









# What happens next?

-  The GP/Nurse/healthcare professional can refer you to us.
-  Or you can complete a self referral form.
-  Someone will contact you with more information and we will offer an initial assessment.
-  You will be placed in a class in your local area that suits your needs.
-  You will receive an Otago exercise booklet and other relevant resources to take home.
-  You will be advised to complete the Otago exercises 3 x per week (once is at the class).
-  At around 12 weeks we will re-assess you to review your progress.
-  The falls prevention coordinator will keep in touch to offer any support.



## SCAN HERE

using a smart phone camera



## Contact us

Shelley Anderson  
Falls Prevention Coordinator  
Health Improvement  
Upper Floor Montfield  
Burgh Road  
Lerwick  
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Review leaflet in May 2023

# Otago Programme

Strength and balance  
exercise classes



Healthy Shetland

# Why Otago?

Do you want to improve your strength and balance?

Do you want to improve your confidence and feel more independent?

Exercise, however gentle, is good for body and mind, at every stage of life. Add in a social element and it's no wonder physical activity helps us stay connected and upbeat, as well as mobile and healthy.

## Get Active, get involved!

These classes have made a difference to my life. It has allowed me to continue to live on my own with no home help.

My confidence has improved, I've started walking outside more.



# Otago Description

The Otago programme runs weekly at your local leisure centre.

The Otago exercise class includes a warm up, strength and balance exercises and cool down/stretch.

This class is done at your own pace. The trained instructors will advise you on different variations to make it tailored to you.

## Educational talks

The otago programme includes educational talks.

A timetable of different talks will be organised throughout the year.

These are done after the exercise session along with a cup of tea/coffee.

Examples of the different talks can be seen overleaf.



# Educational Talks: Topics

## Nutrition

The importance of having a well balanced diet and reducing alcohol consumption.

## Medication

The importance of reviewing medication and the effects of certain medication.

## Home Safety

What you can do to reduce any home hazards and to promote your independence and wellbeing there.

## Eyesight and Hearing

The importance of eye and hearing checks and the different conditions to look out for.

## Foot care

How to keep your feet healthy and learning about correct footwear.

## What to do if you fall

We will talk about what to do if you fall

## Mental Health

Learning about mental health and dealing with the fear of falling.

## General Health

Discussions around general health and lifestyle checks, continence and osteoporosis.

## Physical Activity and Staying Active

The importance of keeping active, walking and doing the Otago strength and balance exercises.

## Citizens Advice Bureau

They will discuss your entitlements and how to save energy in your home.