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.

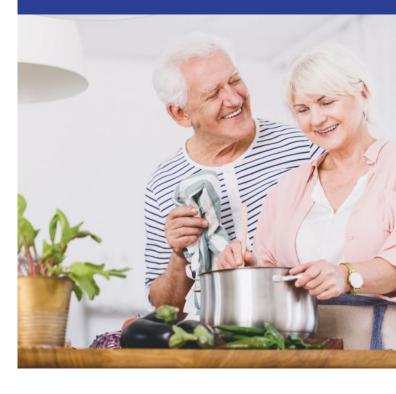
Email: anna.ness@bodyinmotion.co.nz **Phone**: 027 266 8838 **www.bodyinmotion.co.nz**



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 inhome 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.



If this service is not right for you, however you still have concerns about falling then ACC supports and approves community based strength and balance classes. To find out more about this service please go to www.sportbop.co.nz/get-active/keep-on-your-feet/