



From Awareness to Action

1 in 4 adults fall every year! (CDC)



Stepping On is...

- A 7-week (one 2-hour session per week) falls prevention program conducted by trained facilitators, and specially designed for adult learners.
- Stepping On has been researched and proven to reduce falls by 31%!
- You'll learn how to build and maintain the physical strength and balance you need to walk confidently.
- From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

For more information and to find a program near you go to

<https://wihealthyaging.org/programs/falls-prevention-programs/stepping-on/>



How do shoes affect falls?

- Wearing shoes can help prevent falls. They help with grip.
- The higher the heel height and the narrower the heel means that there is a great risk of falling.
- To help secure the shoe to your foot make sure that it is laced, strapped, or buckled.

Some tips that can help prevent falls:

- Find a good balance and exercise program.
- Talk to your health care provider about a fall assessment and share your fall history.
- Regularly review your medications with a doctor or pharmacist. Make sure side effects don't increase your risk. Only take medications as prescribed!
- Get your vision and hearing checked.
- Keep your home safe by removing tripping hazards, installing grab bars, and increase lighting.
- Talk to your family members for support.

What are some ways to prevent at home falls?

- Make sure that walkways are clear and not cluttered.
- Use grab bars when using steps and getting in or out of the bath.
- Secure rugs and carpets.
- Have plenty of space between furniture to be able to move around.
- Clean spills and be aware of slippery surfaces.
- Have good lighting and use nightlights.
- Be aware of where pets are located.

