

Project Title

Otago Exercise Program Edited Version – Implementation Tools

Sponsoring Coalition

1. Genesee County Coalition

Summary of Program

This toolkit item builds off the Otago Exercise Program, and should be used in conjunction while implementing Otago. Otago 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.

Genesee County made modifications to both the exercises and booklet contents. Health care professionals used this booklet as they determined what exercises would best support improvement in the specific participant they were working with. Providers throughout the county used this program with individuals at risk for falls. Another addition to the implementation strategy chosen by Genesee County was to provide participants with an optional home safety assessment. This addition was not part of the original Otago Exercise Program.

The Genesee County Coalition developed specific tools to support the implementation of this program throughout their county. Within this packet you will find

1. Otago Exercise Program Referral Form
2. Waiver of Liability and Release of Information – Exercise Program Referral
3. Waiver of Liability and Release of Information – Home Safety Assessment
4. Falls Prevention Home Safety Checklist

Throughout this tool items are highlighted in yellow to indicate the information that should be altered to support your individualize implementation.

Summary of Program

1. Otago Exercise Program: Edited Version – Implementation Tools