

To find out how you can receive

The Otago Program:

- Contact your doctor's office
- Call a Genesee County Otago Exercise

Program Provider:

◇ LeRoy Physical Therapy

3 West Ave LeRoy 768-4550

◇ Sports Plus Physical Therapy

8276 Park Rd Bat 343-9496

◇ Summit Therapy Center

99 Med Tech Dr Bat 201-7080

◇ HCR Homecare

211 E Main St Bat 250-4190

◇ VNA of Western NY - Genesee

61 Swan St Bat 344-2894

- Call the Genesee County Office for the Aging at 343-1611, fax to 344-8559 or emailing ofa@co.genesee.ny.us

**Falls Prevention**  
STEP UP TO STOP FALLS

**OTAGO EXERCISE PROGRAM**

The Step Up to Stop Falls program is funded by the Community Health Foundation of Western and Central New York



**THE OTAGO  
EXERCISE  
PROGRAM**

**Helping Older  
People to Stand up  
to Falls**

Tel: 585.343.1611



## **WHY OTAGO?**

At age 65, the odds of having a fall every year is 1:3, by age 80 the odds are 1:2.

Injury from a fall is one of the leading reasons that older people are placed in a nursing home. Fortunately, many falls are preventable. The most effective thing you can do to prevent them is to exercise to improve your strength and balance. Even people in their 90's can do this. There is very strong research evidence that the Otago Exercise Program reduces falls and injuries in older people living in the community.

## **HOW IT WORKS**

This program is taught by a physical therapist who has been specifically trained in Falls Prevention. In many cases, you may be eligible to receive this instruction in your home. If you do not qualify for home services, you can still receive the same program in a nearby outpatient therapy department.

The program consists of at least 4-5 instructional sessions. An exercise routine will be developed just for you, with consideration for your ability and your safety.

You will receive a booklet that will help you do these exercises. You will also receive phone calls to see how you are doing and to solve any problems that occur.

In return, you are expected to:

- Exercise 30 minutes a day, three times a week



- Go for a walk at least twice a week if this can be done safely
- Record your walks and exercises on a calendar or diary

## **THE RESULTS**

The good news is that this program really works! No other program has been so thoroughly proven to prevent falls. However, you will have to continue to work at it.

Unfortunately, the benefits fade quickly if you do not keep it up. Establishing a fixed routine is very helpful. For example, on Monday, Wednesday and Friday you could do your exercises just before you have lunch.

## **THE COST**

Many insurance plans cover this type of therapy. You may be responsible for co-pays or deductibles, depending on your individual policy.

**PRESERVE YOUR INDEPENDENCE, STEP UP TO STOP FALLS!**