

KOKU

(Keep on Keep up) - Digital



KOKU



What is it?

KOKU is an award winning, NHS approved Digital programme. It enables older adults to access a tailored evidence-based strength and balance exercise programme to prevent functional decline and falls. It also provides health literacy games on how to maintain bone health, home safety and stay hydrated. For a brief introduction on KOKU see website <https://kokuhealth.com/>

KOKU is available to download on the Apple App Store for iPad users and Google Play Store for Android users (tablet-based only). Just click on the App/Google store search icon and type in, 'Koku Health' and you can access it. KOKU has been certified and approved by NHS Digital and is GDPR (data protection) and safety compliant.



Who is it for?

It is aimed at anyone aged 65 and over, but could also be used by younger age groups who are digitally literate or can be supported with the download and navigation of the app (i.e. by relatives, carers or care home staff).

Evidence

Incorporating over 20 years of research, KOKU is based on health behaviour change theory and the proven OTAGO/FAME falls prevention exercise intervention programmes. Trials in Greater Manchester, Nottingham and Texas have found that KOKU is viewed very positively by older adults and objectively found to have high usability with improved outcomes in balance, health status and confidence after 6 weeks independent use.

