

Stepping On

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Sign Up Now!

Join us in this evidence-based program to build confidence and reduce falls.

Stepping On:

- Educational program designed for community-dwelling individuals aged 60 and older who have concerns about falls, and/or had prior falls
- Helps older adults take control of their fall risk, explore coping behaviors and use safety strategies in everyday life

Main Points:

- Participants meet for two hours a week for seven weeks, plus one booster session.
- Workshops are led by a health professional/educator.
- Local guest experts are utilized, including a medication expert, physical therapist/occupational therapist, eye specialist and community safety expert.
- Sessions are held in small groups with time for discussion and sharing.

This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Health and Human Services, Aging Services Division.

Topics covered:

- Building strength and improving balance
- Home hazards and safety modifications
- Community safety
- Bone health
- Medication management
- Safe footwear and safe clothing
- Vision and falls

NDSU

EXTENSION

For class information or to register, visit www.ndc3.org