

# Evidenced-based Falls Prevention

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## Stepping On

Building Confidence and Reducing Falls

### Two Leader Trainings in August, 2016 Leader Application form to apply

An Evidence-Based Fall Prevention Program  
Created by: **Wisconsin Institute for Healthy Aging**

Training Sponsored by:  Iowa Department on  
**AGING**

Applications Due – July 15, 2016

Notification of Acceptance – July 20, 2016

Stepping On Leader Training in West Des Moines, IA August 10-12, 2016

Clinton, IA

August 17-19, 2016



*Iowa Association of Area Agencies on Aging*



**Falls Free®**

*Iowa Falls Prevention Coalition*

*According to the Iowa Department of Public Health, unintentional falls are the leading cause of injury-related emergency room visits, hospitalizations and deaths for Iowans aged 65 or older, with those over age 85 being seven times more likely than those ages 65-84 to die from a fall.*

*With Iowa's aging population, the number of unintentional falls continues to increase each year, resulting in more than 430 reported fall-related deaths in 2012 and adding up to more than \$135 million each year in hospital costs.*

*Stepping On* is an evidence-based fall prevention program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. Subjects covered include: improving balance and strength, home and environmental safety, vision, medication review. The workshops are highly participative; mutual support and success build the participants' confidence in their ability to manage their health behaviors to reduce the risk of falls and to maintain active and fulfilling lives. Workshops are led by certified leaders. The Wisconsin Institute for Healthy Aging (WIHA) brought it to the U.S. WIHA holds the exclusive North American license for the program.

The Iowa Stepping On leader training is supported by grant number 90FP0003-01-00, financed solely by Prevention and Public Health Funds, from the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## Request for Partners

Please join us in the effort to curb the growing epidemic of falls among older adults in Iowa. The Iowa Department on Aging partnered with the Iowa Falls Prevention Coalition and other key stakeholders to obtain grant funds to support fall prevention efforts in Iowa.

In collaboration with the Wisconsin Institute for Healthy Aging, the Iowa Falls Prevention partnership is seeking to identify and train leaders for *Stepping On*. **With funding from the U.S. Department of Health and Human Services, the Iowa Falls Prevention project is sponsoring a *Stepping On* Leader Training in West Des Moines, Iowa, August 10-12, 2016 and in Clinton, Iowa, August 17-19, 2016.**

Our goal is to recruit 5 teams of 2 for each training from organizations across Iowa that are interested in implementing the *Stepping On* program. After successfully completing the training, Leaders will be able to provide the *Stepping On* 7-week workshop. **PLEASE NOTE that applicants must attend ALL three days of the training. No exceptions.**

If you are interested, please complete the *Stepping On* Application (*page 7*) and the Leader Commitment Form (*page 9*). All parts of the completed application must be delivered (mailed or emailed) at the same time to Mark Hanson, Program Administrator, before 5 p.m. on July 15, 2016.

Approved applicants will receive the three-day *Stepping On* Leader training, *Stepping On* Leader Toolkit, participant manual templates, recruitment and program planning assistance, communication and marketing material templates. Technical support will be provided by the Wisconsin Institute for Healthy Aging.

Organizations sponsoring the selected leader will be expected to offer at least one *Stepping On* participant workshop by December 31, 2016.

The three day *Stepping On* Leader training will be conducted in:

West Des Moines, Iowa: August 10, 11 & 12, 2016 8:30 a.m. – 5:00 p.m.  
SpringHill Suites (Marriott), 1236 Jordan Creek Parkway, WDM, IA 50266; (515) 223-9005

Clinton, Iowa: August 17, 18 & 19, 2016 8:30 a.m. – 5:00 p.m.  
Hampton Inn-Clinton, 2781 Wild Rose Drive, Clinton, IA 52732; (563) 243-5555

\*\*note- the first day of training will be at Mercy-Clinton\*\*

**Expenses covered at training:**

- 3-day *Stepping On* Leader training fee (\$1,500 value)
- *Stepping On* Leader Course Materials, including a Leader Manual, *Stepping On* Leader Toolkit, ankle weights and after training access to and explanation of all on-line Leader materials. (\$200 value)
- Fidelity review of the first *Stepping On* local workshop by Master Trainer

**Expenses participants will be responsible for:**

- Transportation
- Lodging
- Registration fee of \$100.00 per person (covers beverages, lunches and snacks)

Thank you for your consideration of this request. We look forward to working with you in this very important endeavor. Feel free to contact me at [mhanson@i4a.org](mailto:mhanson@i4a.org) or 515-210-7008 with any questions.

Sincerely,

Mark Hanson  
Program Administrator  
Iowa Association of Area Agencies on Aging

### The Research

*Stepping On* is a community-based, small-group program designed to reduce falls and build confidence in older adults. Developed in Australia and tested in a randomized controlled trial, the *Stepping On* program demonstrated a 31% reduction in falls.<sup>1</sup> The Centers for Disease Control and Prevention (CDC) developed an American version of *Stepping On* that has been tested in the United States and shown to achieve results similar to the original.

### Program Overview

*Stepping On* empowers older adults who have fallen or who have a fear of falling to recognize and carry out health behaviors that reduce their risk of falls. The program is designed to assist older adults to take control of their falls risk, explore different coping behaviors and encourage follow-through of safety strategies in everyday life. The program includes both a group workshop setting and individualized follow-up. Workshops are facilitated by two individuals, either two trained Leaders, or after the Leaders first workshop, one Leader and one Peer Leader. A Leader is a current or retired healthcare professional, social worker, aging network professional, health educator or fitness expert who has successfully completed the *Stepping On* Leader Training. The Peer Leader is an older adult who has successfully completed a *Stepping On* workshop. Because a first workshop must be led by two trained Leaders, individuals selected for this Leader Training must have identified the individual to serve as their co-Leader for the first workshop in their community.

The program is offered in a two-hour session once a week for seven weeks, followed by a home visit or phone call to each participant after the seven sessions, and a booster session three months later. *Stepping On* leaders must invite volunteer Guest Experts in content areas of exercise, vision, medications, and community safety to lead segments for specific sessions as identified in the Leader Manual and Leader Training. Classes are highly participative: mutual support and success build the participants' confidence in their abilities to reduce their risks of falls and maintain active and fulfilling lives.

### Qualifications to Become a *Stepping On* Leader

Leaders must be a health care professional, health educator, aging network professional or fitness instructor. They must have experience leading groups of older adults, be able to demonstrate the strength and balance exercises and modify and advance, them. Leaders must be comfortable tightly following the manual and exhibit enthusiasm for and commitment to falls prevention and the program. If employed, Leaders must have secured permission and commitment from their employer to both attend the Leader Training and to have time to plan and conduct the workshop regularly.

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<sup>1</sup> Clemson, L., et al., *The effectiveness of a community-based program for reducing the incidence of falls in the elderly: a randomized trial*. American Geriatrics Society Journal, 2004. 52(9): p. 1487-1494.

## Overview of Stepping On Sessions

<b>Session 1</b>	<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.
<b>Session 2</b>	<b>The Exercises and Moving about Safely</b> Review and practice exercises with <b>guest physical therapist</b> , explore the barriers and benefits of exercise, moving about safely – chairs and steps, learning not to panic after a fall.
<b>Session 3</b>	<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.
<b>Session 4</b>	<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.
<b>Session 5</b>	<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.
<b>Session 6</b>	<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.
<b>Session 7</b>	<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.
<b>Home Visit or Call</b>	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.
<b>Three-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.	

## ***Stepping On Leader Application***

### **Selection Criteria**

The three-day *Stepping On* Leader training opportunity is limited to 5 teams of two at either the West Des Moines or the Clinton location. The following selection criteria will be used to determine participants (representing their supporting organization site) to be invited to the training:

#### ***Stepping On Leaders should have:***

- Experience offering programming for older adults and adults with disabilities;
- Ability to recruit older adult participants;
- Capacity to observe and evaluate peer leaders;
- Access to barrier-free locations for classes in a private setting;
- Willingness to partner with other community organizations;
- Ability to sustain the *Stepping On* program; and
- Ability and commitment to maintain program fidelity.

#### **Selected *Stepping On* Leaders will:**

- Submit completed application materials, including a signed Commitment Form by deadline
- Agree to participate in Falls Prevention Grant data collection on program participants.
- Agree to serve as a contact for the *Stepping On* program as part of a network of Iowa trainers.
- Pay the \$100.00 registration fee if selected for the training.

#### **Preferences:**

- Geographic location to facilitate statewide representation.
- Demonstrate collaboration between health care providers and/or community service organizations.
- Commitment to training two individuals who will lead the *Stepping On* classes. (*Stepping On* leaders need to teach as teams. If you may be interested to train by yourself please contact Mark Hanson, [mhanson@i4a.org](mailto:mhanson@i4a.org) by phone (515) 210-7008 to discuss.
- Experience in offering programming for older adults and adults with disabilities.

**All completed application documents *must be submitted at the same time via mail or email by 5 p.m. on July 15, 2016* to:**

Mark Hanson, Program Administrator  
Iowa Area Agencies on Aging  
1111 9<sup>th</sup> Street, Ste. 285, Des Moines, Iowa 50314  
Email: [mhanson@i4a.org](mailto:mhanson@i4a.org) Phone: 515-210-7008

## Stepping On Leader Application

Please provide the following information describing your ability to meet the selection criteria.

Name of Potential <i>Stepping On</i> Leader:		Title	
Agency Name			
Agency Street	City	State	Zip
County or Counties Where You Will Provide <i>Stepping On</i> program.			
Email	Phone	FAX	
Qualifications			
Training Capacity – Describe your plans to facilitate at least one <i>Stepping On</i> workshop for older adults before December 31, 2016 and a second workshop in 2017.			
Workshop Capacity – Describe the training workshop site(s), including location, access, privacy, size, parking and space available for the program.			
Recruitment Capacity – Describe your experience offering programming for older adults.			
An organization or community must send two people to Leader Training so the trained leaders can co-lead the first two required workshops...with whom do you plan to co-lead with? (Note that your co-leader must also apply for, be accepted for and successfully complete the Leader Training.) If you do not have a partner to train with you, please contact Mark Hanson at <a href="mailto:mhanson@i4a.org">mhanson@i4a.org</a> or call (515) 210-7008 to discuss prior to submitting your application.			
Guest experts are required for several of the <i>Stepping On</i> sessions. A physical therapist is required for three sessions, a pharmacy expert, a vision expert and a community safety expert are required for one session. How will you identify these professionals?			
Partnerships – Identify other community organizations and describe how you will work in collaboration with them, including obtaining referral of program participants for the successful implementation of <i>Stepping On</i> .			

## Stepping On Application Continued

Sustainability – Describe your agency’s commitment to support this initiative and the type of in-kind support it will provide (e.g., staff time, training space, office supplies, etc.).	
Sustainability – Describe a sustainability plan; how you will create infrastructure for program coordination to include: leader and participant recruitment, marketing and maintaining a plan to offer at least two workshops per year.	
Affordability – Providers may charge a fee for the classes to offset the expenses. Please describe the fee structure (if any) you propose to use.	
_____	_____
Signature of applicant	Date

Please visit [www.wihealthyaging.org/stepping-on](http://www.wihealthyaging.org/stepping-on) for additional information about the Stepping on program. It is highly recommended to view this 27 minute video about *Stepping On* prior to submitting your application.

<http://dhsmedia.wi.gov/video>

It is recommended to have a copy of the Planning Guide for the webinar viewing.

[https://wihealthyaging.org/what-you-need-to-get-started\\_1](https://wihealthyaging.org/what-you-need-to-get-started_1)

### Required Attachments

- Signed *Stepping On Leader Commitment* Form
- Signed *Leader Application* form

## Stepping On Leader Commitment Form

The following section must be completed by **Leaders applying to train for either the August 10-12 in WDM the August 17-19 in Clinton.** By initialing each item below, I am agreeing to the specific responsibilities involved in becoming a *Stepping On* Workshop Leader. I agree to:

- \_\_\_ Attend the full three-day training course.
- \_\_\_ Work with my Sponsoring Organization to begin to complete the *Stepping On* Local Planning Guide and bring it with me to the Leader Training.
- \_\_\_ Conduct at least two *Stepping On* community-based workshops, with the first prior to December 31, 2016.
- \_\_\_ Use the WIHA marketing materials in all promotional materials; keep up-to-date with program updates as provided by WIHA; provide up-to-date contact information to WIHA; and maintain communication with a designated local contact, if an individual is identified at the training.
- \_\_\_ Participate in Falls Prevention Grant data collection on program participants and post workshops to The Iowa Department on Aging website.

My application is for the West Des Moines, IA training	Yes_____	No_____
My application is for the Clinton, IA Training	Yes_____	No_____
I would like to be considered for either training	Yes_____	No_____

I understand that the *Stepping On* program is scripted and that it is critical for the success of the programs that Leaders closely follow the script and not share personal advice.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

Our organization agrees to be the Sponsoring Organization for this *Stepping On* Leader.

\_\_\_\_\_  
SIGNATURE, SPONSORING ORGANIZATION REPRESENTATIVE

\_\_\_\_\_  
DATE

- Submit all application materials by mail or email by 5 p.m. on **July 15, 2016** to:  
Mark Hanson, Program Administrator  
Iowa Association of Area Agencies on Aging  
1111 9<sup>th</sup> Street, Ste. 285  
Des Moines, Iowa 50314  
[mhanson@i4a.org](mailto:mhanson@i4a.org)

### Before Training

- Sponsoring Organization identifies appropriate individuals to be trained as Leaders, or individuals who have an interest in being trained as Leaders identify an organization to serve as sponsor.
- Watch the Video.
- Sponsoring Organization and potential Leaders discuss and review implementation tasks (see below) and make preliminary agreement on the division of tasks.
- Sponsoring Organization selects a date to begin the first *Stepping On* workshop within two months after the Leaders complete training.

### Training

- Potential Leaders attend three-day Leader training.
- WIHA issues *Stepping On* certificates after Leaders successfully complete Leader Training.

### Implementation Tasks

#### Preparation

With the Sponsoring Organization, two Leaders plan the first workshop, and agree upon division of tasks below:

- Create display
- Purchase weights (provided at training)
- Decide about fees
- Select dates and location for the workshop
- Invite Guest Experts
- Market program
- Recruit and screen potential participants
- Take registrations
- Obtain refreshments
- Make copies of workshop handouts (provided at training)