



## Why Should I be Concerned About Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.



## Building confidence, reducing falls

**NDSU** | EXTENSION SERVICE

Shaundra Ziemann-Bolinske  
Burleigh County  
Vanessa Hoines—Morton County

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701.221.6865



## Stepping On

**Building confidence,  
reducing falls**

**Join this 7 week workshop where  
you'll learn exercises and  
strategies to help prevent you  
from falling.**

**Beginning September 29th  
at the Bismarck Senior Center!**



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## What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by Shaundra Ziemann-Bolinske and Vanessa Hoines, NDSU Extension Agents and Mandy Slag, Injury Prevention Program Director, ND Dept. of Health and Physical Therapy students from University of Mary. In addition community guest experts provide information on vision, safety and medications.

### Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- 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

**Here's what some workshop participants have to say:**



*"It was great. I'm watching more where I'm walking and am aware of my surroundings."*

*-Bob, Mandan, ND*

*"I learned so much. I would recommend this program to friends; in fact, I have already done so."*

*-Susan, Bismarck, ND*

### 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
- Is fearful of falling
- Lives at home
- Does not have dementia

## Registration Information

Pre-registration is required.

Call 701.221.6865 to register or for more information.

### Cost: \$20

The fee includes an exercise weight for you to keep and healthy snacks which will be provided at each session.

### Location :

Bismarck Senior Center  
315 N 20th St, Bismarck, ND 58501

### Attendance:

Class size will be limited to 15 participants. Registered participants should plan to attend *each* class.

### Date & Time:

Meets 1:00—3:00 p.m. every Thursday for seven weeks:

September 29

October 6, 13, 20, 27

November 3, 10.