

ABSTRACT

IMPLEMENTATION OTAGO HOME EXERCISE PROGRAMME (OEP) TO PREVENT FALL RISK IN THE ELDERLY

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SUMMARY

Background: Aging is a natural life cycle process characterized by the gradual loss of the body's ability to maintain normal tissue structure and function. Elderly individuals commonly experience musculoskeletal and neurological decline, which can lead to balance impairments and an increased risk of falls. If not properly addressed, falls in the elderly can result in serious consequences such as difficulty in performing daily activities, injuries, sprains, fractures, and even death. Physiotherapy interventions that can be applied to prevent high fall risk include the Otago Home Exercise Programme (OEP). These exercises have been shown to strengthen lower extremity muscles and reduce the risk of falls. **Objective:** To evaluate the effectiveness of combining Step Marching Exercise (SME) and the Otago Home Exercise Programme (OEP) in preventing falls among the elderly. **Methods:** The intervention was delivered using an Information, Education, and Communication (KIE) medium in the form of a pocket book. A pocket book was chosen due to its practicality and advantages as an educational tool. **Results:** The pocket book entitled "Application of the Otago Home Exercise Programme (OEP) to Prevent Fall Risk in the Elderly" was developed as an educational medium. **Conclusion:** The pocket book titled "Application of the Otago Home Exercise Programme (OEP) to Prevent Fall Risk in the Elderly" was selected as a health promotion medium targeting, elderly and family or elderly caregivers.

Keywords: elderly, fall risk, otago home exercise programme, balance.