



Stepping On

Building Confidence and Reducing Falls

Stepping On Leader Workshop



What is *Stepping on*?

Stepping On is a researched program proven to help older people reduce their risk of falls, improve their ability to safely navigate their environment, and ultimately, increase their quality of life. The workshop is offered once a week for seven weeks in communities throughout the county. Participants gain specific knowledge and skills to prevent falls in community settings.

Why should you implement *Stepping On*?

- Stepping on is scientifically proven to reduce falls by over 30% among participants.
- Falling is the leading cause of death in seniors.
- 1 in 3 adults aged 65+ falls every year.

Who is the program meant to serve?

- Individuals age 60 and older
- Individuals who have had a fall in the last year or have a fear of falling,
- Individuals who are able to move independently or with assistance (cane or walker)

How do I get involved?

The Stepping On community workshops are facilitated by trained leaders who have successfully completed the 3-day Leader Training. The next training will be held on **February 7, 8, 9, 2017** in Hagerstown, MD at the Washington County Health Department and conducted by experienced Master Trainers.

What the Washington County Health Department is offering:

1. Free training - this is a 3-day commitment scheduled for February 7, 8, 9 2017.
2. Course materials such as manuals, handouts, forms, etc.
3. Free lunch is supplied daily.
4. Funding to help startup cost.

How Do I Register?

If you are interested, please contact Larenz Bonner, Injury Prevention Coordinator for the Washington County Health Department at (240) 313-3302 or larenz.bonner@maryland.gov