



## 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 60 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.



For a workshop schedule, visit the North Dakota Department of Health <http://www.ndhealth.gov/injury/trainings.htm>

Call 701.328.4536 or 1.800.472.2286, (then press 1)



600 East Boulevard Ave.

Bismarck, ND 58505-0200

701.328.4537

1.800.472.2286 – press 1



## Stepping On

Building confidence,  
reducing falls

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

**Date:**

**Wednesday, September 18, 2013 and every Wednesday until October 30, 2013**

**Time:**

**1:00 – 3:00 P.M.**

**Where:**

**Touchmark on West Century  
1000 West Century Avenue  
Bismarck, ND**

## 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."*

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### Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 60 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



### Registration Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

#### Mail To:

**North Dakota Dept. of Health**  
**Attn. Diana Read**  
600 East Boulevard Ave., Dept. 301  
Bismarck, ND 58505-0200

**Or Call 701.328.4536 or**  
**1.800.472.2286, (then press 1)**