

*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.



### **CLASS SCHEDULE**

**7 Week Series**

**Thursday afternoons, 1:00 - 3:00pm:**

<b>April 8</b>	<b>May 6</b>
<b>April 15</b>	<b>May 13</b>
<b>April 22</b>	<b>May 20</b>
<b>April 29</b>	

This program will include a 1 month follow-up phone call followed by a 3 month booster class session.

### **CLASS LOCATION**

Covenant Presbyterian Church  
326 S. Segoe Road, Madison, WI 53705

### **HOW TO REGISTER**

**Registration Required**  
**Cost \$35 per person**

Contact Mary Ircink, Parish Nurse at 233-6297 x22 or e-mail her at [mircink@covenantmadison.org](mailto:mircink@covenantmadison.org) for more information.



**B**uilding confidence  
and reducing falls.

*An effective program for older people.*





## **FALLS PREVENTION**

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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**

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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**

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

## **WHO CAN BENEFIT**

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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

*“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**

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- 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.