

Free 3 day Leadership Training

# Stepping On

A falls prevention program

*Join us and become a trained Stepping On leader. Stepping On is an evidence-based falls prevention workshop for seniors in your community.*

**When:** February 12th-14th 2020

**Where:** Utah County Health Department

151 S. University Ave, Room 1600/1601  
Provo, UT 84601



**Time:** 8:30 am– 4:00 pm each day

**You will receive:** Stepping On Training Free of charge, Stepping On leader manual and DVDs also included. **Registration is due by January 15th, 2020.**

**What is expected of you:** **1)** Co-lead at least 2 workshops in the coming year to independent-living older adults. **2)** Sign a letter of commitment (attached). **3)** Receive a fidelity check by a Stepping On Master trainer during one of your workshops (more details on back).

**Details:** You must arrange for your travel, reimbursement, lodging, meals and related costs. One hour will be given each day for lunch; options include nearby fast-food restaurants or brown bags) only water and light snacks will be provided throughout the training.

**Stepping On Leader Training, Feb. 12th-14th E-mail** this information no later than **January 15th** to Marla Brannum at marlab@utahcounty.gov or **Fax** to 801-851-7508

Questions? **Call** Marla @ 801-851-7513 or **e-mail** at above address:

**Name** \_\_\_\_\_

**Daytime Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Organization/address** \_\_\_\_\_

# Frequently Asked Questions

## **What is Stepping On?**

It is a CDC evidence-based falls prevention program, requiring standardized training for its leaders. The 7 class series, that leaders will conduct in their communities upon completion of the training, is designed for older adults living independently at home or in senior communities. The training materials, including a manual and companion DVD's encompass the curriculum for conducting future Stepping On classes. For more information about Stepping On visit: [www.wihealthyaging.org](http://www.wihealthyaging.org)

## **Who qualifies for the training?**

Health Educators, Physical Therapists, Occupational Therapists, Nurses, Nurse Assistants, Senior Center Staff and others involved in the field of aging. A basic knowledge of the aging process is highly recommended.

## **How closely must leaders adhere to the curriculum? What's a Fidelity Check?**

To maintain universal program integrity, new leaders must undergo a fidelity check from a Master Trainer during their first workshop. The fidelity check assesses adherence to the curriculum of the session taught, interaction and leadership qualities. Details will be provided during the training.

## **What are the Trainers' credentials?**

Mary Ruth Forsey is a Register Nurse for the Utah County Health Department and Dignity Home Health. Mary Ruth has many years of experience in home health and is passionate about reducing falls among seniors. In September of 2010, she became the first Stepping On Master Trainer for the State of Utah. Marla Brannum is the Injury Prevention Program Coordinator for Utah County Health Department (UCHD). She earned her BS in Public Health Education from BYU in 2010. Carrie Bennett is the Chronic Disease Prevention Program Coordinator for UCHD. She earned her BS in Community Health Education from UVU in 2007. These Master Trainers have co-lead numerous workshops and state-wide leadership trainings.

## **How do I get there?**

From Interstate 15 take Exit 263 (University Avenue Exit) and go northbound. Continue northward until you reach 200 S. Turn right on 200 S and head eastward. The second driveway on the left will take you into the parking structure for the Health and Justice Building. Park in any available space. We are in the Health and Justice Building on the 1st floor in room 1600/1601.