

*“I was walking down the hall
and there wasn’t a light over
the stairwell.*

*I fell down an entire flight
of stairs...”*

Are you heading for a fall?

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don’t let these myths keep you from taking steps to avoid a fall. If you answer “yes” to any of the following, now is the time to take Stepping On:

- Are you 60 or older?
- Have you fallen in the past year – even if you weren’t injured?
- Do you have a fear of falling? Or worry that someone you live with might fall?
- Do you live at home or in an independent apartment?

Stepping On workshops are not designed to help older adults who:

- Use a walker indoors or a wheelchair full-time
- Have dementia or cognitive impairment

Find a Stepping On workshop near you, and improve your chances of avoiding a fall. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Stepping On?

Stepping On is a researched and proven program that helps you improve your balance, build physical strength, and learn the practical skills you need to avoid a fall.

Stepping On has been researched and proven to reduce falls by **30%**.

The group meets for 2 hours, once a week, for 7 weeks. Local experts, trained leaders, and other group members support and encourage you to find solutions to make your home safer, your body stronger, and increase your confidence in your ability to stay active.

Stepping On helps you build confidence in your ability to manage your falls risk.

You’ll learn:

- Balance and strength exercises you can adapt to your individual level
- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in your community
- To choose safe footwear for all your activities
- To get back on your feet the right way if you fall
- How vision and hearing affect your risk of falling
- To use walking aids the right way
- How medications play a role in your risk of falls



SteppingOn
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“I was scared after I fell — I worried it would happen again. From Stepping On, I learned what to do to avoid the things that can cause falls. I made changes at home, too. Now I feel I can go where I want. I know what works for me.”

Stepping On

for falls prevention



Falls are preventable.

Don't wait until a fall injures more than your pride!

Stepping On is a falls prevention workshop that has been researched and proven to reduce falls by 30%.



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healthy aging programs by visiting
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