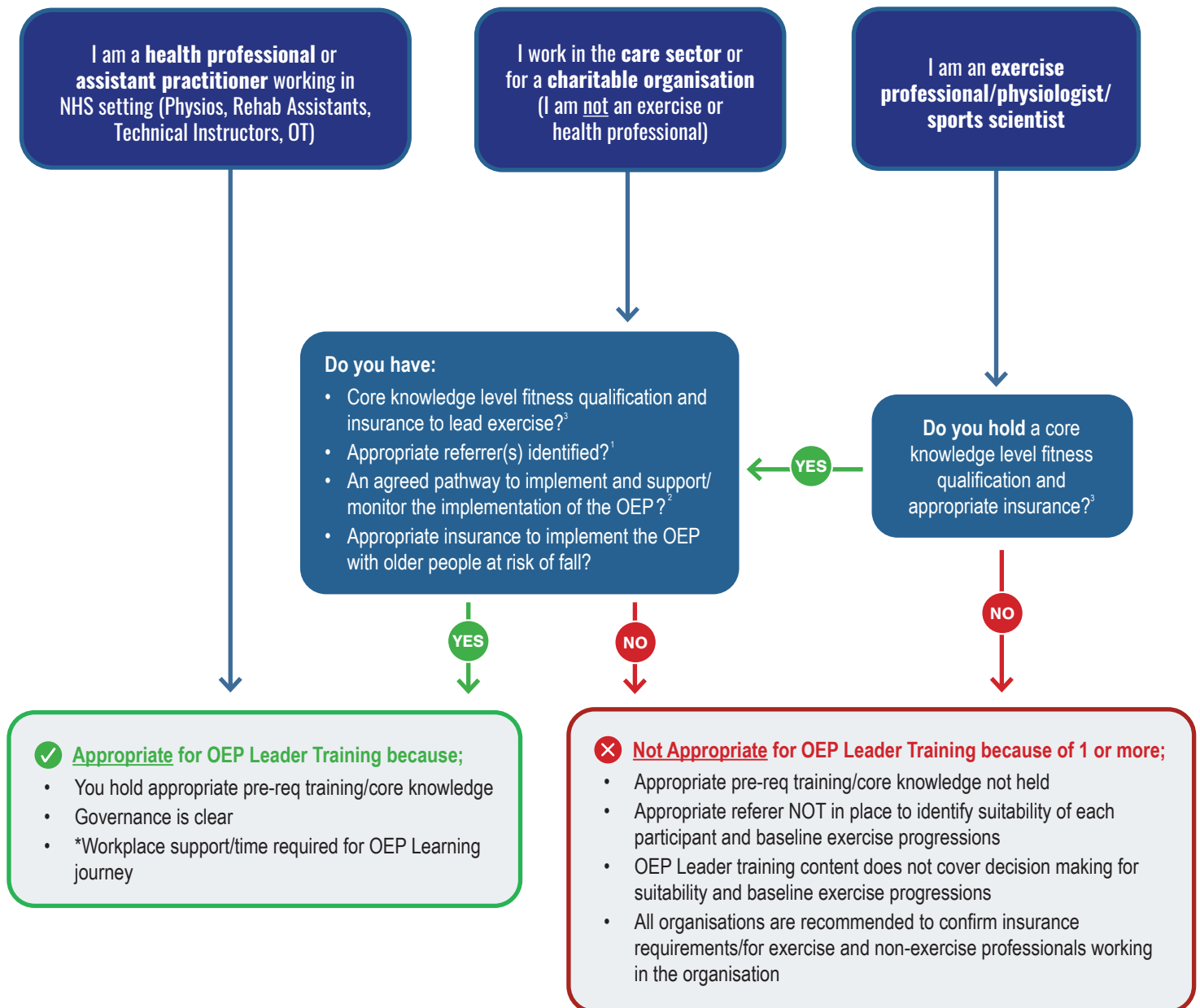


OEP ELIGIBILITY FOR TRAINING AND KEY CONSIDERATIONS FOR IMPLEMENTATION

This decision flowchart is designed to support you in understanding if the OEP Leadership Award is appropriate for you. This guidance is best read after reading the full [course information on our website](#)



Now read overleaf for best practice implementation guidance points 1-5 to further help you with your decision to attend this training

¹ see overleaf for definition of appropriate referrer.

² OEP Leaders will require technical support from wider teams/expertise to ensure the right participants are included.

³ Core knowledge e.g L2 Fitness/gym instructor qualification (principles of exercise training, progression etc).

MAKING IT HAPPEN: BEST POSSIBLE PRACTICE IN LEADING THE OTAGO STRENGTH AND BALANCE PROGRAMME (DELIVERED IN GROUPS)

1

NOT ALL OEP LEADERS ARE THE SAME:

Best Practice – Ensure that;

- ✓ OEP Leaders (whether health, exercise or care professionals) understand their professional and occupational scope of practice
- ✓ OEP Leaders deliver exercises from the OEP/inline with training received and insurance provision*
- ✓ OEP Leaders hold recommended pre-requisite training (see overleaf) and work in partnership with health professionals

* Scope of practice between professions is different and governance issues are different in NHS and leisure/private settings.

2

NOT ALL OLDER PEOPLE ARE THE SAME:

Best Practice – Ensure that;

- ✓ Participants are 'right for OEP', i.e 'not too fit' (OEP will not offer sufficient challenge) and not 'too frail' for standing dynamic balance exercises and identified suitable by an appropriate referrer
- ✓ Exit routes after OEP are in place to maintain gains/provide progression plus, options to prepare participants for standing OEP available if not quite ready

3

SIGNPOSTING, REFERRAL & INITIAL ASSESSMENT

Are you within scope to assess for suitability?

Best Practice – Ensure that;

- ✓ Suitability for inclusion is determined by an appropriate professional with scope of practice/part of local agreement for inclusion criteria including self referrals (ideally a physiotherapist)
- ✓ You have accurate descriptions for session content. This can help inform health professionals what is being delivered and supports appropriate decisions for referral
- ✓ OEP Leaders working in community exercise/leisure settings understand triggers to refer individuals back to therapy settings/GP

4

PROMOTION

Are your images and messages accurate and clearly states who the session is best for (and know who it isn't for?).

Best Practice – Ensure that;

- ✓ OEP Leaders working in community exercise settings lead the evidenced pre-set programme based content. If not delivering the pure evidence-based content from OEP; sessions should not be called 'Otago' and referrers should be informed
- ✓ Promotional images are accurate (i.e not showing seated exercise) show people in standing and ideally using ankle weights
- ✓ Information is accurate (statements correct and inline with evidence)

5

OTAGO SESSION CONTENT

Is your session content aligned with best practice of the Otago programme?

Best Practice – Ensure that;

- ✓ Service leads and exercise teams are understanding of the differences between Otago delivered as a structured exercise programme (as per the evidence) and as dance (not evidenced to reduce falls). Dance Artists/Practitioners who lead dance sessions utilising the principles of OEP are not exercise professionals and insurance provision should be discussed with providers
- ✓ Referring health professionals are provided correct information about session numbers, level of support and supervision offered i.e. proactive observation/ correction, home exercise programmes and walking programmes and sufficient ankle weights available for individuals.**
- ✓ OEP Leaders also holding additional exercise qualifications (i.e. PSI, Older Adult etc.) remain in scope when delivering evidence based programmes for falls prevention.**

** Adding content i.e. use of resistance bands, floorwork, other equipment is not within scope for OEP Leaders (unless other qualifications held) and insurance will be affected.