

Many older adults have had a fall experience that has shaken their confidence and may have resulted in injury. Older people understand that the threat of a fall can be a barrier to safely doing all things they want to do at home and to Stepping On confidently in the community. The prevention of falls is vital to maintaining personal independence.

Why Should I Be Concerned About Falling?

- More than one third of adults 65 or over fall each year.
- Among older adults falls are the leading cause of injury, hospital admissions for trauma and death.
- 35% of people who fall become less active.



Partner Organizations:



Oakwood Villa

A NURSING AND REHABILITATION CENTER



Building confidence
and reducing falls.
An effective program for older people.





Falls Prevention

Stepping On is a well researched falls prevention program. The results were published in the September 2004 issue of the American Geriatrics Society.

What You Will Learn

The **Stepping On** workshop meets for two hours a week for seven weeks. Topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- What to look for in safe footwear.
- How to check your home for safety.
- And so much more!

"When I'm walking I still think, "lift your feet, walk heel-toe." I have also stopped falling outside and it has made me more aware of the way I walk." ~Grace

Who Presents

The program is led by a lay leader and health care professional. Local guest experts also assist by providing information on exercise, vision, safety and medications.

Who Can Benefit

Any one who is:

- 65 years old or older
- Has had a fall in the past year
- Fearful of falling
- Living at home
- Not suffering from dementia

"It's made me more aware of the buses, of my place, of making it brighter inside, getting rid of leaves outside...of everything." ~ Roleena

"I've had some near falls, but you have a quicker recovery and your muscles don't collapse." ~ Herbert

Benefits

- Learn to step outside your home with confidence.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Study the most up-to-date information on falls prevention.
- Listen to experts in the field.
- Help others by sharing what has worked for you.
- And more!

For More Information

The **Stepping On** program is held at different times and locations throughout the year through the Aging & Disability Resource of Eau Claire County. For more information about the class, call (715) 839-4735 or 888-338-4636.

