



# Stepping On

Building Confidence, Reducing Falls

**FREE WORKSHOP**  
EXERCISES & STRATEGIES  
TO PREVENT FALLING

**DATES:**

7 TUESDAYS  
February 6 -  
March 20, 2018  
12:00 pm - 2:00 pm

**LOCATION:**

HELP of Ojai  
111 West Santa Ana  
Street  
Ojai, CA 93023

**SIGN-UPS:**

**Dina Ontiveras**  
Fall Prevention  
Program Coordinator  
**(805) 477-7343**  
for information  
and registration



AREA AGENCY ON AGING

## What is Stepping On?



*Stepping On is a program that has been researched and proven to reduce falls in older people.*

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

**TOPICS INCLUDE:**

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate fall hazards from your home

### Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.



### IS THIS WORKSHOP FOR YOU?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia

### Workshop participants say:

*"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."*

*"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."*



### DID YOU KNOW?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

For workshop sign-up call the Fall Prevention Program at (805) 477-7343