



Prevent Falls with OTAGO at Aventine Senior Living

More than 30% percent of older adults ages 65 to 80 fall each year. One out of every five falls causes a serious injury. OTAGO by Ageility can help reduce the risk of falls in a community or at home.



OTAGO & BENEFITS

- Developed and tested by the New Zealand Falls Prevention Research Group and endorsed by CDC in the United States
- The OTAGO program is an evidence-based program with test trials of 1,016 men and women ages 64 to 97
- Reduces falls by 35% among high-risk individuals
- Improves both strength and balance

WHO QUALIFIES?

- You are 65 or older
- You have fallen in the last six months
- You have problems balancing
- You experience numbness or tingling in your legs and feet
- You have arthritis that limits you

AGEILITY

The Ageility team consists of a certified OTAGO specialist. Ageility also provides Physical Therapy, Occupational Therapy, Speech Language Pathology and personal training.