand the statewide network of master-level trainers in falls prevention (FP) interventions.
- Use New York State YMCA Foundation's 36 associations and 135 branches to enhance 3 FP programs.
- Develop a resource webpage to provide a source of remote and in-person FP programs statewide.
- Develop partnerships to increase reach and potential funding diversification.

### Interventions

- A Matter of Balance (MOB)
- A Matter of Balance Virtual (MOB-V)
- EnhanceFitness (EF)
- Moving for Better Balance (MFBB)

### Partners

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

- MaineHealth
- New York State Department of Health
- Oswego YMCA
- Rockland County YMCA
- Rye YMCA

- Saratoga Regional YMCA
- Sound Generations
- Watertown Family YMCA
- WellD Health
- YMCA of Greater Rochester
- YMCA of Ithaca and Tompkins County

## Outcomes

The grantee anticipates the following results from this project.

- Increase EF capacity at 14 YMCA associations with a total reach of 1,170 participants by 2028.
- Increase MOB-V capacity with a total reach of 175 participants by 2028.
- Expand MOB capacity at 9 YMCA associations.
- Engage 500 MFBB participants by 2028.

## Grantee Contact

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