

STEPPING ON TRAINING DAY



Date: 11th of March
2024

Time: 9:00 AM – 4:00 PM

Location: 1 Glover st
Lilyfield Sydney

Cost: \$600 per person

Build Confidence, Prevent Falls

Are you interested in facilitating a Stepping On program? If you are an allied health, nursing or community worker with an aged care certificate, incl. CALD. You can!

What you will learn:

- ✓ How to plan and implement Stepping On programs, using our Stepping On manual as a resource.
- ✓ Key evidence-based prevention strategies to enable older people to reduce their risk if falling.
- ✓ How to resource and up-skill experts and incorporate other community resources.
- ✓ The importance of building trust and cohesiveness among group participants and using the group as a learning environment.
- ✓ How to set homework in ways that participants will practice and implement targeted behaviours in everyday

**Stepping
On**

Facilitator will be Megan Swann, Occupational Therapist and co-author of the Stepping On Program

Enquiries through our website
www.steppingon.com/contact-us/