**Potential License Holder Quick Info**

Thank you so much for your interest in the high-level evidence-based falls prevention program, ***Stepping On*.** We’ve listed below a few key points about the program, training, licensing, and fees that we have found most individuals first ask about.

1. ***Stepping On*** is endorsed by the CDC because it is multi-factorial. It covers the four major domains of fall prevention: #1-Balance and Strength Exercises; #2-Medication Review; #3-Vision Review; and #4-Home Modification. The curriculum also addresses safe footwear, sleep hygiene, community mobility, and other issues.
2. **Target population** is adults age 60+ (average age well into 70s) who are: community-dwelling (not in nursing home or assisted living); do not use a scooter, wheelchair, or walker indoors (a cane is fine, and if they use a walker only when leaving the home, also fine); and are cognitively intact. If participating online, they must have a computer with camera and adequate space.
3. **The workshop is**:
   1. 7 weeks long, 2 hours each session plus 2 follow-ups.
   2. Available for in-person or virtual delivery.
   3. Led by TWO trained facilitators who have successfully completed either the 3-day in-person facilitator training or the 4-day online facilitator training.
4. **Qualifications to become a *Stepping On* facilitator**:
   1. be a health care provider, an aging network professional, or fitness instructor
   2. have experience working with groups of older adults. Ideally, the facilitators have experience leading other evidence-based programs.
   3. Complete the 3-4 hour online course: *Basic Training for Facilitation of Evidence-Based Health Promotion Program* (“Basic Training”) provided by WIHA.
5. **Other Requirements**:
   1. PARTICIPANT EXERCISE MANUALS AND OTHER HANDOUTS
   2. ANKLE WEIGHTS
   3. DISPLAY
   4. FOUR GUEST EXPERTS
   5. SNACKS (if in person)
6. **2022 Fees**:
   1. $750 per person for non-Wisconsin facilitators for the facilitator training fee (at least 2 individuals must be trained because the program requires two facilitators)
   2. Three-year license fee. Currently $3,250 for three years if sole license holder. Fee increases if affiliates are added.
7. **Opportunity for master trainers:** 
   1. WIHA has developed a path for license holders’ facilitators to become master trainers so that going forward, the license holder organization can train their own Stepping On facilitators.

For more information on the ***Stepping On*** program, please review the implementation guide available on our website. Email [Falls@wihealthyaging.org](mailto:Falls@wihealthyaging.org) with any additional questions.