

Its Free! How to Register;

Contact: xxxx xxxxxx

Phone: xxxx xxxx

BOOKINGS ARE ESSENTIAL



Stepping On with confidence

Stepping On is an exciting and friendly community group program for seniors. It is designed to build knowledge, strength and confidence to remain independent at home.



Stepping On Co-ordinator
Mid North Coast LHD Health Promotion

Contact: xxxx xxxxxx

Phone: 02 xxxx xxxx Fax: 02 xxxx xxxx



The Program

Stepping On is an exciting, friendly and free community program co-ordinated by Mid North Coast Local Health District Health Promotion Team. The program will provide you with information on how to reduce your risk of falling and maximize your independence at home. Local health professionals and invited guests present this program.

Who Can Join

Anyone who is:

- 65 years and older
- Living at home
- Able to walk independently or with a walking stick
- Fearful of falling or has fallen recently
- Lives in the South West Rocks Area.
- Not suitable for people with dementia or neuromuscular conditions

Benefits

- Step outside your home with confidence
- Improve your strength and balance
- Learn with your peers
- Become more aware of falls hazards
- Learn how to maximise your independence
- Move safely in the community
- Learn about nutrition for stronger bones
- Manage medications wisely

When

The programs will be held throughout the year from January 2013 to November 2013, excluding public holidays and generally where possible within public school terms. The course will run for seven weeks, two hours per week, with a booster session two months later.

Where

The programs will be held at community venues in the South West Rocks Area.

Transport

- All venues chosen are accessible to public transport and some venues will have free transport available
- Car parking is available in most venues

'Stepping On' is a community initiative of Mid North Coast Local Health District and the Ministry of Health



What will be covered?

- Reducing home hazards
- Moving safely in the community
- Safe footwear
- Vision and nutrition
- Medication management
- Exercises to improve your strength and balance
- Booster Session at two months

Facts about Falls

- 1 in 3 people 65 years and over fall each year
- Falls are the leading cause of hospital admissions for trauma and deaths of older people
- 35% of people who fall become less active
- Falls can reduce mobility and independence
- Remaining active can prevent you from falling

