

“The programme is very good and my walking is heaps better. I don't need my walking stick or walker around the house. When I go out shopping, all I need is a walking stick.”

JH, 83 years

“I am very happy with the programme. It has helped me no end. I feel much more confident now and aim to continue with the exercises and walking. Many thanks to you all.”

SB, 85 years



[1] Campbell AJ and Robertson MC (2002) 'Meta-analysis of the four trials: J AM Geriatrics Soc: 50:905-911



## Queensland Stay On Your Feet®



Photos by Mark Grimwade

## The Otago Exercise Programme

to improve **strength** and  
**balance** in older  
Queenslanders

Staying active and independent is important for us all. Falls do not have to be part of growing older — you can take action to stay on your feet®.

The Otago Exercise Programme (OEP) improves your strength and balance and reduces falls and falls injury by 35 per cent. <sup>[1]</sup>

### What is the OEP?

The OEP is a safe exercise program adapted to individual needs. The programme is a result of many years of research and has worked in other states and countries.

The OEP involves:

A series of home visits over a six-month period from a trained health professional combined with regular follow-up phone calls. You will receive an exercise booklet with clear instructions, and will need to do the exercises three times a week.

### Who is the OEP for?

The OEP is most suitable for people aged over 80 years who are at risk of falling or who have had a fall. Carers can also learn how to supervise an older person with the exercises.

People in their 90s can improve their strength and balance.



### How does the OEP work?

The OEP helps to prevent falls by addressing strength and balance through a series of individually prescribed lower limb exercises, a walking plan and support from a qualified health or exercise professional.

### Why do the OEP?

The OEP focuses on improving your leg muscle strength and improving your balance.



The OEP helps older people improve their strength and balance for every day function and activities, like cleaning and washing and going shopping or out with friends.

### How can I get involved in OEP?

Contact the health professional listed on the back of this brochure, or visit the OEP page on the Queensland Stay On Your Feet® website: [www.health.qld.gov.au/stayonyourfeet](http://www.health.qld.gov.au/stayonyourfeet)