

# RSI Falls Prevention: Welcome!

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Welcome to the Otago Exercise Program at RSI! Thank you to participants and caregivers for making this possible. We hope that the Otago Exercise Program will be **fun** for participants AND result in **improved balance and strength and decreased falls**. We also hope that caregivers find this program **easy to implement**. If you have any questions or concerns, please contact the physical therapist listed below:

Staff Member  
Email Address  
Phone Number



## Information on the Otago Exercise Program at RSI:

Falls are a leading cause of injury in the population with intellectual and developmental disabilities and therefore are a serious concern for this population. There is very little research on this topic to help guide interventions and treatments. Physical therapists at the UNC Carolina Institute for Developmental Disabilities (CIDD) are implementing a study at RSI to determine whether an exercise program which has been shown to reduce falls in the typical aging population could also be beneficial for individuals with intellectual and developmental disabilities. The program consists of exercises that improve balance and strength in hopes of reducing falls in participants. We really appreciate the participation of the residents, caregivers, and other staff at RSI. The results of this study could be beneficial for not only RSI residents, but also other individuals with intellectual and developmental disabilities.