



ROYAL  
REHABILITATION  
COLLEGE

ROYAL  
REHABILITATION CENTRE SYDNEY

# 'STEPPING ON' TRAIN THE TRAINER

with MEGAN SWANN

## WHY ATTEND?

The growing evidence is that the introduction of the *Stepping On* community based falls prevention program in Australia has resulted in a 30% reduction in falls in the community.

This course will equip you to run community based *Stepping On* programs for older people in your communities based on research into the effectiveness of a community-based falls prevention program conducted by Lindy Clemson, co author of the *Stepping On* program..

The workshop will be facilitated by Megan Swann the co author of the *Stepping On* program. Megan has run over 70 *Stepping On* programs in Sydney and Newcastle. She has been facilitating *Stepping On* programs and training other staff across NSW to embed the program in their work practice for 13 years.

## WHAT WILL YOU LEARN?

- The issues related to planning and implementing *Stepping On* programs.
- How to use the *Stepping On* manual as a resource for the program.
- 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

## WHO SHOULD ATTEND?

Anyone interested in facilitating a *Stepping On* program, from an allied health , nursing and community worker background, including CALD.



ROYAL  
REHABILITATION  
COLLEGE

ROYAL  
REHABILITATION CENTRE SYDNEY

## Sydney

th of V                      2012  
Royal Rehabilitation Centre, Ryde NSW

### **COST**

\$295 per person, including manual valued at \$85.95

### **REGISTRATION**

Please register on line and an invoice will be emailed to you, once numbers are confirmed.

**<http://www.royalrehab.com.au/college/enrolment.html>**

10 participants are required for the program to go ahead.

**Register / Enquiries**    Anne Gildersleeve (Course Coordinator)

**Email:**        [enquires@royalrehab.com.au](mailto:enquires@royalrehab.com.au)

**Facsimile:**        (02) 9808 9645

**Telephone:**        (02) 9808 9626