

## Stepping On Program

### Helping you reduce falls

Stepping On is a program that helps you by working on and discussing a range of issues that include falls and risks, strength and balance exercises, a medication review, vision exams, home safety, safe footwear, and what to do and how to cope after a fall. The Stepping On course consists of seven weekly classes that are each approximately two-hours, followed by a home assessment at three-months, and a six month follow-up.

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health, reduce their risk of falls, and maintain active and fulfilling lives.

***The Stepping On program is proven to reduce falls by more than 30 percent.***

## Benefits of Stepping On:

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

## To participate in Stepping On you must:

- Be 60 years old or older
- Have had a fall in the last year or have a fear of falling
- Be able to move independently on your own or with assistance (cane or walker)

**The Stepping On community workshops are facilitated by trained leaders.**

## Get Started

To find a workshop in your area go to “Stepping On participants workshop schedule” at [www.kdheks.gov/idp/stepping\\_on.htm](http://www.kdheks.gov/idp/stepping_on.htm). For more information about Stepping On please visit [www.kdheks.gov/idp/stepping\\_on.htm](http://www.kdheks.gov/idp/stepping_on.htm) or call 785-296-8163. The cost of the program varies by location.



# Falls Prevention

785-296-8163

[lori.haskett@ks.gov](mailto:lori.haskett@ks.gov)

[www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org)

Cost: Varies by location

The Stepping On program is research-based and scientifically proven to reduce falls by more than 30%. Stepping On is a program that offers older adults (60 and older) a way of reducing falls by incorporating and discussing a range of issues that include falls and risks, strength and balance exercises, medication review, vision exams, home safety, safe footwear and what to do and how to cope after a fall. The Stepping On course consists of seven weekly classes that are each approximately two-hours, followed by a home assessment at three-months, and a six month follow-up.