

CONNECTICUT

2024 - 2025

FALLS PREVENTION PROGRAM GUIDE

PREPARED BY THE FALLS FREE CT COALITION



ABOUT FALLS FREE CT

The Department of Aging and Disability Services and the Department of Public Health have partnered to launch **Falls Free CT**, a statewide falls prevention coalition.

The purpose of this coalition is to bring together falls prevention champions who are committed to reducing the incidence of falls among older adults, educating professionals and the public about the importance of falls prevention, and sharing resources and best practices.

This Falls Prevention Program Guide is created with input from coalition participants who are offering falls prevention programs and services. The intent of this guide is to make it easier to connect older adults with supportive services. Programs are listed based on general geographic location, although some are offered virtually as well.

If you would like to add your program to this guide, or participate in the **Falls Free CT** coalition, please contact Angela Vazquez (angela.vazquez@ct.gov) or Robin Tousey-Ayers (robin.tousey-ayers@ct.gov).

Thank you for working towards a falls free state by using and sharing this guide!

ANGELA VAZQUEZ
HEALTHY AGING PROGRAM COORDINATOR



ROBIN TOUSEY-AYERS
HEALTH PROGRAM ASSOCIATE



NORTH CENTRAL CONNECTICUT

A Matter of Balance

The goal of this program is to reduce the fear of falling and improve physical activity levels among older adults. A Matter of Balance consists of eight two-hour classes.

Days and times TBD

Central Connecticut Health District
2080 Silas Deane Highway
Rocky Hill, CT 06067

Contact: Amy Emanuel, aemanuel@ccthd.org

A Matter of Balance

A free fall prevention program for adults 60+ years, but open to anyone. The Farmington Valley Health District partners with senior centers and libraries to offer multiple classes throughout our 10 towns. Classes last for 2 hours each week, for 8 weeks.

Schedule varies Monday - Thursday afternoons

Farmington Valley Health District
95 River Road
Canton, CT 06019

Contact: Amanda Hubbard, ahubbard@fvhd.org or 860-352-2333

Center for Healthy Aging Nurse Visit

Transitional care nurses, resource coordinators, and dementia specialists offer a free service to the aging population and those who are high risk and have safety concerns at home. Nurses offer a one-time free nursing visit to assess the home situation, safety concerns, and provide education and resources available to ensure safety and offer support.

Center for Healthy Aging
81 Meriden Road
Southington, CT 06489

Contact: CenterForHealthyAging@hhchealth.org or 1-877-424-4641

Falls Prevention and Home Safety Education

Physical therapy and nursing staff educate clients and families across services lines of fall prevention tips and home safety recommendations. Presentations are free.

McLean Affiliates
75 Great Pond Road
Simsbury, CT 06070

Contact: Jenny Braddock, jenny.braddock@mcleancare.org
or 860-658-3740

GoodLife Fitness

Medically cleared individual and small group individualized exercise programs by exercise physiologists/specialists trained in working with those with complex co-morbidities.

Hartford HealthCare Rehabilitation Network
9 Farm Springs Road
Farmington, CT 06032

Contact: Nancy Perrotta, Nancy.perrotta@hhchealth.org

Safe Steps and Full Physical Medicine and Therapy Services

Evidenced based outpatient therapy program for fall prevention, accepting all insurance.

Hartford HealthCare Rehabilitation Network
9 Farm Springs Road
Farmington, CT 06032

Contact: Nancy Perrotta, Nancy.perrotta@hhchealth.org

Simsbury Steps to Safety

Town wide multi-jurisdictional working group to provide resources and services to our older adult population, as well as fall and fire prevention.

Simsbury Fire District
871 Hopmeadow Street
Simsbury, CT 06070

Contact: Patrick Tourville, ptourville@simsburyfd.org

Farmington Valley Health District Steps to Safety

A free home safety assessment for adults 60+ years who are community dwelling. A home visit and supportive services are arranged by local emergency responders, senior and social service departments, and the Visiting Nurse Association. May also provide identified medical equipment to residents through a grant.

Farmington Valley Health District
95 River Road
Canton, CT 06019

Contact: Amanda Hubbard, ahubbard@fvhd.org or 860-352-2333

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance is an evidence-based health promotion program designed for older adults at risk of falling. TJQMBB classes involve a set of function exercises that aim at improving stability, function, coordination, balance, and muscle strength. Connecticut Community Care coordinates several TJQMBB classes throughout the state. Contact CCC to find a class near you.

Connecticut Community Care
43 Enterprise Drive
Bristol, CT 06010

Contact: Karen Green, karen.green@ctcommunitycare.org

University of Hartford Balance and Memory Screening Community Event

This no-cost balance and memory screening event is held at the Mandell Jewish Community Center in the Spring, usually 2 hours in length on a weekday afternoon. Any adult can complete a screening. The event is conducted by faculty and physical and occupational therapy graduate students who conduct balance screens and a memory screen, while also assessing a participant's risk for falls. The results are then confidentially shared and participants are encouraged to bring the results to their medical provider and/or speak to the appropriate specialist about the concerns that may need to be addressed.

University of Hartford
Department of Rehabilitation Sciences
200 Bloomfield Avenue
West Hartford, CT 06117

Contact: Christy Ross, chrross@hartford.edu or 702-817-4717

WESTERN CONNECTICUT

Tai Chi for Seniors

Tai Chi builds strength and balance. Participants must be able to stand for at least part of the class and be mobile.

Tuesdays, 10:00 – 11:00am

New Milford Senior Center
40 Main Street
New Milford, CT 06776

Wednesdays, 1:00 – 2:00pm

Washington Senior Center
6 Bryant Hall
Washington, CT 06794

Contact: Alexandra Chalif, 860-966-9099

EASTERN CONNECTICUT

Chair Yoga

Offered to members of Rose City Senior Center 55+ years old. \$5 for each class, \$25/year for Norwich residents, and \$40/year for non-residents.

Mondays, 12:15 - 1:15pm

Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360

Contact: Carol, hathayoga@snet.net or 860-887-3388

Falls Prevention Workshops

Free educational workshops offered monthly.

Waterford Senior Services
24 Rope Ferry Road
Waterford, CT 06385

Contact: Terry Wheeler, twheeler@waterfordct.org or 860-444-5839

Fall Prevention in our Quiet Corner

This program provides falls prevention education, clinics, and home assessments free of charge for adults 60+ years.

Days and times of services varies

Day Kimball Health at Home
415 Riverside Drive
N. Grosvenordale, CT 06255

Contact: Renee King, rdking@daykimball.org or 860-576-2029

Floor Yoga

Offered to members of Rose City Senior Center 55+ years old. \$5 for each class, \$25/year for Norwich residents, and \$40/year for non-residents.

Mondays, 10:15 – 11:45am

Thursdays, 11:30am – 12:30pm

Rose City Senior Center

8 Mahan Drive

Norwich, CT 06360

Contact: Carol, hathayoga@snet.net or 860-887-3388

Tai Ji Quan: Moving for Better Balance

An evidence-based falls prevention program. This program is a six-month commitment (October – March and April – September). Offered free to participants 60+ years, in-person and via Zoom.

Mondays & Thursdays, 8:45- 9:45am

12 Case Street, Suite 208

Norwich, CT 06360

Contact: Constance Capacchione, c-capacchione@uncashd.org
or 860-639-5138

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance is an evidence-based health promotion program designed for older adults at risk of falling. TJQMBB classes involve a set of function exercises that aim at improving stability, function, coordination, balance, and muscle strength.

Uncas Health District

401 West Thames Street, Suite 106

Norwich, CT 06360

Contact: Constance Capacchione, c-capacchione@uncashd.org
or 860-887-7898

Strength Training

An exercise class offered for older adults to help build muscle and strength.
Cost is \$73 for 3 months.

Tuesdays, 9:00 – 10:00am
Thursdays, 10:15 – 11:15am

Waterford Senior Services
24 Rope Ferry Road
Waterford, CT 06385

Contact: Terry Wheeler, twheeler@waterfordct.org or 860-444-5839

Yoga

An exercise class offered for older adults to help improve balance and mobility. Cost is \$38 for 3 months.

Tuesdays, 11:45am – 12:45pm

Waterford Senior Services
24 Rope Ferry Road
Waterford, CT 06385

Contact: Terry Wheeler, twheeler@waterfordct.org or 860-444-5839

SOUTHWESTERN CONNECTICUT

Community-based Fall Risk Injury Prevention

This service is a multidisciplinary fall risk program.

Stamford Health
Department of Surgery-Trauma
One Hospital Plaza
Stamford, CT 06902

Contact: Robin Crogan Ganley, rcrogan@stamhealth.org or 413-949-1540

Connecticut ADA Paratransit Coordination

Assisting persons with disabilities to apply for paratransit services.

The Kennedy Collective
Mobility Services
2440 Reservoir Avenue
Trumbull, CT 06611

Contact: Meg Haffner, mhaffner@kennedyctr.org or 475-296-2960

Falls Prevention Educational Presentation

This free presentation defines falling, provides data, and informs attendees on fall prevention efforts (i.e. blood pressure, diet, vitamins, abnormal balance, changes in medication, vision problems, and home hazards).

Days/Times are flexible

Nuvance Health
Norwalk Hospital
34 Maple Street
Norwalk, CT 06856

Contact: Brianna Iorfino, Brianna.iorfino@nuvancehealth.org

It's A Matter of Balance

This balance training class involves doing exercises to strengthen the muscles that help keep you upright, including muscles in your legs and core. Practicing single leg stances while doing a bicep curl or circling your arms while standing on a pretend balance beam will challenge your mind and body. These types of exercises can improve strength, range of motion, stability, and posture, which ultimately will help prevent falls. Offered at the Wallace Center and via Zoom. No fees are charged to members of the Wallace Center.

Wednesdays, 10:30am

The Wallace Center
299 Greenwich Avenue
Greenwich, CT 06830

Contact: Lori Ann Contadino, lori.contadino@greenwichct.gov

Mobility Management

Information for seniors, persons with disabilities and veterans regarding transportation options that may be available where they live.

The Kennedy Collective
Mobility Services
2440 Reservoir Avenue
Trumbull, CT 06611

Contact: Meg Haffner, mhaffner@kennedyctr.org or 475-296-2960

Mozaic Adult Day

This adult day program offers a place for seniors when it is unsafe for them to be alone at home. Most clients have some form of dementia. Nurses are on staff daily to monitor patient health and behavior, coordinate services, administer medications and treatments, etc. A Certified Nursing Assistant is also available to assist clients with Activities of Daily Living.

Monday – Friday, 8:00am – 4:30pm

Mozaic Senior Life
4200 Park Avenue
Bridgeport, CT 06604

Contact: Julie Bruno, jbruno@mozaicsl.org

Osteo-cise

This program, adapted from the Strong Bones for Life study, uses weights and strength-based exercise for improving bone health and muscle function and reducing falls risk in community-dwelling older adults. No fees are charged to members of the Wallace Center.

Mondays, 12:45pm

The Wallace Center
299 Greenwich Avenue
Greenwich, CT 06830

Contact: Lori Ann Contadino, lori.contadino@greenwichct.gov

Tai Chi

With its integrative approach that strengthens the body while focusing the mind, tai chi addresses a range of physical and mental health issues—including bone strength, joint stability, cardiovascular health, immunity, and emotional well-being. Tai chi is especially useful for improving balance and preventing falls. No fees are charged to members of the Wallace Center.

Tuesdays, 11:00am

Thursdays & Fridays, 10:30am

The Wallace Center
299 Greenwich Avenue
Greenwich, CT 06830

Contact: Lori Ann Contadino, lori.contadino@greenwichct.gov

Travel Training

For seniors and persons with disabilities, one-on-one free instruction on learning how to take the public bus or train.

The Kennedy Collective
Mobility Services
2440 Reservoir Avenue
Trumbull, CT 06611

Contact: Meg Haffner, mhaffner@kennedyctr.org or 475-296-2960

SOUTH CENTRAL CONNECTICUT

A Matter of Balance

This program is 8 weeks long and 2 hours each week. It is for those who are fearful of falling or have balance issues.

Naugatuck Valley Health District
98 Bank Street
Seymour, CT 06483

Contact: Carissa Caserta, ccaserta@nvhd.org or 203-881-3255

A Matter of Balance

This program provides older adults with exercises to do to help with their balance and gives them positive self-talk to help them try and be more positive and try to slowly decrease falling anxiety.

Wallingford Health Department
45 S Main Street
Wallingford, CT 06492

Contact: Odali Rodriguez, o.rodriguez@wallingfordct.gov or 203-294-2065

Better Balance Program

This program uses 1-2 pound weights, resistance bands, small and medium sized balls, noodles and body weight to strengthen overall body, increase flexibility, enhance endurance and improve balance. Brain/memory exercises are also incorporated into the program.

Mondays & Wednesdays, 9:30 - 10:30am

The New Frontiers Group, LLC
570 Moose Hill Road
Guilford, CT 06437

Contact: Adrienne Patrella, adriennepatrella@yahoo.com

Fall Prevention Technology

Focuses on the physical and environmental aspects that lead to falls and the technology that is used to prevent or respond to falls.

Masonicare
110 South Turnpike Road
Wallingford, CT 06492

Contact: Tyler Carmen, tcarmen@masonicare.org

Move to Music Program

Move to Music is a low impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength and memory.

The New Frontiers Group, LLC
570 Moose Hill Road
Guilford, CT 06437

Contact: Adrienne Patrella, adriennepatrella@yahoo.com

Yale University's Geriatric Workforce Enhancement Program

This program provides education to trainees on gait, balance, mobility, and falls prevention.

Contact: Andrea Rink, andrea.rink@yale.edu

STATEWIDE

Live Well Workshops

Live Well is Connecticut's Chronic Disease Self-Management Program, which empowers older adults to manage their ongoing health conditions with confidence. This evidence-based health promotion program is proven to help older adults build confidence in their ability to manage their health and maintain active, fulfilling lives. Live Well is appropriate for older adults who have diabetes, hypertension, high cholesterol, heart disease, anxiety, depression, arthritis, HIV/AIDS, asthma, chronic pain, and other ongoing health conditions.

Live Well workshops are offered for free to adults 60 years and older who are living with one or more ongoing health conditions, or who are caring for someone with an ongoing health condition. Participants meet with a small group for two hours each week, for six weeks and receive a book and other resources to help reinforce knowledge and skills learned. Workshops are highly accessible. Sessions are offered in-person, online, and over the phone. There is also a version of Live Well available for Spanish-speaking older adults.

Workshop sessions are high-quality and interactive. Topics covered include action planning and problem solving, decision-making and communications skills, working effectively with healthcare providers, overcoming difficult emotions, and healthy lifestyle choices. Workshops are led by trained and experienced leaders, who are regularly monitored for fidelity to the licensed curriculum provided by the Self-Management Resource Center.

Contact: Angela Vazquez, angela.vazquez@ct.gov or complete a referral form at bit.ly/Live-Well-Form to participate or host a workshop series.

FALLS FREE CT COALITION PARTICIPANTS

The agencies and organizations listed below are represented on the Falls Free CT Coalition. The State is grateful for the dedication and service of all of the Falls Prevention Champions who participate in the coalition.

All Hearts Yoga
Brain Injury Alliance of CT
Bridgewater Hilltop Senior Center
Central Connecticut Health District
City of Bridgeport
City of Hartford
City of New Britain
City of Norwalk
Connecticut Hospital Association
Connecticut Mental Health Center
CT Community Care's Connecticut Age Well Collaborative
Danbury Hospital
Danbury Hospital Trauma Center
Danbury Senior Center
Day Kimball Health
Department of Aging and Disability Services, Bureau of Aging
Department of Public Health, Office of Emergency Medical Services
Department of Public Health, Office of Injury and Violence Prevention
Department of Public Health, Injury and Violence Surveillance Unit
Department of Social Services, Protective Services for the Elderly
Duncaster, Inc.
Easterseals Medical Rehabilitation
Enfield Senior Center
Fairfield University
Farmington Valley Health District
Gaylord Hospital Inpatient Therapy Services

FALLS FREE CT COALITION PARTICIPANTS

Hartford HealthCare Rehabilitation Network
Hartford HealthCare's Center for Healthy Aging
Hartford Healthcare's Senior Services
Hartford HealthCare's Southington Care Center
Hospital for Special Care's Quality Improvement Services
Hospital of Central Connecticut
Jefferson House
Jerome Home
Johnson Memorial Hospital
LeadingAge CT
Long Term Care Ombudsman Program
Lyme Senior Center
Masonicare
McLean Affiliates
Memorial Hospital
Midstate Medical Center
Mozaic Senior Life
Naugatuck Valley Health District
North Central Area Agency on Aging
Norwalk Hospital
Physical Therapy and Sports Medicine Centers
Riverbrook Regional YMCA
Sacred Heart University
Saint Mary's Hospital
Senior Resources Agency on Aging
Simsbury Fire Department
St. Vincent's Medical Center
Stamford Health
Sterling Care LLC

FALLS FREE CT COALITION PARTICIPANTS

The Kennedy Collective
Torrington Area Health District
Town of Cromwell Senior Center
Town of East Hartford
Town of Greenwich Commission on Aging & Wallace Center
Town of Wallingford
UConn Center on Aging
UConn Health, Department of Clinical Effectiveness and Patient Safety
Uncas Health District
United Way of Coastal and Western Connecticut
University of Hartford
Waterford Community Center
Western Connecticut Home Care
Western CT Mental Health Network
William W. Backus Hospital
Yale New Haven Hospital
Yale University