

Stepping On and the Falls Epidemic

- 1 in 4 people aged 65+ falls every year
- Fall-related injuries are the leading cause of death in Wisconsin for older persons
- A majority of falls occur at home
- Falls are **not a normal part of aging**; they are **preventable**
- Reduces the risk of falling by 31%

Stepping On is CDC-Endorsed as it addresses multiple factors associated with falls risk

- Strength and Balance Exercises
- Vision
- Medication Review
- Home Modification

Stepping On Topics

- Building trust, risk appraisal
- Strength and balance exercises, homework
- Home hazards and safety modifications
- Vision and falls
- Community safety
- Bone health
- Medication management
- Sleep medication alternatives
- Safe footwear and safe clothing

Small group of 10 - 14. Meets once weekly for 7 weeks. Utilizes guest presenters.