

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 Vázquez ([angela.vazquez@ct.gov](mailto:angela.vazquez@ct.gov)) or Robin Tousey-Ayers ([robin.tousey-ayers@ct.gov](mailto: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.

Class schedule and locations vary

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

Contact: Amy Emanuel, [aemanuel@ccthd.org](mailto:aemanuel@ccthd.org)

### **A Matter of Balance**

A program designed to reduce fear and manage concerns of falling while increasing physical activity among older adults. Farmington Valley Health District partners with senior centers, libraries, and other locations to offer this program for free throughout our 10 towns. Classes meet for 2 hours each week, for 8 weeks. If you are interested in developing A Matter of Balance program in your area, a shadowing opportunity can be arranged.

Class schedule and locations vary

Farmington Valley Health District  
95 River Road  
Canton, CT 06019

Contact: Amanda Hubbard, [ahubbard@fvhd.org](mailto:ahubbard@fvhd.org) or 860-352-2333

### **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](mailto:jenny.braddock@mcleancare.org)  
or 860-658-3740

### **Mayeda Primary Care: Home Medication Assessment**

Nursing practitioners focus on home visit assessments or in service workshops designed to educate patients, families, and caregivers on the vital service of safe medication administration. Resources reviewed include emergency information tracking, medication dispenser tools (safe wrap, blister packs, dispensers, etc.), delivery service considerations, and proper medication disposal. Free overview visit and accepts insurance for follow up visits.

784 Old Main St  
Rocky Hill, CT 06067

Contact: 860-785-8780

### **Mayeda Primary Care: Fall Prevention, Health & Safety Adaptations**

Occupational therapy practitioners focus on home visit assessments with family and patients, adaptive safety equipment, psycho-social environmental therapeutic use of self. Immediate access to nursing expertise provided. Free overview visit and accepts insurance for follow up visits.

784 Old Main St  
Rocky Hill, CT 06067

Contact: 860-785-8780

### **Simsbury 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.

Simsbury Fire District  
871 Hopmeadow Street  
Simsbury, CT 06070

Contact: Patrick Tourville, [ptourville@simsburyfd.org](mailto:ptourville@simsburyfd.org)

### **Farmington Valley Health District Fall Prevention Initiatives**

Convening work groups with multi-jurisdictional partners in our 10 towns to provide and promote older adult fall reduction and injury prevention programming like A Matter of Balance and Steps to Safety.

Farmington Valley Health District  
95 River Road  
Canton, CT 06019

Contact: Amanda Hubbard, [ahubbard@fvhd.org](mailto: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](mailto: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](mailto:chrross@hartford.edu) or 702-817-4717

## WESTERN CONNECTICUT

### A Matter of Balance

This program is designed to reduce the fear of falling and improve activity levels among community dwelling older adults. For more information about the next program offering, visit <https://www.chesprocott.org/>.

Chesprocott Health District  
1220 Waterbury Road  
Cheshire, CT 06410

Contact: Hilary Norcia at [hnorcia@chesprocott.org](mailto:hnorcia@chesprocott.org) or 203-272-2761

### Spirit Builders

Spirit Builders of Ridgefield, CT has built hundreds of affordable access ramps for those in need over the last 15 years. This service is available to build ramps for those who need them to safely leave their homes, but can't afford to pay for conventional ramp building options. Spirit Builders is a church volunteer organization that charges nothing for their labor and the designs are free. Recipients are encouraged to make a partial donation towards materials of \$15 per foot of ramp unless there is financial hardship. There are no forms to fill out. Spirit Builders serves the half of Connecticut west of Hartford, but not the city of Hartford. For more information visit, <https://jesseleechurch.com/spirit-builders/>.

Jesse Lee Memorial United Methodist Church  
207 Main Street  
Ridgefield, CT 06877

Contact: [thespiritbuilders06@gmail.com](mailto:thespiritbuilders06@gmail.com) or 203-438-8791

### **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](mailto: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](mailto: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](mailto: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](mailto:hathayoga@snet.net) or 860-887-3388

### **Mind Over Matter Program**

Incontinence has been linked to an increased risk of falls, as the need to rush to the bathroom frequently can lead to hurried movements and loss of balance. The Mind Over Matter Program is for women who struggle with bladder or bowel leakage or who would like to prevent these challenges. Through three workshops, participants learn simple exercises and lifestyle changes to improve their symptoms and quality of life.

Senior Resources

19 Ohio Avenue, Suite 2

Norwich, CT 06360

Contact: 860-887-3561

### **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](mailto: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](mailto: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](mailto: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](mailto:twheeler@waterfordct.org) or 860-444-5839

### **Yoga & Tai Chi for Older Adults**

Yoga classes are designed to align and strengthen your body, allowing you to move more easily throughout the day. Tai Chi classes are offered for both beginners and those with more experience. Tai Chi involves a series of gentle physical exercises and stretches. Each posture flows into the next without pause, keeping your body in constant motion. Sometimes described as meditations in motions, Tai Chi promotes serenity through gentle movements that connect the mind and body.

East Lyme Senior Center  
37 Society Road  
Niantic, CT 06357

Contact: 860-739-5859 or visit <https://eltownhall.com/community/senior-center/>

## **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](mailto: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@thekennedycollective.org](mailto:mhaffner@thekennedycollective.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](mailto: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](mailto: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@thekennedycollective.org](mailto:mhaffner@thekennedycollective.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](mailto: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](mailto: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](mailto: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@thekennedycollective.org](mailto:mhaffner@thekennedycollective.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:andrea.rink@yale.edu)

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## STATEWIDE

### 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](mailto:CenterForHealthyAging@hhchealth.org) or 1-877-424-4641

### 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](mailto:Nancy.perrotta@hhchealth.org)

### Hartford HealthCare Safe Steps Program & 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](mailto:Nancy.perrotta@hhchealth.org)

## 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 Vázquez, [angela.vazquez@ct.gov](mailto:angela.vazquez@ct.gov) or complete a referral form at [bit.ly/Live-Well-Form](https://bit.ly/Live-Well-Form) to participate or host a workshop series.

### **Municipal Agents for the Elderly**

Every city and town in Connecticut has a Municipal Agent for the Elderly, who is designated to assist older adults with a variety of needs and services. Your local Municipal Agent can help direct you to additional falls prevention and physical activity programs in your area, such as programming offered through senior centers. For a directory of Municipal Agents visit, [https://data.ct.gov/Health-and-Human-Services/Municipal-Agents-for-the-Elderly-Listing/dsrn-u9nm/about\\_data](https://data.ct.gov/Health-and-Human-Services/Municipal-Agents-for-the-Elderly-Listing/dsrn-u9nm/about_data).

## 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  
Assisted Living Technologies, Inc.  
Brain Injury Alliance of CT  
Bridgewater Hilltop Senior Center  
Brookfield Volunteer Fire Company  
Central Connecticut Health District  
Central Connecticut State University  
Chesprocott Health District  
City of Bridgeport  
City of Danbury  
City of Hartford  
City of New Britain  
City of Norwalk  
Connecticut Children's Medical Center  
Connecticut Hospital Association  
Connecticut Mental Health Center  
CT Community Care's Connecticut Age Well Collaborative  
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.

## FALLS FREE CT COALITION PARTICIPANTS

Easterseals Medical Rehabilitation  
Ellington Volunteer Ambulance  
Enfield Senior Center  
Fairfield University  
Farmington Valley Health District  
Gaylord Hospital Inpatient Therapy Services  
Hartford HealthCare's Center for Healthy Aging  
Hartford HealthCare's Jefferson House  
Hartford HealthCare Rehabilitation Network  
Hartford Healthcare's Senior Services  
Hartford HealthCare's Southington Care Center  
Hartford HealthCare's St. Vincent's Medical Center  
Hartford HealthCare's William W. Backus Hospital  
Hartford Hospital's Injury Prevention Program  
Hospital for Special Care's Quality Improvement Services  
Hospital of Central Connecticut  
Jerome Home  
LeadingAge CT  
Long Term Care Ombudsman Program  
Lyme Senior Center  
Masonicare  
Mayeda Primary Care  
McLean Affiliates  
Midstate Medical Center  
Mozaic Senior Life  
Naugatuck Valley Health District  
North Central Area Agency on Aging  
Nuvance Health's Danbury Hospital & Trauma Center  
Nuvance Health's Norwalk Hospital  
Nuvance Health's Western Connecticut Home Care

## FALLS FREE CT COALITION PARTICIPANTS

Physical Therapy and Sports Medicine Centers  
Riverbrook Regional YMCA  
RVNA Health  
Sacred Heart University  
Senior Resources Agency on Aging  
Simsbury Fire Department  
Southwestern CT Agency on Aging  
Stamford Health  
Sterling Care LLC  
The Kennedy Collective  
The Towers at Tower Lane  
Torrington Area Health District  
Town of Cromwell Senior Center  
Town of East Hartford  
Town of Ellington  
Town of Greenwich Commission on Aging & Wallace Center  
Town of Portland  
Town of Wallingford  
Town of Waterford  
Town of West Hartford  
Town of Wilton  
Trinity Health of New England's Johnson Memorial Hospital  
Trinity Health of New England's Saint Mary's Hospital  
UConn Center on Aging's Older Americans Independence (Pepper) Center  
UConn Health, Department of Clinical Effectiveness and Patient Safety  
Uncas Health District  
United Way of Coastal and Western Connecticut  
University of Hartford



## FALLS FREE CT COALITION PARTICIPANTS

Waterford Community Center  
West Hartford-Bloomfield Health District  
Western CT Mental Health Network  
Yale New Haven Hospital  
Yale School of Medicine  
Yale University

*This guide was last updated in May 2025. Visit <https://portal.ct.gov/ads-fallsprevention> to access the latest version of this program guide.*