



# Loring Hospital's "Stepping On" Falls Prevention Program for Senior Citizens

Overview of our 8 week program to help you prevent falls in your home and in your community.

## Session 1—Introduction & Overview

Get to know each other, overview of program, share fall experiences and choose topics important to the group. Physical therapist introduces balance and strength exercises.

## Session 2—Exercise and Moving about Safely

Review and practice exercises from session 1, explore barriers and benefits of exercise, moving about safely—chairs and steps, learning not to panic after a fall.

## Session 3—Advancing Exercises and Home Hazards

Discuss when and how to advance your exercises, identify hazards in and around the home and problem-solving solutions.

## Session 4—Vision, Footwear and Community Safety

Discuss influence of vision and risk of falling, strategies to get around your local community and reduce risks of falling. Shoe safety and identify clothing hazards.

## Session 5—Bone Health, Medication and Sleeping Better

Discuss vitamin D importance and calcium to protect from fall related injuries. Medications that increase fall risks and strategies to sleep better.

## Session 6—Getting Out and About

Discuss and try hip protectors. Explore different weather conditions that could lead to falls. Practice safe mobility techniques learned during the program.

## Session 7—Review and Plan Ahead

Review exercises and personal accomplishments from the previous 7 weeks. Reflect on what you've learned and how to continue to implement your fall prevention strategies.

## Session 8—Home Visit or Call

Support and follow-up of preventative strategies and assist with any home modifications.



Contact the Loring Rehabilitation Department  
for more information, 662-7105  
or visit [www.loringhospital.org](http://www.loringhospital.org)