


# STEPPING ON

## FALL PREVENTION WORKSHOP



**Stepping On** is a falls prevention workshop that has been researched and proven to reduce falls by 31%

**Stepping On helps you build confidence in your ability to manage your fall risk.**

Stepping On meets for 2 hours a week for seven weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength, and practical skills you need to avoid a fall.

You'll also meet with physicals therapists, vision specialists, pharmacists, and community safety experts who help you avoid fall hazards, make your home safer, and make your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

*\*Stepping On is not designed for older adults who use a walker indoors or a wheelchair full time OR who have dementia or cognitive impairment.*

### You'll learn:

- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in the community
- To get back on your feet the right way if you fall
- How vision and hearing affect your risk of falling
- To use walking aids the right way
- To choose safe footwear for all of your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls

# DON'T WAIT UNTIL A FALL INJURES MORE THAN YOUR PRIDE.



## 1 in 4 older adults age 65+ fall each year.

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer "yes" to the following, it's time to take steps to prevent a fall with Stepping On:

- Are you 60 or older?
- Have you fallen in the past year – even if you weren't injured?
- Do you have a fear of falling? Or worry that you or someone you live with might fall?
- Do you live at home or in an independent apartment?

**Stepping On has been researched  
and proven to reduce falls by 31%\*.**

\*Clemson, L., Cumming, R. G., Kendig, H., Swann, M., Heard, R., & Taylor, K. (2004). The effectiveness of a community-based program for reducing the incidence of falls in the elderly: a randomized trial. *Journal of the American Geriatrics Society*, 52(9), 1487–1494.

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## IOWA HEALTH CARE

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Evidence-based programs offered in Iowa:

**[www.iacommunityhub.org](http://www.iacommunityhub.org)**

Self-refer or refer someone else at:

**[www.iacommunityhub.org/referral](http://www.iacommunityhub.org/referral)**

515-635-1285



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