

Project Title

Home Based Primary Care Exercise Program

Sponsoring Organizations

1. The Center For Industrial Effectiveness
2. University at Buffalo Department of Rehabilitation Science
3. The Department of Veterans Affairs, Buffalo

Summary of Program

The Home Based Primary Care Falls Prevention Exercise Program was developed as an evidence-based program that incorporated strengthening/flexibility, motor and sensory balance exercises. This program is a voluntary weekly class focused on improving the balance and mobility of older adults who currently display significant deficits. Classes last an average of 6 to 9 weeks. The class has been tested at the Department of Veteran Affairs Medical Day Program.

Program Staff

This program is implemented with a team approach. Every team has an “Instructor” and “Volunteers”. The Instructor is a Physical and/or Occupational Therapist or Physical and/or Occupational Therapy Assistant. The purpose of the Instructor role is to assess the clinical needs of the participants and ensure the program is appropriate for each older adult. The Instructor will be present at each class and will facilitate all activities involved in the class

The Volunteers are responsible for supporting the older adults as they progress through this program. Every older adult who participates is assigned a volunteer to offer constant support and to ensure his/her continued safety. Volunteers should be trained in the appropriate way to guard an older adult to support his/her balance during the exercise program as well as a safe method to return to a seated position if balance becomes compromised.

Toolkit Components

1. Instructor Guide used by class instructors to determine the activities of each week.
2. Patient Exercise Guide given directly to patients to support any exercise activity at home.

Impact on Falls Prevention

Over the course of the 6 week class the team found a statistically significant change the Functional Reach Test, the Activities Specific Balance (ABC) Scale, and self reported falls.