



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

Stepping On

Building Confidence, Reducing Falls

FREE WORKSHOP

EXERCISES & STRATEGIES TO PREVENT FALLING

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.



DATES:

7 THURSDAYS
JANUARY 4 -
February 15, 2018
1:00 pm – 3:00 pm

LOCATION:

Simi Valley
Senior Center
3900 Avenida Simi
Simi Valley, CA 93063

SIGN-UPS:

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



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.

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."



AREA AGENCY ON AGING

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