

Stepping On

Stay steady on your feet!



Stepping On is a FREE 7 week fall prevention program for older adults who have had a fall or are fearful of falling.

© Clemson and Swann 2019





What is Stepping On?

Stepping On is a 7 week face-to-face program delivered in the community. It will help you stay independent and learn how to reduce your risk of falling. It is available in English and other languages.

What is involved?

- Weekly 2 hour sessions delivered in your local community.
- Talks from experts on fall prevention topics.
- Gentle group exercise to improve your balance.

Who can join?

- People aged 65+ years, or Aboriginal people aged 45+ years, who have a fear of falling or have had a recent fall.
- Participants must live at home in NSW.
- Participants must be able to walk independently, or with a walking stick.
- Stepping On is not suitable for people with dementia or other neuromuscular conditions.

To register for Stepping On
call 1800 255 774 or visit:
activeandhealthy.nsw.gov.au/so

Call 13 14 50 to access a free translator

