

Stepping On

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Building Confidence and Reducing Falls in Older Adults

Kristi L. Ladowski, MPH

*Stepping On Master Leader
Injury Prevention & Outreach Coordinator
Stony Brook University Hospital*



- Created by an OT in Australia
- Theory Driven
 - Decision Making
 - Bandura's Self Efficacy
- Brought to US through Wisconsin WIHA
- Evaluated Fall Risk Reduction
 - 31% Australia
 - 50% US
- NYS License Holders:
 - DOH
 - Independence Awareness
 - Northwell Health

Latest Articles

- [Cost-benefit of 3 fall prevention intervention](#) – Carande-Kulis V., et al,. A Cost-benefit analysis of three older adult fall prevention interventions, Journal of Safety Research (2015).
- [Mahoney Stepping on in Geriatrics models of care 2015-1](#) – Extract from a book by Mahoney J, Clemson L and Lovarini M, which talks about Stepping On as a successful program
- [Root Cause Analysis Paper](#) – Fidelity
- [Delphi Paper](#) – Key Elements



- Small group cognitive-behavioural approach
- Enhancing self-efficacy
- Decision making theory to guide participants in exploring barriers and options
- Adult learning principles to develop skills and knowledge
- Strategies to encourage behavioural change and follow through

Adult Learning

- Environment, Slow Pace, Plain Language, Trust, Optimism, Story Telling, etc

Programmatic Aspects

- Group Size, Homework, Snacks and Beverages

Exercises and Upgrading

- Exercises linked to Function, Weights, Advancing

Home Visit/Booster Session

- Review, Reinforcement, Modification

Group Leader

- Facilitator, Prompting, Interpreting, Reframing

- 7 Week Workshop, meet 1/week for 2 hrs
- Class size 10-14 people
- Facilitated by 2 Leaders OR Leader and Peer Leader
- Guest Experts
 - PT
 - Pharm
 - Vision/OT
 - Community Safety

Subjects covered include:

Home Safety



Exercise



Community Safety



Safe Footwear



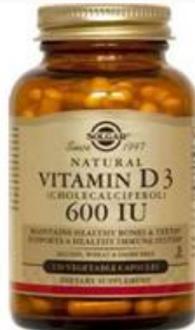
Vision

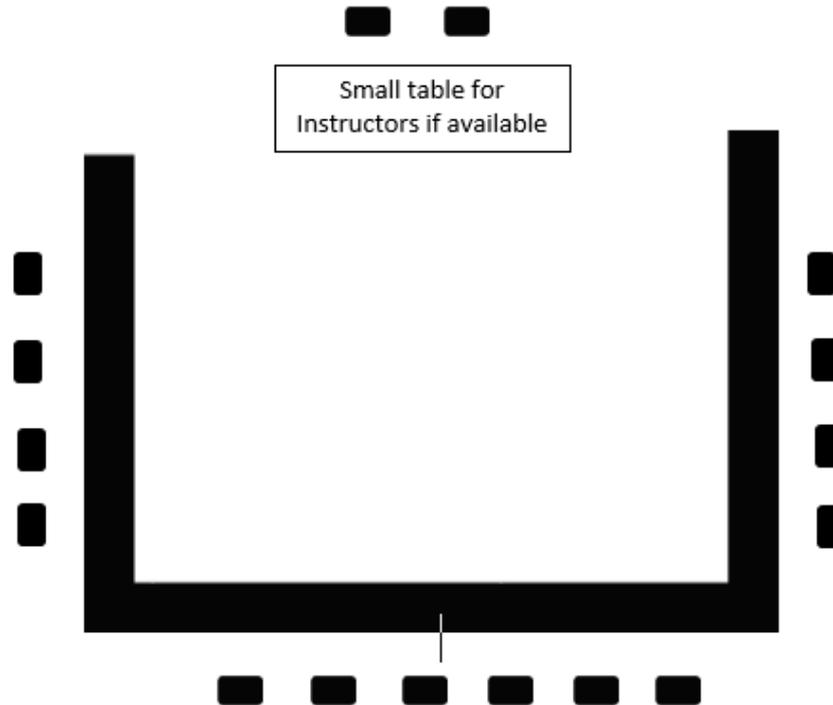


Medications



- **Week 1:** Intro, Overview, Choosing What to Cover (*PT*)
- **Week 2:** Exercises and Moving About Safely (*PT*)
- **Week 3:** Advancing Exercises and Home Hazards
- **Week 4:** Vision & Falls, Community Safety, Footwear (*OT/Vision*)
- **Week 5:** Medication Management, Bone Health, & Sleeping Better (*PharmD*)
- **Week 6:** Getting Out and About (*PT*)
- **Week 7:** Review and Plan Ahead
- **Home Visit/Call:** Support and Follow through
- **Booster Session:** Review Achievements and Keep Going





Tables/Chairs for participants in a “U” shape facing Screen Wall

*Prefer sturdy chairs with arm rests if available

Stepping On is designed specifically for people who are:

1. At risk of falling
2. Have a fear of falling, or
3. Who have fallen one or more times



Who should take the workshop?

Stepping On is for older adults who:

- Live in their home or independent apartment
- Are able to walk without the help of another person
- Do not use a walker, scooter or wheelchair most of the time indoors
- Are cognitively intact
- Understand the language being used by the *Stepping On* Leader

Core Principals:

- Facilitation to effect behavior change
- Decision-making as a process
- Principles of adult education
- Self-efficacy as a tool for change
- Mastery experience as a tool for change
- Group process
- Preventive Framework

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Thank you!

