

Myths about falls

Like many people, you may not realize you are at risk of being injured by a fall.

- Falls only happen to frail, older adults
- Falls are normal part of aging

Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer "yes" to any of the following, now is the time to take steps to prevent a fall:

- 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?



What is Stepping On?

Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall.

Physical therapists, vision specialists, pharmacists, and community safety experts help you avoid fall hazards, make your home safer, and make your body stronger.

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

You'll learn:

- To identify and remove fall hazards from your home
- To and see avoid fall hazards out in your community
- 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
- To choose safe footwear for all your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls



One in four people
age 65 or older has
a fall each year.



Don't be one of them!



Essentia Health

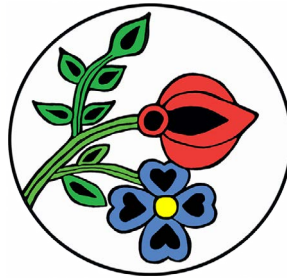
For information on
elder fall prevention
classes call:

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Fond du Lac Human Services Division

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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