

FALLS MANAGEMENT EXERCISE (FAME) AND THE OTAGO EXERCISE PROGRAMME

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There is good evidence that tailored, specific exercise can improve postural stability and reduce other risk factors for falls and injurious injuries including osteoporotic fracture. It is essential, therefore, that Primary Health Care Teams and Social Services, ideally placed to detect individuals with a risk or history of falling, recognise the benefits of, and promote, referral into an appropriate exercise programme. FAME and Otago are both evidence based, published exercise programmes which have been specifically designed to improve postural stability and reduce the risk of falls. This session will give a brief overview of the evidence base and then take participants through the exercises and delivery of these exercises, including the tailoring of the exercises to suit individuals' needs and preferences.

PNF-CHI®: THE ART OF BALANCE

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The emergent global health needs lead to a change on the paradigm of health intervention. New concepts/techniques may provide a good way of addressing these issues. Pnf-Chi® is a global approach to physical exercise. It is a low impact exercise, inspired in some principles of tai chi chuan and PNF (Proprioceptive neuromuscular facilitation), following the normal pattern of human movement combined with breathing. Pnf-Chi® was created by physiotherapists experts in wellness and health promotion, having therefore a strong clinical input, and based on the available scientific evidence from areas such as kinesiology or exercise physiology. Strongly focusing on body awareness, balance and motor coordination, its characteristics make it very adaptable for the aging population. Since 2003, Pnf-Chi® classes have been gradually implemented in Portugal. After some successful pilot interventions with smaller groups of participants, Pnf-chi was the selected physical exercise form to be implemented in a major community research-action project developed in the field of health promotion directed toward the Azorian senior population. Counting with more than 1000 community-dwelling participants it was the biggest project of its kind ever to take place in the Azores (Portugal). The overall impact of the first edition was very positive which re-enforced the Azorean regional government commitment to support the second edition (starting on February 2012). Contents of the workshop: Part I: -General presentation of Pnf-Chi®; -Concept; - Principles; -Benefits; - Fields of intervention; - Research studies and community intervention projects. Part II - Practical Pnf-Chi® Session. **Keywords:** Physical Exercise; Health Promotion; Balance; Tai Chi; Neuromuscular.

INTRODUCTORY OSTEOFIT PROGRAM PROVIDES EFFECTIVE EXERCISE PROGRAM FOR SENIORS IN ADULT DAY PROGRAM SITES

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Background: Adult Day Programs (ADP) present the perfect setting for providing exercise programs to improve the clients' functional ability. Yet, most ADP staff are not trained to deliver a safe and effective exercise program for frail seniors. As a consequence, exercise programs at ADP sites are seated and done without any progression or not designed to