



## 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.

## 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 registration:

Call the  
Ventura County  
Area Agency on Aging  
Fall Prevention Program  
Coordinator  
Dina U. Ontiveras:  
**(805) 477-7343**



# Stepping On

BUILDING  
CONFIDENCE,  
REDUCING FALLS

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

**DATES:**

7 TUESDAYS  
Aug. 2 - Sept. 13, 2016  
2:00 - 4:00 pm

**LOCATION:**

VCAAA  
646 County  
Square Drive  
Ventura, CA 93003

**CONTACT:**

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



## 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



### Here's what some workshop participants have to 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."*

### 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



## Registration Information

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|------------------|---|
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