



Active and Healthy website

For more information about falls prevention and to find a local exercise group, please visit the Active and Healthy website:

www.activeandhealthy.nsw.gov.au

active &
HEALTHY



For more information and to register

A free 7-week program that combines gentle strength and balance exercises with educational sessions.

To register, please contact:

Name: **Nadia Williams**

Phone: **02 9808 9685 / 0401 715 845**

Fax: **02 8088 4384**

Email: **steppingon@royalrehab.com.au**

Royal Rehab, PO Box 6 Ryde NSW 1680

Bookings are essential!

Stepping On © Clemson & Swann 2008

STEPPING ON

Stepping On is a free, exciting and friendly community-based falls prevention program for seniors. It is designed to build knowledge, strength and confidence to prevent falls and stay active and independent.



In partnership with

MAKE HEALTHY NORMAL



Health
Northern Sydney
Local Health District



Health
Central Coast
Local Health District





The Program

Stepping On is an exciting, friendly and free community program run by NSW Health. The program will teach you how to reduce your risk of falling and maximise your independence and ability to do everyday activities.

Who can join?

Any one who is:

- 65 years and older
- Living at home in NSW
- Able to walk independently or with a walking stick
- Fearful of falling or has fallen recently

Not suitable for people diagnosed with dementia or neuromuscular conditions.

What will be covered?

- Home hazard awareness
- Moving safely in the community
- Safe footwear
- Nutrition and bone health
- Vision
- Medication management
- Leg strength and balance exercises
- Getting up after a fall.

When is the program held?

Programs are held throughout the year, excluding public holidays. The course will run for 7 weeks, 2 hours per week, with a booster session 2 months later.

Personal benefits

- Step outside your home with confidence
- Improve your strength and balance
- Learn with your peers
- Become more aware of fall hazards
- Move safely at home and in the community
- Manage medications wisely

Facts about falls

- 1 in 3 people aged 65 years and over fall each year
- Falls are the leading cause of hospital admissions for older people
- Falls can reduce mobility and independence
- Remaining active can prevent you from falling.

