

## **Project Title**

Otago Exercise Programme

## **Sponsoring Organizations**

1. Erie County Senior Services
2. Independent Health
3. Willcare Home Health Care

## **Summary of Program**

This program was designed specifically to prevent falls. It was created by the Accident Compensation Corporation (ACC) of New Zealand. It consists of a set of leg muscle strengthening and balance retraining exercises progressing in difficulty, and a walking plan. The exercises are individually prescribed and increase in difficulty during a series of five home visits by a trained instructor. During the current implementation of this program the trained instructor was a Physical Therapy staff member from a certified home health company.

Each person receives a booklet with instructions for each exercise. The exercises take about 30 minutes to complete. Participants are expected to exercise three times a week and go for a walk at least twice a week. To help them adhere to the program, participants record the days they complete the program each month between home visits. Follow-up home visits are recommended every six months.

Through this collaboration the home care staff was able to support older adult participants as they progressed through the exercise program, while the case management staff at Senior Services was able to support continued adherence to the program. It was determined that follow up by case managers who were familiar with the patient was valuable to increasing program adherence over an extended period of time.

## **Impact on Falls Prevention**

1. 97% of participants who completed the program showed improvement on the Chair test with a decreased their score
2. 50% of participants improved their ambulation score
3. 20% of participants improved their ability to prepare meals at home.