

## WHO PROVIDES THE SERVICE?

The BOP in-home falls prevention programme is one of a range of nation-wide falls prevention initiatives supported by ACC to reduce falls and fractures and support older people to 'live stronger for longer'.

The BOP DHB has awarded Body In Motion Physio & Rehab (BIM) funding to provide this service which is based on a modified version of the Otago Exercise Programme.

## DID YOU KNOW...

- Falls are the leading cause of injury in people over the age of 65 years old
- Around one-third of generally healthy people aged 65 and older will have at least one fall each year
- Strength, flexibility, balance and reaction time are considered the most readily modifiable risk factors for falls
- People, even in their 90s, can improve their strength and balance to achieve stability and avoid falls.



## Where to find us

For more specific enquires about the programme please contact Anna Ness - Service Manager for in-home falls prevention in the Bay of Plenty.

**Email:** [anna.ness@bodyinmotion.co.nz](mailto:anna.ness@bodyinmotion.co.nz)

**Phone:** 027 266 8838

**[www.bodyinmotion.co.nz](http://www.bodyinmotion.co.nz)**



**[www.livestronger.org.nz](http://www.livestronger.org.nz)**



## In-Home Falls Prevention Programme



# OVERVIEW OF THE SERVICE

Falls Champions (physiotherapists and physiotherapy supervised nurses) conduct in-home visits and phone calls with patients and support people/whanau over a period of 12 months. The initial visit will involve specific testing of strength and balance, a home hazard check, and prescription of an exercise programme (based on a modified version of the Otago Exercise Programme). These exercises are specifically designed to prevent falls and consist of progressive leg muscle strengthening and standing balance training exercises.

## ELIGIBILITY:

- Over 75 years of age (over 65 years for Māori) and live within the BOPDHB area
- Living in the community but not in residential rest home level care
- Unable to attend a community strength and balance class (keep on your feet)
- Unable to independently get out of a chair without having to push up from the arms of the chair.

## FREQUENCY

The patient will be visited in their own home followed by regular phone call follow ups and up to three further in-home check up appointments to progress and monitor their exercises over twelve months.

The patient is encouraged to carry out their in-home exercises **three times a week** and complete their walking plan **twice a week**.

## WHERE CAN I GET MORE INFORMATION?

Referrals must come from a health care professional so please contact your General Practice Nurse, Physiotherapist, Pharmacist or other health professional to discuss if this service would be of benefit to you.

## HOW MUCH DOES IT COST?

This programme is fully funded and therefore **FREE** for all participants



## WHAT CAN I DO TO HELP PREVENT A FALL?

- Your carpets and rugs should lie flat and be non-slip
- Keep walkways clear of clutter, i.e. electrical cables, magazines etc
- Mop up spills in the kitchen and bathroom as they happen
- Make sure stairs are well lit
- Make sure your shoes and slippers fit well and have non-slip soles
- Have your vision checked regularly
- Have regular medical check -ups with your GP.

## EXCLUSIONS?

- Cannot be attending a community based exercise programme
- Older adults with conditions that prevent them from following instructions.