

**NEWS
RELEASE**



Health
Western NSW
Local Health District

Stepping On with confidence

17th March 2015 – Would you like to be more confident at home? Maintain your independence? Meet new people and get some exercise? If so, Stepping On may be the program for you.

The Stepping On Program is a free program for the Gilgandra and surrounding communities and is being offered by the Western NSW Medicare Local and Western NSW Local Health District. It is available for people aged 65 and over who are living at home and able to walk independently or with a walking stick.

Considered to be one of the most effective evidence based falls prevention programs available, the program's effectiveness has been demonstrated to show a 31% reduction in falls (Clemson et al 2004).

The program includes practical exercises to improve strength and balance and covers a range of topics, from vision and medication management to moving about safely in the community, with sessions facilitated by local specialist health professionals and invited guest speakers.

Eight local women completed this program in November 2014 and their feedback was very positive. We would welcome any men or women who have had a fall in the past 12 months or who have a fear of falling.

The next Stepping On program is starting on Thursday 9th April at Gilgandra MPS Social Activity Centre. The group based sessions run for two hours a week for seven weeks, commencing at 10.30am, followed by a refresher session two months later.

Participants can expect to have some fun and enjoy visits by some excellent guest speakers and have a chat over a cuppa while developing some potentially life changing strategies to improve strength and balance.

The program will once again be facilitated by local registered nurses Megan O'Connor from Western NSW Medicare Local, and Heather Ayson from Gilgandra Community Health.

For more information or to be part of this exciting program, contact Megan on 6880 5945, or Heather on 6880 5943.

-ENDS-

About Western NSW Medicare Local

The [Western NSW Medicare Local](#) is a coordinating body for primary care (out of hospital) services, gathering information about the health needs of the region, and connecting local services. We work with communities and service providers to help consumers to access the right care in the right place at the right time.

For any media inquiries or interviews, please contact:

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