

Is Otago Covered by Medicare or other insurance?

Medicare may cover the Otago Exercise Program under Part A (Home Health) and Part B (Outpatient Services delivered in the home or clinic). Medicare Advantage plans and private insurance carriers typically follow what Medicare covers.

Learn more about Otago

<https://www.med.unc.edu/aging/cgwep/courses/otago-exercise-program/>



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SCHOOL OF MEDICINE
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Otago Exercise Program



Improve patient safety. Reduce Falls up to 35% with the Otago Exercise Program



Otago Exercise Program

The Otago Exercise Program improves strength and balance—two of the most readily modifiable fall risk factors.

Up to 30 minutes of exercise, 3 times weekly, from 17 strengthening and balance exercises. Exercises are progressively made more challenging over time.

Ankle weights are provided to strengthen leg muscles.

The walking program is up to 30 minutes per session, 3 times weekly.

It can be completed at home, in a group, or in a virtual environment. The key is achieving the appropriate dose, intensity, and challenge.

The Otago Exercise Program can be part of a multifactorial falls prevention program.

Many consider the program one of the best fall prevention programs for high-risk older adults and older adults starting fall risk management.

Why Should I Refer my Patients?

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 3 million older people are treated in emergency departments for fall injuries.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls are the most common cause of traumatic brain injuries (TBI).

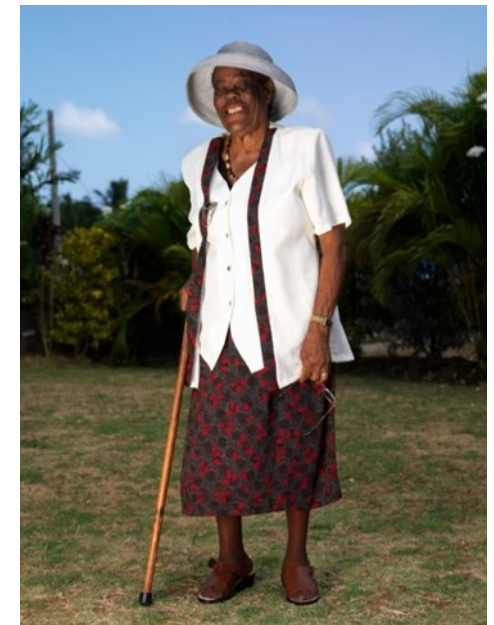
Source: [CDC.gov. Facts About Falls](https://www.cdc.gov/falls)

Who to Refer...

- People who have fallen in the past year
- People who have muscle weakness or balance problems
- Patients should live in the community and be able to walk with or without a walking aid

Take Action!

- Screen all patients 65 and over annually for falls!
- Use American Geriatrics Society guidelines or the CDC's STEADI toolkit
- If your patient has poor balance or mobility, refer to physical therapy for evaluation and the Otago Exercise Program.



As the primary care provider or health care practitioner, you are in the best position to provide information about the causes of falls and to refer an older adult patient to evidence-based programs that reduce falls.