



Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.



**TO REGISTER FOR THE WORKSHOP
OR ANY QUESTIONS CALL:**

(620) 793-1902

ASK FOR KAREN OR SHANNON



NEXT SCHEDULED WORKSHOP

**MARCH 14, 2017 THRU
APRIL 25, 2017**

9:30 a.m. – 11:30 a.m.

**\$20.00 WORKSHOP FEE
INCLUDES EXERCISE WEIGHT**



Stepping On

**Building confidence,
reducing falls**

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.



BARTON COUNTY HEALTH DEPARTMENT
1300 Kansas Ave; Ste B
Great Bend KS 67530

PH: 620-793-1902 or 877-793-1902



What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



Here's what some workshop participants have to say:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



WORKSHOP WILL FEATURE THESE GUEST SPEAKERS

PHYSICAL THERAPIST
Focusing on balance and strengthening exercises

PHARMACIST
Focusing on medications and how they increase fall risks



And May Feature One of These Speakers

Vision Expert, Community Safety Expert, Footwear Specialist and Home Safety Device Specialist