

Stepping On Key Elements

Elements related to adult learning:

- Introductions
- Environment
- Slow pace
- Invite feedback
- Plain language
- Develop trust
- Use prevention framework (page 7)
- Keep group focused
- Invite group suggest topics
- Include discussion of last week's topics
- Use story
- Use optimism and positive talk
- Help break down solutions into simple steps
- Link strategies and skills to personal goals
- Use a variety of medium to support learning styles
- Engage people in what is meaningful and contextual for them
- Facilitate engagement of all members of group

Programmatic elements:

- Group size of 10-14 participants
- Topic handouts
- Objectives reviewed with group
- Apple game (session 3) with group discussion
- Homework is assigned each session
- The prior week's homework is reviewed each session
- Medication record card with group discussion
- Invited experts prepped ahead of time by facilitator
- Facilitator reviews key messages from invited experts
- Final group evaluations in the last session
- Snacks and beverages

Elements related to exercise:

- Introducing the exercises in the first session
- Introducing the concept of advancing exercises in the first session

- Training participants in cues for self-monitoring quality of exercises
- Facilitator learns about exercises and understands how to progress them
- Facilitator links exercises to preventing falls
- Facilitator encourages snacking
- Facilitator collects exercise homework
- Facilitator has weights available at the class for participants to borrow
- Facilitator shows where to buy or obtain weights and how to put them on
- All exercises in the manual are taught
- Each session has some exercise

Elements related to progressing exercises:

- Facilitator learns about exercises and how to progress them
- Teaching the participants the importance of challenge to balance (session one)
- Facilitator believing that progressing exercise is important
- Facilitator having strong self-efficacy that they can safely progress exercises
- Facilitator encouraging participants to advance exercises, as able, throughout the sessions
- Facilitator encouraging participants to advance to not holding on during exercise, as able, throughout the sessions
- Facilitator encouraging the use of weights, as able, throughout the sessions

Elements related to home visit:

- Assistance with follow-through of fall prevention strategies and activities
- Reinforcement of those fall prevention activities that have been accomplished
- Support, and if necessary, assistance with putting into practice the safety strategies they have learned related to home and community environment
- Supplementation of participant's assessments of fall hazards in and about the home
- Assistance with home adaptations and modifications, if required
- Assistance with referral to support service (upon request)
- Occurs in the home, as opposed to over the phone

Elements related to the booster session:

- Objective of reviewing changes that have been put in practice
- Objective of reviewing exercise barriers and facilitators
- Timing of the booster session is around 3 months

Elements of the facilitator's role:

- Facilitator is skilled at story telling

- Facilitator is skilled at prompting story telling
- Facilitator is skilled at interpreting themes and reframing ideas
- Facilitator is skilled in using the decision-making framework
- Facilitator encourages increased sense of ownership by participants
- Facilitator inquires about and accommodates needs related to vision or hearing impairment
- Facilitator understands the concept of ‘target the behavior for change’
- Facilitator debriefs with co-facilitator after each class
- Facilitator calls people who miss a session
- Facilitator provides instruction to key expert before expert comes
- Facilitator provides monitoring and feedback to invited expert about getting across key messages, using relevant examples, using group process and using plain language

Elements regarding facilitator training and background:

- Facilitator has a good knowledge of exercise
- Facilitator has a good knowledge of fall prevention topics
- Facilitator has previous experience with facilitating adult groups
- Facilitator has the ability to work with seniors (i.e. experience, understanding their needs)

Elements regarding invited expert who introduces the exercises:

- The invited expert has previous exercise training or experiences with older adults

Elements of the peer co-facilitator:

- Prompting questions
- Role modeling how to be an active participant in the class

Source: Mahoney JE, Clemson L, Schlotthauer A, Mack KA, Shea T, Gobel V, Cech S. Modified Delphi Consensus to Suggest Key Elements of Stepping On Falls Prevention Program. *Front Public Health.* 2017 Feb 20;5:21. doi: 10.3389/fpubh.2017.00021. PMID: 28265557; PMCID: PMC5317011.