

Many older people have had a fall experience that has shaken their confidence and may have resulted in injury. Older people understand that the threat of a fall can be a barrier to safely doing all the things they want to do at home and to Stepping On confidently in the community. The prevention of falls is vital to maintaining personal independence.

WHY SHOULD I BE CONCERNED ABOUT FALLING?

- More than one third of adults 65 or over fall each year
- Among older adults, falls are the leading cause of injury, hospital admissions for trauma and death.
- 35% of people who fall become less active.



STEPPING ON CLASS SCHEDULE:

Contact the Aging & Disability Resource Center for information about the next available Stepping-On Workshop.



Sheboygan County
Aging & Disability Resource Center
650 Forest Avenue
Sheboygan Falls, WI 53085
1-920-467-4100 or 1-800-596-1919
TTY Phone 1-920-467-4195
SCF-4536



Building confidence and reducing falls.

An effective program for older people.





FALLS PREVENTION

Stepping On is a well-researched falls prevention program. The results were published in the September 2004 issue of the American Geriatrics Society.

WHAT YOU WILL LEARN

The Stepping On workshop meets for two hours a week for seven weeks.

Topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- What to look for in safe footwear.
- How to check your home for safety.

“When I’m walking I still think, ‘lift your feet, walk heel-toe.’ I have stopped falling outside! It has made me more aware of the way I walk.”

Grace

WHO PRESENTS

The program is led by a health professional and lay leader. Local guest experts also assist by providing information on exercise, vision, safety and medications.

WHO CAN BENEFIT

Any one who is:

- 65 years or over
- Has had a fall in the past year
- Fearful of falling
- Living at home
- Not suffering from dementia

WORKSHOP LOCATION

For your convenience, this workshop is held in various locations throughout Sheboygan County. Host sites provide hospitality and a source of referrals. If you would like to host a workshop contact the Aging & Disability Resource Center at 1-920-467-4100 or 1-800-596-1919.

“It’s made me more aware, just so much more aware. Of the buses, of my place. Of making it brighter inside, getting rid of leaves outside, of everything.

Roleena

“I’ve had some near falls but you have a quicker recovery and your muscles don’t collapse.”

Herbert

BENEFITS

- Learn to step outside your home with confidence.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Study the most up-to-date information on falls prevention.
- Help others by sharing what has worked for you.

HOW TO REGISTER

Contact the Aging & Disability Resource Center to register for this workshop at 1-920-467-4100 or 1-800-596-1919. A small registration fee is required to cover the cost of materials. Registration is limited to 10-12 participants per workshop.