Coastal Bend Wellness Foundation
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:

- Deliver health promotion campaigns to promote knowledge of falls and falls risks.
- Coordinate outreach and engagement of older adults living in rural areas.
- Engage diverse stakeholders to build fall prevention programs into existing initiatives.
- Develop partnership between healthcare providers & evidence-based fall prevention program.

**Proposed Interventions**

- Bingocize (in-person)
- FallsTalk (remote)
Partnerships

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

- Beeville Vineyard
- Corpus Christi-Nueces County Public Health District
- First United Methodist Church
- San Patricio County Department of Public Health Community-Based Programs
- YMCA of Coastal Bend

Anticipated Results

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

- Engage 800 Hispanic Older Adults in Bingocize and FallsTalk, achieving 80% retention rate.
- Improved confidence and quality of living.
- Increased knowledge of falls prevention behaviors and falls self-management skills.
- Improve fall prevention where people live.
- Increase collaboration and capacity to address fall-related health problems.

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