



Together, we can help to maintain safe and independent living of older adults in Montana.

Stepping On is a 7 week, evidence-based, falls prevention program designed for Montanans 60 years and older who have fallen or have a fear of falling, and live independently in their own home.

During the community-driven, 7 week workshop participants meet once a week for an educational and engaging two-hour session where they will practice strength and balance exercises and learn how to make practical lifestyle changes to reduce falls and maintain safe and independent living.

Participants that complete the *Stepping On* program have a reduction in falls, increase their self-confidence, and decrease their fear of falling.

Fewer falls means fewer injuries, fewer visits to the emergency department, fewer hospitalizations, and fewer fall-related deaths.





STEPPING ON RESULTS & FAQs

- Falls are the leading cause of both fatal and nonfatal injuries for older adults, aged 65 years and older. In Montana, falls are the third leading cause of accidental deaths for older adults.
- Every 29 minutes, an older adult loses their life because of a fall and every 15 seconds, an older adult is treated in the emergency department for a fall-related injury.
- Of those who have fallen, 20 to 30% have suffered from moderate to severe injuries such as lacerations, hip fractures, or head traumas. Even if no injuries occur after a fall, many people develop a fear of falling, which in turn often causes them to limit their activities.
- Falling one time doubles your chance of falling again.
- Those who completed *Stepping On* experienced a 31% reduction in falls.

Visit the Montana Falls Prevention Program website for more information at <https://dphhs.mt.gov/publichealth/fallsprevention>

GET INVOLVED

The Montana Department of Public Health and Human Services (DPHHS) is looking to expand the coverage area of where these classes are offered, and the help of local community leaders is needed.

To locate a local *Stepping On* class you can email ChronicDiseasePrevention@mt.gov, call **1-844-MTHLT4U (1-844-684-5848)**, or visit dphhs.mt.gov/publichealth/FallsPrevention select the “Stepping On Fall Prevention Program” dropdown, click the map, and select the “Falls Prevention” tab.

Don't see a workshop in your local community but would like to?

These workshops are facilitated by two trained community leaders. A preferred facilitator is a current or retired health care professional, social worker, health educator, fitness expert, or aging network professional but not required. The *Stepping On* Facilitator Training is three-days. *Stepping On* workshops can be offered in-person or virtually.

If you or someone you know is interested in leading a *Stepping On* Falls Prevention Program to serve the older Montanans in your local community, please email ChronicDiseasePrevention@mt.gov or call **1-844-MTHLT4U (1-844-684-5848)**.

Stepping
On

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