

Its Free! How to Register

Contact: Occupational Therapy Department

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BOOKINGS ARE ESSENTIAL



Stepping On with confidence

Stepping On is an exciting and friendly community group program for seniors. It is designed to build knowledge, strength and confidence to remain independent at home.



Stepping On
Community Health Centre
Orange Health Service
Phone: 6369 3453 Fax: 6360 7133





The Program

Stepping On is an exciting, friendly and free community program run by Community Health Centre Orange Health Service. The program will provide you with information on how to reduce your risk of falling and maximise your independence at home. Local health professionals and invited guests present this program. The program coordinators are; Kate and Rachel, Occupational Therapists at Orange Health Service.

Who Can Join

Any one who is:

- 65 years and older
- Living at home
- Able to walk independently or with a walking stick
- Fearful of falling or has fallen recently
- Lives in Orange and surrounding areas. Not suitable for people with dementia or neuromuscular conditions

Benefits

- Step outside your home with confidence
- Improve your strength and balance
- Learn with your peers
- Become more aware of falls hazards
- Learn how to maximise your independence
- Move safely in the community
- Learn about nutrition for stronger bones
- Manage medications wisely

When

The programs will be held from the 26th October to the 7th December 2016, two hours per week, with a booster session two months later. Free morning tea will be included during weekly sessions.

Where

The programs will be held at Community Health Meeting Room at the Eastern Entrance to the Hospital

Transport

- The venue is accessible to public transport
- Car parking is available at the visitor's car park

'Stepping On' is a community initiative of Community Health Centre, Orange Health Service



What will be covered?

- Reducing home hazards
- Moving safely in the community
- Safe footwear
- Vision and nutrition
- Medication management
- Exercises to improve your strength and balance
- Booster Session at two months

Facts About Falls

- 1 in 3 people 65 years and over fall each year
- Falls are the leading cause of hospital admissions for trauma and deaths of older people
- 35% of people who fall become less active
- Falls can reduce mobility and independence
- Remaining active can prevent you from falling

