



AGENDA

Stepping On Leader Training – Nasser Simulation Center at St. Vincent Day One – September 16th, 2019

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| 8:00 – 8:15 | Welcome and Housekeeping |
| 8:15 – 8:45 | Group Introductions and Training Expectations |
| 8:45 – 9:00 | Review Workshop Agenda and Objectives/parking lot |
| 9:00 – 9:20 | Background / Research / Key Elements and Fidelity |
| 9:20 - 9:35 | Facilitation vs. Classroom Style Teaching in Stepping On |
| 9:35 – 9:45 | BREAK 10 minutes |
| 9:45 – 10:15 | Causes & Consequences of Falls / Balance |
| 10:15 – 10:45 | Introduction to the <i>Stepping On</i> Manual and Stepping On Toolkit |
| 10:45 – 11:15 | Overview of the Program – Stepping On Week By Week |
| 11:15 – 11:45 | Leading <i>Stepping On</i> and Time Management / Participants / Co-leader as Time Keeper |
| 11:45 – 12:00 | Display |
| 12:00 – 12:30 | LUNCH – 30 Minutes |
| 12:30 – 1:45 | <i>Immersion Process</i> : Strength & Balance Role Play – Learning the Exercises |
| 1:45 – 2:00 | Working With Technology / Session Objectives Review |
| 2:00 – 2:30 | <i>Immersion Process</i> : Brainstorming and The Balance Sheet Exercise |
| 2:30 – 2:45 | BREAK 15 minutes |
| 2:45 – 3:00 | Self-Efficacy: Building Confidence / Community Safety |
| 3:00 – 3:30 | Applying the Decision-Making Framework: The Preventive Framework |
| 3:30 – 4:30 | Homework / Overview of Day 1 / Practice Facilitation #1 Assignments (Vitamin D difference between IOM and NOF) |



AGENDA

Stepping On Leader Training – Nasser Simulation Center at St. Vincent Day Two – September 17th, 2019

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| 8:00 – 8:30 | Welcome and Homework Follow-up |
| 8:30 – 9:00 | <i>Immersion Process</i> : Exercise Practice / Getting up from the floor |
| 9:00 – 9:45 | Home Hazards and Adult Learning Activity |
| 9:45 – 10:00 | The Use of Story Telling in <i>Stepping On</i> |
| 10:00 – 10:30 | Working With Groups |
| 10:30 – 10:45 | BREAK 15 minutes |
| 10:45 – 11:15 | Managing Challenging Personalities |
| 11:15 – 12:00 | Finding and Preparing Guest Experts |
| 12:00 – 12:30 | LUNCH – 30 Minutes |
| 12:30 – 1:00 | <i>Immersion Process</i> : Guest Expert Facilitation Practice #1 |
| 1:00 – 2:00 | <i>Immersion Process</i> : Practicing Facilitating A Stepping On Segment #1 -Session 5 |
| 2:00 – 2:15 | Debrief/Feedback from Practice Facilitation #1 |
| 2:15 – 2:30 | BREAK 15 minutes |
| 2:30 – 3:00 | Falls Quiz in Large Group |
| 3:00 – 4:00 | <i>Immersion Process</i> : Using the Preventive Framework with a Falls Story |
| 4:00 – 4:30 | Practice Facilitation #2 Assignments / Homework and Review |



AGENDA

Stepping On Leader Training – Nasser Simulation Center at St. Vincent Day Three – September 18th, 2019

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| 8:00 – 8:15 | Welcome and Questions |
| 8:15 – 8:45 | DVD: Stepping On and Community Safety |
| 8:45 – 9:05 | Home Visit and Booster Session |
| 9:00 – 9:20 | Key Elements Quiz Individually |
| 9:20 – 9:35 | Review Key Elements Quiz |
| 9:35 – 10:35 | Exercise Review and Exercise Group Activity |
| 10:35 – 10:45 | BREAK 10 minutes |
| 10:45-12:00 | <i>Immersion Process: Practice Facilitation #2</i> |
| 12:00 – 12:30 | LUNCH – 30 Minutes |
| 12:30 – 12:45 | Practicing Facilitation #2 Debrief |
| 12:30 – 1:00 | Working as a Team / What is a Peer Leader? |
| 1:00 – 2:15 | Marketing and Recruitment/ Resources and Getting Started / Connecting to Your Community |
| 2:15 – 3:15 | <i>Immersion Process: Using the Preventive Framework with a Falls Strategy</i> |
| 3:15 – 3:30 | Brainstorm: How to Make Stepping On Fun! |
| 3:30 – 3:45 | Review Training Expectations / Final Thoughts |
| 3:45 | Adjourn/ Certificates & Training Evaluation |