



Falls are a common cause of injury among older people.



At age 65, the odds of having a fall are about one in three – increasing to one in two by the age of 80.

The Otago Exercise Programme is a proven way to prevent falls, and avoid the injuries that often go with them.

How can I join?

For more information, contact your local OEP provider:

To see if the Otago Exercise Programme is right for you call 0800 844 657 or visit www.acc.co.nz/oep

For further tips on how to prevent falls, you can also request a copy of ACC's 'Standing up to Falls' booklet on 0800 844 657

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Otago Exercise Programme Helping older people to stand up to falls





What is the Otago Exercise Programme?

It's a programme based around exercises specially designed to improve your balance and strengthen your leg muscles.

The programme was developed by the Falls Prevention Research Group at the University of Otago Medical School.

The aim is to gradually improve your balance and strength over time. A walking plan is also part of the programme.

Who can take part?

You must be referred to the programme by a registered health professional, and must also:

- be aged 80 or older (65 or older if you are Maori or from the Pacific)
- live independently in the community
- have had a fall in the last 12 months, or been judged at high risk of falling when assessed by a registered health professional.

How is the programme delivered?

The Otago Exercise Programme is delivered in your home by a physiotherapist or specially trained nurse.

The programme runs for 12 months. During this time, the physiotherapist or nurse overseeing your programme will visit you six times, and keep in phone contact with you between visits.

You will also receive an exercise booklet to help you do your exercises.