



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

DATES:

7 TUESDAYS
Jan. 10, 2017 -
Feb. 21, 2017
2:00 - 4:00 pm

LOCATION:

VCMC
Therapy Services
2189 Eastman Ave.
Ventura, CA 93003

CONTACT:

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



AREA AGENCY ON AGING

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 registration call the Fall Prevention Program at (805) 477-7343