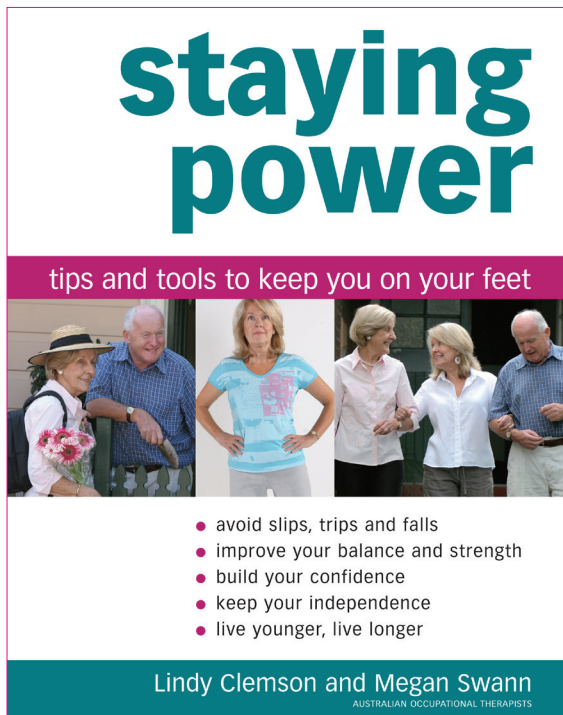




# Tips and Tools to Keep You on Your Feet



## About the book

*Staying power: tips and tools to keep you on your feet* gives practical and inspirational advice on how to prevent falls in your life. Through a combination of exercise and a healthy, active approach, you can beat what seem like the inevitable outcomes of getting older.

The ideas in *Staying power* are based on a community program called Stepping On, which has successfully changed the lives of many older people. This program reduced the falls rate of its participants by over 30%. Packed with ideas for setting up your home, getting out and about in your community and developing balance and strength in your body, as well as success stories from older people who have adopted these habits, *Staying power* will have you on your feet in no time and will keep you there.

## About the authors

### Lindy Clemson

Lindy is a public health researcher on ageing and an occupational therapist, with a PhD in epidemiology. She has over 40 publications and was the Principal Chief Investigator of the research into the effectiveness of a community-based falls prevention program, which became the Stepping On program.

### Megan Swann

Megan has worked as an occupational therapist for almost 30 years. She has run over 60 Stepping On programs in Sydney and Newcastle. She has been facilitating Stepping On programs and training other staff across NSW to embed the program in their work practice.

Together, Lindy and Megan developed the Stepping On program and wrote the manual *Stepping on: building confidence and reducing falls* (also published by Sydney University Press, 2008).

by Lindy Clemson and Megan Swann  
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