

Tai Chi: Moving for Better Balance

Robert Nations MS, L.Ac.



Characteristics

- A series of individual forms linked together to flow smoothly from one form to another
- Slow, relaxing, continuous, circular, and mind-directed
- Emphasis on weight-shifting, direction of core

Styles

- Chen, Yang, Sun, Wu(Jian Qian, He Qin)
- Modified Yang style - From 108 to 24 to 8 forms allows for more participation and greater fall prevention among older adults

Program Development & Research

- Dr. Fuzhong Li, Oregon Research Institute
- Randomized Control Trial: Li et al. (2004, 2005)
- Tai Chi 24 forms vs. Low Impact Exercises
- Findings
 - Reduced frequency of falls among Tai Chi participants
 - Reduced risk of falls by 55 percent
 - Improved balance
 - Reduced fear of falling



Why Tai Chi: Moving for Better Balance?

- Evidence - based Fall Prevention
- Directly Addresses Gait & Balance
- Safe & Simplified
- Acceptability in CA
- Potential Instructors
- Familiarity to Older Adults



Demonstration

Target Audience

Relatively Fit Older Adults

No Major Ambulatory Problems

Without Cognitive Impairment



Delivery Options/Dosage

- **Class Schedule**
- 60 minutes 3x/wk
- 60 minutes 2x/wk + 60 minutes home practice
- 90 minutes 2x/wk
- **Duration**
- 12 weeks
- **Class Size**
- 10-15 Participants



Program Fidelity

- Taught by a certified instructor
- Program frequency & duration (36 hrs.)
- Class attendance rate (75%)
- Completion of all 8 forms



Tai Chi Implementation: *What does it take?*

- Program Coordination / Administration
Participant recruitment, registration, materials, fidelity monitoring
- Host site - adequate space, free from obstacles, sufficient lighting, mirrors ideal
- Senior Centers, Parks & Rec. Sites, Hospitals / Health Centers, Libraries, etc.

Cost

- 12 wks. 10% Program Coordinator's time
Factors in program recruitment before it starts, less work after initiation, \$40K / yr. \$925
- Instructors - 36hrs + 1hr set-up / wk
48hrs @ \$25 / hr = \$1200
- Incidental Costs (copying, etc.)
\$200
- Total for 12 wks = \$2325
- Instructor Training
CDPH

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