

## Overview of *Stepping On* Sessions

<b>Session 1</b>	<p><b>Introduction, Overview, and Choosing What to Cover</b> Get to know each other, provide an overview of program, share fall experiences and choose what additional topics to cover in the course of the program. <b>Guest physical therapist</b> introduces the balance and strength exercises.</p>
<b>Session 2</b>	<p><b>The Exercises and Moving about Safely</b> <b>Review and practice exercises with guest physical therapist, explore the barriers and benefits of exercise, moving about safely – chairs and steps, learning not to panic after a fall.</b></p>
<b>Session 3</b>	<p><b>Advancing Exercises and Home Hazards</b> Review and practice exercises, discuss when and how to advance your exercises, identify hazards in and about the home and problem-solving solutions.</p>
<b>Session 4</b>	<p><b>Vision and Falls, Footwear, and Community Safety</b> Review and practice exercises. The <b>guest vision expert</b> discusses the influence of vision on risk of falling, and the <b>guest community safety expert</b> talks about strategies to get around the local community and reduce the risk of falling. Learn about the features of safe shoes and identify clothing hazards.</p>
<b>Session 5</b>	<p><b>Bone Health, Medication, and Sleeping Better</b> Describe the importance of Vitamin D, sunlight, and calcium to protect from fall related injury. The <b>guest pharmacy expert</b> talks about medications that increase falls risk. Strategies to sleep better are discussed.</p>
<b>Session 6</b>	<p><b>Getting Out and About</b> Discuss and give participants the opportunity to see and try hip protectors. Explore different weather conditions that could lead to a fall. Review exercises. With the <b>guest physical therapist</b>, practice safe mobility techniques learned during the program in a nearby outdoor location.</p>
<b>Session 7</b>	<p><b>Review and Plan Ahead</b> Review and practice exercises, review personal accomplishments from the past seven weeks. Reflect on the scope of things learned. Review anything requested. Finish any segment not adequately completed. Time for farewells and closure.</p>
<b>Home Visit or Call</b>	<p>Leader completes a home visit or phone conversation within a few weeks after Session 7 to support follow-through of preventive strategies and assist with home modifications.</p>
<p><b>3-Month Booster Session:</b> Group meets three months later to review progress and achievements and ways to encourage older adults to continue practicing the prevention strategies learned.</p>	