



# Stepping On

## Building Confidence and Reducing Falls

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In Wisconsin, falls are the leading cause of injury and deaths among older adults. Of those that fall, 20-30% suffer injuries that reduce mobility and independent living. About 50% of all seniors who do fall do not resume independent living. Wisconsin ranks in the top 5 states in the United States in the number of deaths due to falls. The cost of falls that result in injuries that need hospitalization exceeds \$237 million annually.

Stepping On is a program that empowers older adults to carry out health behaviors that:

- reduce the risks of falls,
- improve self-management, and
- increase quality of life.

In local community-based workshops that seniors attend for 2 hours once a week for 7 weeks, older adults develop specific knowledge and skills to prevent falls. The workshop is facilitated by a health professional and support leader. Local guest experts, such as Physical Therapists, Pharmacists, law enforcement, and eye care specialists assist by providing information on exercise, vision, safety, and medications.

Stepping On topics include:

- simple and fun balance and strength exercise and training
- the role vision plays in keeping your balance
- how medications contribute to falls
- ways to stay safe when out and about in the community
- what to look for in safe footwear
- home safety tips to prevent falls

Who should attend:

- any person at risk for falling
- any person who has a fear of falling
- any person who has fallen one or more times

Workshops will be offered in Barron, Rusk, and Washburn Counties in 2009. Check out the Upcoming Events section on our web site [www.adrcconnections.org](http://www.adrcconnections.org) for upcoming workshops. Please contact the Aging & Disability for more information and other Fall Prevention programs toll free at 1-888-538-3031.