

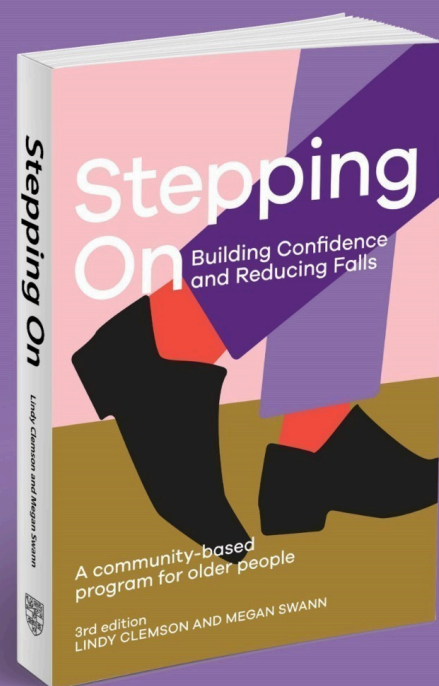
Build Confidence, Prevent Falls

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 of 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 TRAINING DAY



Date: Mon 17th March 2025

Time: 8:45am to 4pm

**Location: 1 Glover st
Lilyfield Sydney**

Cost: \$620 per person

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/