

*“I was walking down the hall
and there wasn’t a light over
the stairwell.*

*I fell down an entire flight
of stairs...”*

Are you heading for a fall?

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 any of the following, now is the time to take steps to prevent a fall:

- 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 someone you live with might fall?
- Do you live at home or in an independent apartment?

Stepping On workshops are not designed for older adults who:

- Use a walker indoors or a wheelchair full-time
- Have dementia or cognitive impairment

Find a Stepping On workshop near you, and improve your chances of avoiding a fall. Visit wihealthyaging.org and click on **Find a Workshop**.



What is Stepping On?

Stepping On leaders coach you to recognize your risk of falling, and help you build the balance, strength and practical skills you need to avoid falling. You learn in a fun, hands-on way, putting information to use from the very first session.

Stepping On has been researched and proven to reduce falls by **30%**.

Stepping On workshops meet for 2 hours, every week for 7 weeks. Local experts, trained leaders, and other group members support and encourage you to find solutions to make your home safer and your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

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

You'll learn:

- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in your 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 your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls



Stepping  On
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The Stepping On for falls prevention program is a free, evidence-based, licensed program, provided via one 2-hour workshop per week for 7-weeks, with one 3-month Booster class.

The program is a free service provided at different community partner sites in Austin and/or Travis County, through the Austin Public Health – Chronic Disease & Injury Prevention Program, in partnership with Dell Seton Medical Center, licensed under the Wisconsin Institute for Healthy Aging as a Stepping On train-the-trainer provider.

To schedule a Stepping On for falls prevention series at your site, please call:

Denise Deleitsmann at 512-972-_____ or
Sabrina McCarty at 512-972-5463



Dell Seton Medical Center
at The University of Texas



Wisconsin Institute
for Healthy Aging

1414 MacArthur Rd, Suite B
Madison, WI 53714

(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Find us on Facebook at
Wisconsin Institute for Healthy Aging

Stepping On

for falls prevention



Falls are preventable.

Don't wait until a fall injures more than your pride!

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