



Department of  
Health



# STAY ON YOUR FEET®

Move Improve Remove

## Introduction to the Otago Exercise Program

Are you a Physiotherapist, Occupational Therapist or Exercise Physiologist?

Do you want to deliver the Otago Exercise Programme to prevent falls?

The Otago Exercise Programme is an individually tailored, home based balance and strength falls prevention program delivered at home by a trained instructor. The results from trials report overall the exercise programme reduced by 35% both the number of falls and the number of injuries resulting from falls. Around 70% of the exercise participants were still exercising after one year and 43% exercised each week as prescribed. The Otago Exercise Programme is recommended for those aged 80 and older living in the community who have fallen in the past year, (Robertson MC et al. BMJ 2001; 322:697-701).

This workshop will provide an opportunity to learn about the practical implementation of the Otago Exercise Programme and to acquire the skills and confidence to deliver it for at risk clients in your clinical practise. It also provides an opportunity for clinicians to share their experience and knowledge in implementing exercise and activity programs in working with older adults at risk of falls.

### What will I learn?

- The principles of balance and strength training
- To clearly explain the rationale and benefits of the Otago Exercise Programme to participants
- Assess participants and individually tailor the programme to meet variations in physical capacity and health
- Ensure participants can perform exercises safely and confidently, with correct movement patterns
- Adapt the programme as necessary after participant has periods of illness
- Provide support and motivation to each participant

### What else do I need to know?

You will receive an Otago exercise programme to prevent falls activity booklet

**Date:** Thursday 24 March 2016  
**Time:** 9:00am to 2:00pm (refreshments and light lunch included)  
**Venue:** Joondalup Reception Centre, 102 Boas Avenue, Joondalup  
**Cost:** \$180 (including GST)  
**Registrations:** [Click here](#)

For more information phone **(08) 9309 8180** or visit [www.communitywest.com.au](http://www.communitywest.com.au)

Delivered by CommunityWest as part of the Stay On Your Feet® program. Stay On Your Feet® is coordinated by the Injury Control Council of WA and supported by the Department of Health.

1 Robertson, M. C., Devlin, N., Gardner, M. M., & Campbell, A. J. (2001). Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. 1: Randomised controlled trial. *BMJ*, 322 (7288), 697.