

Proven Results

Programs designed to prevent falls can save hospital admissions and long-term-care costs and help older adults living in the community maintain their independence.

During testing in four controlled trials, Otago was shown to reduce falls and injuries in older people living at home while greatly improving their quality of life.

Questions and/or Referrals

Please call the FirstHealth Home Care Central Intake Department at (910) 255-3636 with any questions or to make an Otago referral.

FirstHealth

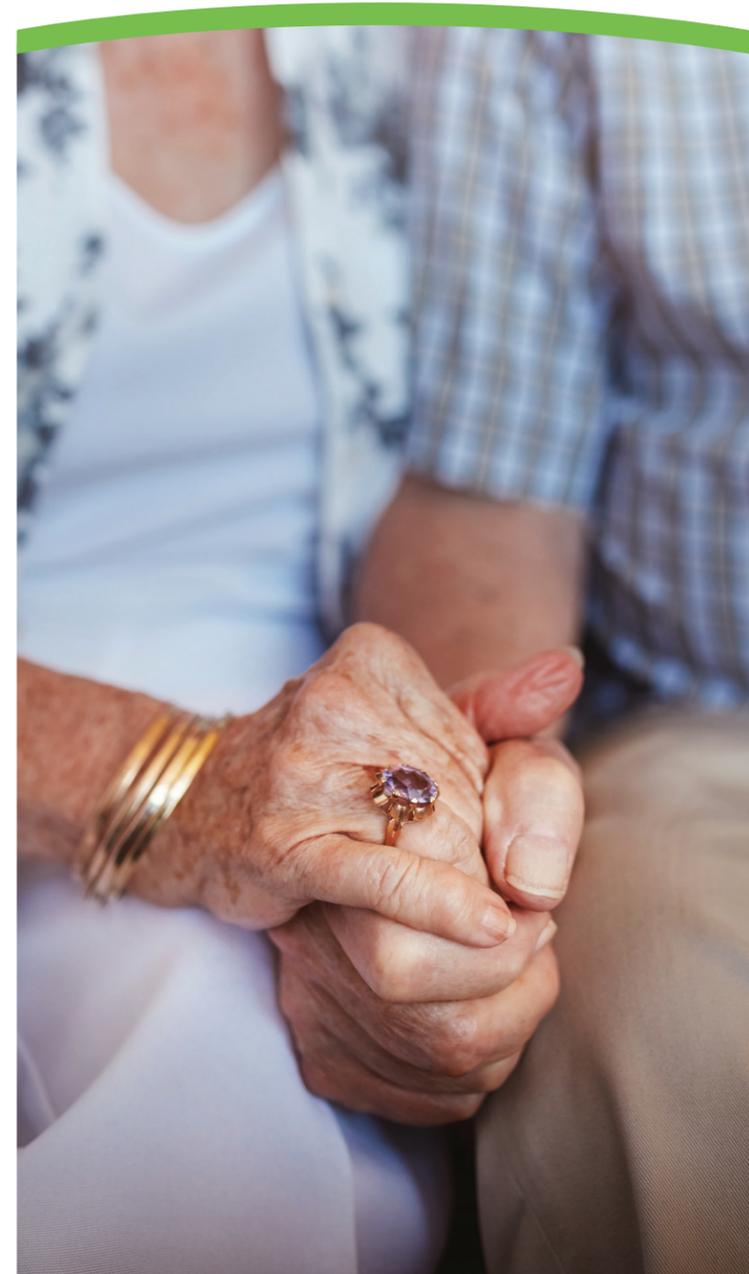
HOME CARE

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FirstHealth
OF THE CAROLINAS

Otago Falls
Prevention Program





The Otago Falls Prevention Program is an evidence-based program for elderly community dwellers that can be delivered in either the home or outpatient setting. Based on a progressive combination of balance and strength-training exercises and a formal walking program, the Otago program can significantly reduce the risk of falls in seniors while greatly improving their quality of life.

Eligibility Criteria

Otago is most effective for older adults who have fallen and have moderate to severe decreased strength and balance due to such risk factors as arthritis, de-conditioning and inactivity.

Although the original program focused on frail adults over 80 years of age, the Otago program has also been found to be appropriate for frail 65-year-olds.

To be referred to FirstHealth Home Care for an evaluation or assessment, a potential patient must:

- Have a primary care provider
- Have had a recent fall (with or without an injury) or have been identified as at-risk for falls
- Have reported a loss of balance
- Not be currently driving

Who Can Refer?

Most referrals will come from a primary care provider, although referrals can also come from an emergency department or a hospital. After an emergency department referral, FirstHealth Home Care will contact the patient's primary care provider for home health orders.

Patient identification is the emergency department's only role. Orders requiring a signature will go to the primary care provider only.

How the Program Works

When a patient meets eligibility criteria, a physical therapist from FirstHealth Home Care will make a home visit to determine if the patient would benefit from Otago therapy. That process will include a full home safety assessment, medication reconciliation and comprehensive assessment.

Once the patient is approved for program participation, Home Care Physical Therapy will provide eight home visits over three weeks.