

# WHY SHOULD I BE CONCERNED ABOUT FALLING?

■ More than **1/4** of adults 65 or over fall each year.

■ Among older adults, **falls are the leading cause of injury**, hospital admissions for trauma and death.

■ **35%** of people who fall become less active in coming years.

Many older people have had a fall experience that has shaken their confidence and may have resulted in injury. Older people understand that the threat of a fall can be a barrier to safely doing all the things they want to do in everyday life. Stepping On has helped many individuals move forward confidently in the community. The prevention of falls is vital to maintaining personal independence.

[Tricitymed.org](http://Tricitymed.org)

## WORKSHOP DETAILS

### Schedule Dates and Times

For schedule information, call Tracy Park, MPT, at 760.940.3617

### Location

Tri-City Medical Center  
4002 Vista Way, Oceanside, CA 92056  
Assembly Rooms

*This program is sponsored by:*



## STEPPING ON FALL PREVENTION WORKSHOP

*For schedule or more information:*

**760.940.3617**

 **Tri-City Medical Center**

Rehabilitation Services  
4002 Vista Way, Oceanside, CA 92056  
[Tricitymed.org](http://Tricitymed.org)



## STEPPING ON FALL PREVENTION WORKSHOP

REHABILITATION SERVICES

  
**Tri-City Medical Center**



## BUILDING CONFIDENCE AND REDUCING FALLS

Stepping On is a well-researched fall prevention workshop. The results of this evidence-based program were published in the September 2004 issue of the Journal of the American Geriatrics Society.

### Who Presents

A physical therapist from Tri-City Medical Center and a peer leader conduct the workshop. Local guest experts also assist by providing information on exercise, visions, safety, and medications.

### Who Can Benefit

Anyone who has or is:

- 65 years or over
- Had a fall in the past year
- Fearful of falling
- Living at home
- Not suffering from dementia

# WHAT WILL YOU LEARN?

Fall prevention programs reduce falls by **31%** and increase confidence levels by **95%**

## TOPICS INCLUDE

- Simple and fun balance and strength training, with pre- and post-functional balance testing.
- The role vision/sight plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about.
- How to check your home for safety.
- Scheduling a personal home visit by leaders to help you identify and assess potential hazards.



## NO COST FOR THIS WORKSHOP

Free workshop includes weekly two-hour sessions for eight weeks, an exercise manual, informational handouts, guest speakers, a home visit, and a pre- and post-balance assessment.

### Benefits

- Learn to step outside your home with confidence.
- Learn with people your own age in a highly participatory class.
- Become more aware of fall hazards and learn how fall risk can be reduced.
- Study the most up-to-date information on fall prevention.

When walking I think, 'move your feet, walk heel-toe.' I have stopped falling outside! Thank you, Tri-City Medical Center Rehab team! ”

— Grace