

## What Fall Prevention Program has been proven to reduce falls by 31%?

### *STEPPING ON!*

**STEPPING ON Evidence Based Fall Prevention Program**

**FREE** Facilitator Training (*must attend in pairs*)

**March 4, 5 and 6 (3 day training)**

Training location: Miami Valley Hospital  
1 Wyoming St.  
Dayton, OH 45409

***OT approved for 18 contact hours by OOTA and PT hours pending***

**STEPPING ON** is a 7 week (2 hours per week)

Fall prevention program for seniors

Topics covered for facilitators:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
  - How medications can contribute to falls
- Importance of vitamin D and calcium to protect against fall injuries
- Ways to keep from falling when out in your community
  - What to look for in safe footwear
- How to eliminate fall hazards from your home

***\*\*Those who are trained must conduct a 7 week STEPPING ON class with seniors in your community within 2 months of completion of this training per ODH requirements\*\*.***

*Trained pairs can be from two different professional disciplines relevant to seniors and fall prevention to avoid staffing challenges for training and subsequent class delivery.*

To register for the Stepping On Facilitator Training go to:

[www.trihealth.com/ThinkFirst](http://www.trihealth.com/ThinkFirst)

***This program made possible through grant funding in connection to ODH***

Questions may be directed to TriHealth Think First Program ODH Trainers at:

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