**TRAIN THE TRAINER**
*Build Confidence, Prevent Falls*

**WORKSHOP INFORMATION**

**Date** Monday 14th October 2019  
**Time** 9:00 AM – 4:00 PM  
**Location** Chermside Community Health Centre, 490 Hamilton Rd, Chermside QLD  
**Cost** $395  
**Facilitator** Megan Swann, Occupational Therapist and co-author of the Stepping On Program.

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

**Target Audience** Someone interested in facilitating a Stepping On program, an allied health, nursing or community worker with an aged care certificate, incl. CALD.

**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 amongst 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 lives.