

Why should you be concerned about falls?

- More than a third of those 65 or older fall each year.
- Falls are the leading cause of injury, hospitalizations and deaths for older adults.

Also, falls can shake your confidence, keeping you from doing the things you want. Avoiding falls is key to your independence!



Information on Upcoming Workshops

Statewide schedule of workshops:

- **Utah Department of Health Resource Line**
  888-222-2542 | http://livingwell.utah.gov

Within Salt Lake County, contact:

- **Salt Lake Aging and Adult Services**
  385-468-3088
- **Salt Lake County Health Department**
  385-468-3878
- **Intermountain Healthcare** | 888-222-2542
  (Salt Lake locations, McKay Dee, American Fork Hospital, and Dixie Regional Medical)

Outside Salt Lake County, contact the nearest agency:

- **Bear River** Health Dept. | 425-792-6507
- **Box Elder** Senior Center | 435-734-1450
- **Central Utah** Health Dept. | 435-835-2231
- **Davis County** Health Dept. | 801-525-5087
- **San Juan County** Health Dept. | 435-678-2723
- **Southern Utah** | Five County Association of Governments Area Agency on Aging

  St. George | 435-673-3548
  Cedar City | 435-865-7165
- **Summit County** Health Dept. | 435-333-1500
- **Tooele County** Health Dept. | 435-849-7131
- **Utah County** Health Dept. | 801-851-7084
- **Wasatch County** Health Dept. | 435-657-3259
- **Weber-Morgan** Health Dept. | 801-388-7186

UTAH DEPARTMENT OF HEALTH
Violence & Injury Prevention Program

www.health.utah.gov/vipp/older-adults/falls



Stepping On:

Building Confidence, Reducing Falls

Join this 7-week workshop where you'll learn exercises and strategies to help you stay strong, active, and independent.

Call 1-888-222-2542 to find a workshop near you.



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What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls by **30%** in older adults.

Workshops meet for two hours a week for seven weeks. They are led by a health professional and a peer leader–someone who, just like you, is concerned about falls.

Local guest experts such as an Occupational or Physical Therapist, Pharmacist, and Optometrist provide information on exercise, vision, safety, and medication.

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."

Some things you will learn:

- Simple and effective balance and strengthening exercise
- How medications can contribute to falls
- How to eliminate fall hazards from your home

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 or is fearful of falling
- Lives at home or in an apartment
- Does not have dementia

