



FALLS PREVENTION PROGRAM

Personalized Support to Help You Stay Safe, Confident, and Independent



Falls are a leading cause of injury for older adults—but many falls can be prevented.

RIPIN is offering a **free Falls Prevention program** for adults living in Rhode Island. This program provides personalized, one-to-one support to help reduce fall risk and support healthy aging—right where you live.

ABOUT THE FALLS PREVENTION

RIPIN Falls Prevention is a **90-day program** that offers individualized education and support from trained **Community Health Workers** to help adults understand their fall risk, improve home safety, and set personal goals for staying active and independent.

WHY PARTICIPATE?

- ◆ Learn practical steps to reduce fall risk
- ◆ Increase confidence and safety at home
- ◆ Receive personalized guidance over a 90-day period
- ◆ Support research that helps improve fall prevention programs for Rhode Islanders

WHAT TO EXPECT

Participants will receive:

- ✓ At least one **in-person visit**
- ✓ **Additional support** provided by phone or video
- ✓ A **fall risk self-screen**
- ✓ A **home safety assessment**
- ✓ A **personalized action plan** with fall prevention goals

- ✓ **Care coordination** with healthcare providers and community resources, as needed
- ✓ **Education and support** for:
 - Home safety and modifications
 - Fall prevention strategies
 - Connecting to helpful resources

All support is provided by a trained **Community Health Worker** or member of RIPIN’s clinical team.

ELIGIBILITY You may be eligible if you: are 60 years or older; live in Rhode Island in a private home or apartment (not in a long-term care or skilled nursing facility); have not participated in a formal fall prevention program in the past year; and are able to provide informed consent.

LEARN MORE OR ENROLL TODAY!

-  ripin.org/fallsprevention
-  healthyaging@ripin.org
-  401-432-7217



Receive a gift upon enrollment and a gift upon completion of the study!

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