



# Otago Exercise Programme (OEP) Update

## Welcome!

Welcome to the first edition of the OEP Update.

I have developed this as a way of communicating with you all on the programme feedback I get, and for you to use as a forum to share your experiences with others beginning the OEP journey.

I am hopeful to bring this to you every 2 months, with your submissions making up the majority of the publication. Please address your letters to:

Lis Cowling  
Harbour PHO  
P O Box 302-163, North Harbour Postal Centre  
Auckland

## The Team

For this first edition, I would like to take the opportunity to introduce our dedicated team:

### ACC

Darren Knight  
ACC Injury Prevention Consultant

### Harbour PHO

Lis Cowling - OEP Coordinator  
Arlene Ilesley - Administration Support

### North Physiotherapist Team:

Jeannetta  
Bernadette

### North Shore Physiotherapist Team:

Debbie  
Jenny  
Susan  
Margot  
Catherine (currently on leave)

## Harbour PHO

On ACC's behalf, Harbour PHO coordinates the Otago Exercise Programme that you are on.

If you have any questions, please do not hesitate to get in contact with me at Harbour PHO in the first instance. Even if I am out of the office, I have a voice message system on my phone, so please leave me a message and I will return your call.

**Lis Cowling – OEP Coordinator**  
**Direct Dial Telephone: 09 448 0462**  
**Main line number: 09 415 1091**

I look forward to growing this publication over the coming months and welcome ALL your submissions for publication!

Take care, be well and keep up the great work!

Lis Cowling  
Otago Exercise Programme Coordinator

## OEP Programme Update

As at the end of April 2006, our Statistics were:

580	Total enrolled
256	Current
102	On hold
49	Completed
173	Off Programme

In great celebration, the following people have completed 12 months on the OEP programme:

Betty (86), Brenda (90), Carden (84), Dorothy (74), Douglas (89), Douglas (83), Edith (83), Edna (86), Eileen (81), Eileen (88), Elizabeth (101), Enid (79), Fae (77), Flora (85), Frederick (92), Harold (86), Irene (76), Iris (88), Isla (85), Jean (86), Joan (88), Joan (87), John (90), Joyce (86), June (80), Karina (91), Kathleen (84), Kenneth (85), Lyla (90), Maria (83), Marjorie (91), Mary (85), Mavis (93), Michael (85), Muriel (90), Muriel (92), Neville (84), Olive (87), Phyllis (83), Phyllis (86), Reginald (90), Roberta (87), Rosina (83), Ruth (83), Stanley (90), Tally (89), William (81), William (89), Yep-shu King (93)



Congratulations and keep up the great work of being active and enjoying life!

At any time, if you wish to also add other forms of exercise, the ACC Modified Tai Chi classes are an excellent choice. The classes involve a series of gentle, fluid movements to increase strength, balance, flexibility and concentration.

For further information on the locations of these classes, please contact Kristal Petrie at Harbour Sport (09 415 4610).



## Feedback

Thank you to those who take the time to complete and return Feedback Questionnaire Forms.

These forms are your opportunity to have a say on how you found the OEP programme and ways that you see it needs improvements. In this way, we can ensure that the Harbour PHO run OEP, gives the best possible outcomes for those who participate.

It is also so heartwarming for me to see how powerful the OEP is to achieving better quality of life for so many of you!

Last month we sent out feedback forms to those who had completed 12 months. Here are some of their thoughts:

### How do you think the programme could be improved?

*After doing programme, gained confidence and ability to walk. Prefer using walking stick on street.*  
PP, 86yrs

The support is the main thing we need as our strength slowly goes, the exercise programme was good and I did appreciate the help, Catherine was a great person, I cannot think how else the programme could be improved.  
EH, 86yrs

*It is a wonderful programme I wouldn't have progressed without it.*  
MR, 92yrs

Thank you for all the time spent here. Feel very grateful for the time and care spent on me.  
TF, 89yrs

*I was quite pleased with the exercises as they are and am sure my balance has improved greatly. I haven't fallen since doing them - thank you for your help in instructing me to do this programme.*  
LM, 90yrs

I found it was adequate for my needs, I wouldn't want to do anything anymore strenuous.  
JC, 86yrs

*For now I feel the programme work well. An extra 1/2 hour each time may make it more effective. Thank you for it all. It is most effective.*  
JD, 90yrs

However, there are those that do not have the drive and motivation to succeed on the OEP no matter what changes are made. I recently had a complaint from a lady that she wanted to be removed from the programme as she hadn't realised she had to actually do the exercises herself!

## CarePlus

CarePlus is a new service available at your doctor's surgery.

This fully funded service allows you four free visits per year to develop your personal care plan with emphasis on understanding and managing your personal health issues.

The main aim of Careplus is that you will, wherever possible, understand:

- Your conditions and joint role in managing these conditions
- Your medication, how it works and when to take it
- Actions needed to improve management of your conditions and health goals



Look out for the information brochures at your Harbour PHO Practice.

## Upcoming Events

### Home Safe Home Information Morning for Older Adults

Are you safe in your home?  
Fall Prevention and Fire Safety Information Morning

Wednesday 26 July, 9.30 – 12.30pm

At the Milford Baptist Church  
1 Dodson Avenue, Milford

Morning tea and light refreshments will be available.

## Happy Birthday!

"Many Happy Returns of the Day" to those who had birthdays in May or have ones coming up in June:



Adelaide, Adele, Adolf, Agnes, Annette, Betty H, Betty W, Carole, Charlotte, Christienus, Clarence, Cliff, Dave, Deidre, Doreen, Dorothy, Edna, Eileen, Elizabeth, Erin, Fay, Gloria, Guy, Gwen, Herbert, Ian, Ivy, Jack, Jill, Joan, Joy, June, June Gertrude, Kathleen G, Kathleen B, Leonard, Lorna, Maeline, Margaret, Maria, Marion, Marjorie S, Marjorie F, Mary D, Mary H, Mavis, Monica, Nancy Hamilton, Nancy Hodgson, Nancy W, Nancy S, Nita, Olga, Patricia, Pauline, Peter C, Peter M, Phillip W, Phillip P, Phyllis, Ramon, Robert, Samuel, Shirley, Sylvia, Terrance, Una, Vera, William, Zelma.