

# Remote Otago Falls Prevention Exercise Programme

## What is Otago?

Based on the internationally recognised Otago home-based strength and balance exercise programme we are trialling a novel way of delivering the programme to older people as an alternative to the traditional face to face setting.

The Remote Otago programme consists of a small number of face to face visits to establish a baseline and complete risk assessments followed by a series of remote sessions delivered either via Zoom, over the phone or using a DVD with telephone support. The total duration of the remote falls prevention exercise programme is 6 months.

**We are offering participants internet connection, DVD players and support with how to use IT so please don't let the lack of resources or access to the internet deter you from making a referral.**



## This program is beneficial to those who:

- Have fallen in the last 12 months
- Are over 75 and/ or experiencing weakness, fatigue, weight loss, low physical activity, poor balance, low walking speed, visual impairment, and concentration and memory problems.
- Are motivated to exercise at home
- Are unable to attend community-based exercise classes.

## Who is eligible for the Otago programme?

- Those identified at risk of falls – with a history of fall/s (injurious or non-injurious)
- Over 75 (some exceptions will be allowed)
- Those who have fear of falling
- Feeling unstable
- Low bone density and / or family history of bone fracture.

## How to refer:

**Self-referrals and professional referrals are accepted. To self refer please speak to your GP or email your referral form to [otago@mrsindependentliving.org](mailto:otago@mrsindependentliving.org). Forms can be posted to Unit W9, 8 Woodberry Down, London N4 2TG. Referrals will generally be acknowledged within two working days.**

## Some exclusions apply

Uncontrolled angina, Uncontrolled resting systolic blood pressure >180mmHg or resting diastolic blood pressure >100mmHg, Uncontrolled tachycardia >100bpm; Uncontrolled acute systemic illness (cancer/pneumonia), Uncontrolled visual or vestibular disturbance, Uncontrolled pain, Significant drop in blood pressure during exercise >100bpm, Unstable or acute heart failure, Unable to maintain seated upright posture due to neurological deficits, Impaired cognition (to the extent of being unable to follow simple movement instructions), People who place themselves or others at risk, Participants who are unable to monitor or modify their exercise level or technique or follow advice.