

# Stepping On

## A guide for health services

Originally developed in Australia, based on research and scientifically proven to work, the Stepping On program is internationally recognised as best practice in falls prevention.

Stepping On is a 7-week falls prevention program for adults aged 65 years and over and Aboriginal adults aged 45 years and over.

- The program will help your clients learn how to reduce the risk of falling and how to maintain their independence.
- Stepping On includes training in balance exercises that reduce falls and educational talks from experts.
- Topics covered include home hazards, community safety, managing medications and more.
- No prior knowledge or exercise experience is required!

### Want to run Stepping On in your centre or local community?

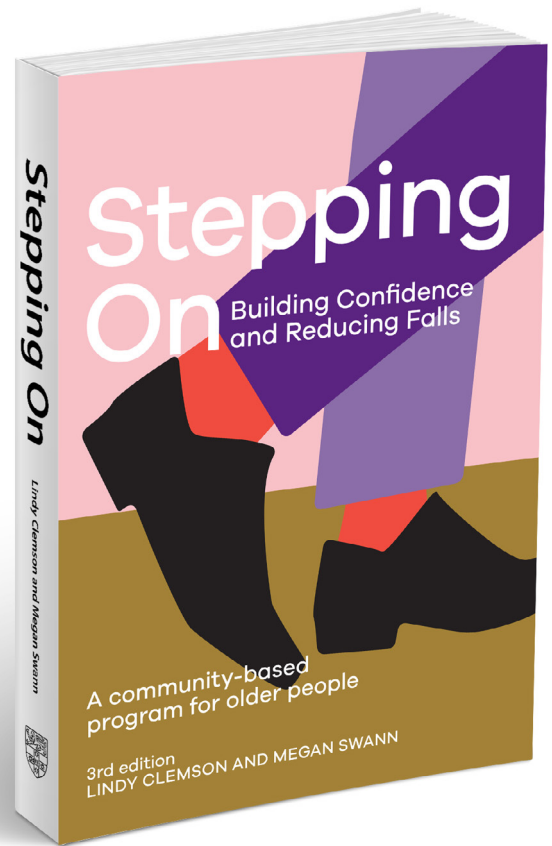
Training is mandatory for those who want to offer the Stepping On program. Contact Megan Swann [megan.swann47@gmail.com](mailto:megan.swann47@gmail.com) for details.

Trainers' workshops consist of online pre-reading, a face-to-face workshop, and a post-training learning module.

Templates for flyers and handouts are available from the website.

### Stepping On Program Materials

- Stepping On – trainers manual
- Staying Power – book
- Balance and strength manual
- Weekly handouts
- Resources and handouts in languages other than English



The Stepping On book and Staying Power are available from Sydney University Press (SUP): [sydneyuniversitypress.com/stepping-on](http://sydneyuniversitypress.com/stepping-on)

The balance and strength manual and handouts can be downloaded from the SUP website or from the Stepping On website: <https://www.steppingon.com/>

All materials are copyrighted to the Authors and Sydney University Press. Any copies must include copyright statements and the Stepping On logo:

© Lindy Clemson and Megan Swann 2019

For more information contact Megan Swann [megan.swann47@gmail.com](mailto:megan.swann47@gmail.com) or SUP [sup.info@sydney.edu.au](mailto:sup.info@sydney.edu.au)