

NEWS RELEASE

For Immediate Release

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Stepping On class helps seniors avoid falls

APPLETON (Feb. 6, 2008) — With an estimated one in three people over age 65 documented as fall victims each year, sure-footedness is a concern for many senior citizens. A new program from the Aging & Disability Resource Center (ADRC) branches in Calumet, Outagamie and Waupaca counties hopes to help people feel more confident and safe in and around their homes.

Stepping On is a fun, interactive falls prevention program aimed at educating participants and building confidence in order to reduce and eliminate falls, said Nancy Krueger, health and wellness coordinator for the ADRC. The seven-week program is led by two health professionals and focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls.

“Besides causing physical injury, victims of falls tend to lose their confidence and become less independent,” Krueger said. “Falls among older adults is a very serious problem, especially in Wisconsin. Wisconsin ranks No. 2 for falls among older adults.”

The first Stepping On program will be at the Appleton YMCA, 218 E. Lawrence St., from 1 to 3 p.m. on the following dates: March 18, March 25, April 1, April 8, April 17, April 22 and April 29. The cost for the seven-session class is \$30 and registration is limited to the first 12 people who sign up. To register, please contact Krueger at 920-740-9572.

More classes will be offered in the future at other locations and will be announced upon availability.

“Stepping On will benefit anyone who has had a fall in the past year or has a fear of falling,” Krueger said. “The program will help seniors learn to step outside of the home

with confidence and become aware of falling hazards and risks, which can help avoid injury.”

The ADRC opened in July 2006 and is designed to be a no-cost, single point of contact for senior citizens and individuals with disabilities in Calumet, Outagamie and Waupaca counties looking for assistance.

For more information on Stepping On and other services offered by the ADRC, please visit www.yourADRCresource.org

Site locations for the ADRC are as follows:

- **Calumet County**
206 Court Street
Chilton, WI 53014
920-849-1451

- **Waupaca County**
811 Harding Street
Waupaca, WI 54981
715-258-6400

- **Outagamie County**
401 S. Elm Street
Appleton, WI 54911
920-832-5178

**All locations can be reached toll-free by calling:
1-866-739-2372. Persons with hearing or speech
disabilities may call Wisconsin Relay Text Telephone
(TTY) 7-1-1 to receive ADRC services.**

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