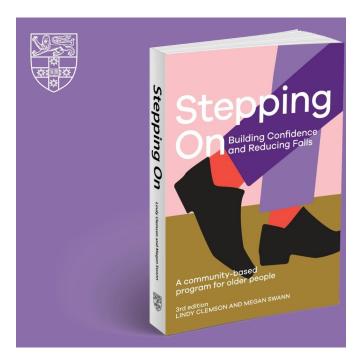
## STEPPING ON TRAINING DAY



Date: 4th of September 2023

Time: 9:00 AM – 4:00 PM

Location: 1 Glover st Lilyfield Sydney

Cost: \$550 per person

## Build Confidence, Prevent Falls

Are you interested in facilitating a Stepping On program? If your 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 if 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** 

Facilitator will be Megan Swann, Occupational Therapist and co-author of the Stepping On Program Enquiries through our website www.steppingon.com/contact-us/