

Pisando Fuerte is the **culturally adapted** version of **Stepping On**, a high-level evidence-based falls prevention program. The program was adapted for Spanish-speaking communities in collaboration with community-based organizations for Hispanic/Latino older adults, as well as experts in fall prevention, health promotion in Hispanic/Latino populations, language translation, and kinesiology.

Modifications to the program were performed to increase **acceptability, engagement, and adherence** to the program.



	<b>Stepping On</b>	<b>Pisando Fuerte</b>
<b>Language</b>	English	Spanish
<b>Reading Level</b>	8 <sup>th</sup> Grade	8 <sup>th</sup> Grade Facilitator Manual 3 <sup>rd</sup> Grade Participant Handouts
<b>Ankle Weights</b>	Required	Optional
<b>Facilitator Background</b>	Healthcare professional or other with experience working with older adults.	Same as Stepping On PLUS Community Health Workers or others who work with Hispanic/Latino older adults Must be fluent in Spanish
<b>Guest Experts</b>	Must attend live	Optimally, a Spanish-speaking guest expert will attend. If not, an English-speaking guest expert with an interpreter can attend. If that's not possible, there are recorded videos which may be used as a last resort.
<b># of Sessions Last Session</b>	7 sessions + Refresher	8 sessions + Refresher Participants are asked to invite family and friends to last session for a celebration
<b>Incentives</b>		Offered for turning in homework.
<b>Visual Aids Activities &amp; Fall Stories</b>		More to assist with literacy barriers Modified to provide additional opportunities to gain skills and reflect on Latinx cultural values such as <i>familism</i> , <i>personalism</i> , and <i>fatalism</i> .