What is Stepping On?

Stepping On covers topics on improving balance, strength training, home and environment safety, vision and medication review.

Participants will gain confidence in their ability to manage their health and reduce the risk of falls.

The workshop will be led by two trained facilitators from the Aging and Disability Resource Center and Mayo Clinic—Red Cedar.

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 do the things they want to do at home and in the community.

The prevention of falls is vital to maintaining personal independence.
Stepping On—Falls Prevention Education

Stepping On is a well researched, evidence-based, falls prevention program. Evidence based meaning the results have been researched, proven to work and published in the Journal of the American Geriatrics Society.

Who Can Benefit From Stepping On?

Anyone who:
♦ Is 65 years or older or is a falls risk.
♦ Has had a fall in the past year or is fearful of falling.
♦ Is living in a home or living in an apartment.
♦ Is not suffering from dementia.

What will I Learn?

Topics Include:

Physical therapists from Mayo Clinic Health System will aid with strength and balance training (3 sessions).

Vision expert from Mayo Clinic Health System to discuss the influence of vision on the risk of falling.

Pharmacist from Mayo Clinic Health System will talk about medications that increase your risk for falls.

Community safety expert will talk about traveling safely in your community.

Stepping On workshop runs once a week for seven week with a 3 month follow up booster session.

For more information about a class near you call the Aging and Disability Resource Center of Dunn County at:

715-232-4006

Or Check the Mayo Clinic’s wellness class schedule:
mayoclinichealthsystem.org/locations/menomonie/classes-and-events

Or check out:
https://wihealthyaging.org/stepping-on

This program is coordinated by the:
Wisconsin Institute of Healthy Aging