



ProFouND: Prevention of Falls Network for Dissemination

DELIVERABLE 5.7 FOLLOW ME - Film Version of Otago

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Introduction:

In order to support the Otago Strength and Balance Leaders trained across 10 countries within the ProFouND project, Later Life Training (LLT) have produced a 'follow me' DVD which can be viewed at home by older people to support their home falls prevention strength and balance exercise programme. The DVD can accompany or replace the Home Exercise Booklets (Deliverable 5.1) but is currently only available in English. The partners that have worked with WP5 on the Cascade Training will all be sent a hard copy of the DVD and asked if they wish to translate the text for the menus and exercises and whether they wish to replace the 'to camera' sections with footage they produce in their language.

As part of this deliverable the video footage of this 'Follow Me' Otago Exercise DVD is available as:

- 1) a video to watch real time on the ProFouND portal (<http://profound.eu.com/otago-3/>)
- 2) a DVD which can be purchased by older people or services working with older people.

The DVD has a menu system that allows participants to watch the whole video, including an introduction by Professor Dawn Skelton and work their way through all exercises. Alternatively after the first watch they can progress direct to the warm up sections and to particular strength or balance exercises. Each exercise has 10 repetitions and a variety of support options (holding on to freestanding) depending on ability, as per the original Otago home exercise programme.

The Otago Strength and Balance Home Exercise Programme has been shown to improve postural stability and reduce the risk of future falls.

Welcome to the
OTAGO
EXERCISE PROGRAMME

The OTAGO EXERCISE PROGRAMME

A SET OF EXERCISES TO IMPROVE
STRENGTH & BALANCE

GCU Glasgow Caledonian University
ProFouND
laterLife training

All IPR, IP and associated IA whether registrable or not in the DVD, video footage and accompanying or associated materials remains the exclusive property of LLT.

Follow Me Otago video for older people on the ProFouND portal:

The Follow Me Otago video is available on the ProFouND portal for older people to view and exercise alongside watching if they have broadband and computer facilities. Because of the complexity of hosting this video online, the only option for the older person is to watch the whole video footage through at present, although over time the intention is to have a menu system available that will allow them to choose which exercises to watch. This is somewhat dependent on the future of the funding of the ProFouND portal (see deliverable 1.8).

The footage starts with an introduction to why strength and balance exercises can improve steadiness and reduce risk of falls and the evidence base for the Otago programme. The introduction is delivered by Professor Dawn Skelton and draws upon the evidence base for motivating older adults to take part in falls prevention activities and also on ways in which they can embed the exercises into everyday life, the need for progression of exercise, what strength and balance exercises should 'feel' like and how to know if you are doing the exercises often enough for a training effect. It gives tips about clothing, setting aside a time and a safe environment for exercise and when they should not exercise (if feeling unwell).

Then there is a section on Warming Up – including some brief words about the reason for warming up and preparation for the body to exercise and four warm up exercises follow, with a few minutes of marching and 5-10 repetitions of the mobility exercises. The video footage then moves on to the strength exercises, how to put on (and remove) ankle weights safely (or what to do if you don't have weights) and the three strength exercises with weights, followed by a reminder to remove weights and an additional 7 strength exercises, each with 10 repetitions to follow – giving advice on posture, technique and timing. This is followed by an introduction to Balance exercises and the 12 balance exercises from the Otago programme, each with either 10 repetitions. Finally the footage finishes with a section to camera from Professor Dawn Skelton on how to increase duration of walking (rather than speed – for safety) and some tips on making these exercises habitual by doing some alongside everyday tasks – for example, toe raises while waiting for the kettle to boil. The footage ends with acknowledgements.

Follow Me Otago DVD for older people:

As many older adults do not have access to broadband and computer facilities but still have access to DVD player, a DVD is also now available to purchase in the UK. LLT will sell the Follow Me DVD within the UK (2016/2017 prices) at £10 per DVD (or at an approximate bulk cost of £8.50 per DVD if over 100 bought and £7.50 per DVD if over 250 bought).

ProFouND partners can choose to have the titles and credits translated and add a video of a local Geriatrician or Health Expert at the start of the video. The cost for producing a translated version of the DVD, including embedding new footage and translation of the cover, label and production of a ISO that can be produced into a DVD locally is approximately £1000 (€1300). Once produced an appropriate royalty would be sought for each DVD sold in that country after the translation (to cover IPR, IP, IA and associated costs). Alternatively, for a cost of approximately €500 the raw footage can be provided to partners and they can source an alternative DVD producer in their own country although the applicable royalty would still be in place per unit sold.

Please note that the prices quoted, both in income and expenditure may be subject to taxation at the appropriate rate.