Falls Prevention at RSI:

Staff Training Outline

1. What is the Otago?
   1. Overview
   2. Success in decreasing falls
2. Why should you (the staff) care about falls?
   1. Prevalence
      1. in the US.
      2. in elderly
      3. in adults with IDD
   2. Causes of falls--use data from retrospective study
   3. Consequences of falls i.e. fracture, decreased independence, general health, etc.
   4. Ways to prevent falls--brings us back to the Otago
3. Exercise Program
   1. Overview: long term timeline, frequency, duration, etc.
   2. Teach warm up, strengthening, and balance
   3. Have audience DO the exercise with me
   4. Common exercise deviations and how to correct/prevent
4. Documentation
   1. Introduce notebooks
   2. Accuracy
   3. Adherence
5. PT Support
   1. Express our excitement/dedication to the program
   2. When/how/why to contact us for additional help