



AREA AGENCY ON
AGING:
FALL PREVENTION
ACTIVITIES

Janet Buls – Northeast Iowa Area Agency on Aging



- Assistant Nutrition Director
- Health & Wellness Coordinator
- A Matter of Balance Master Trainer
- Tai Chi for Arthritis and Fall Prevention Certified Instructor
- Stepping On Instructor
- HomeMeds Assessor
- Chronic Disease Self-Management Program Master Trainer
- Walk with Ease Leader

- Jbulb@nei3a.org or 319-231-1551



A MATTER OF BALANCE

TAI CHI FOR ARTHRITIS
AND FALL PREVENTION

SENIORS IN MOTION

Northeast Iowa Area Agency on Aging

Mission:

We empower older individuals to age with dignity and independence.

Vision:

To improve the lives of older Iowans, their caregivers and their communities by providing information, services and supports to enable aging at home.

Concerned about falls

Previous falls

Restrict activities because of concerns about falling

Wants to improve flexibility, balance and strength

Are age 60 or older, community-dwelling and able to problem solve

A Matter of
Balance:
Managing
Concerns About
Falls

Who benefits from
this program?

Just what is MOB?



8 sessions



2 hours each (4 or 8 weeks)



Cognitive restructuring



Exercises designed to increase strength, endurance, and flexibility and balance

How do participants learn?

Coach
presentations

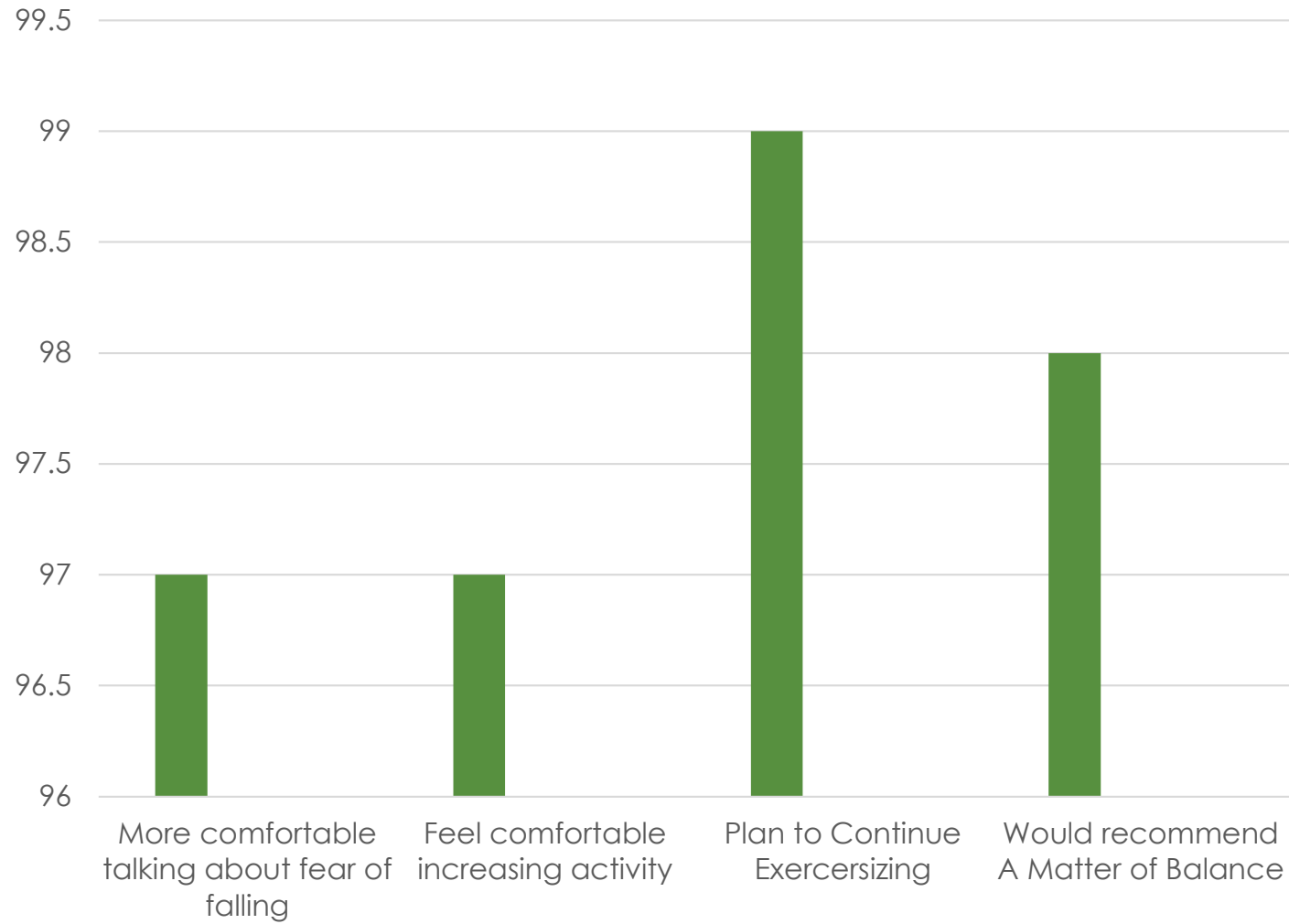
Learning
discussions

Role-playing

Brain-
storming/Problem
Solving

Practicing new
skills

Participant Outcomes



A Matter of Balance

What do our participants say after the program?

Anyone can benefit

Those with arthritis

Lower body weakness

Community dwelling

Non-exercisers

Tai Chi for Arthritis and Fall Prevention

Who benefits from this
program?

What is Tai Chi for Arthritis and Fall Prevention?

Ancient Chinese form of exercise

Many styles of tai chi (this is Sun)

Well suited for those with arthritis

- Small movements
- Upright posture

16 sessions – 1 hour each

Appropriate for all fitness levels

Can be completed from a seated position

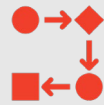
What is a class like?



**Easy warm-up that
includes all body
parts**



**Simple watch me,
follow me, show me
Step-wise
progression**



**Repetition of forms
until comfortable,
then looking deeper
into each form to
help prevent
boredom**



**No special
equipment**

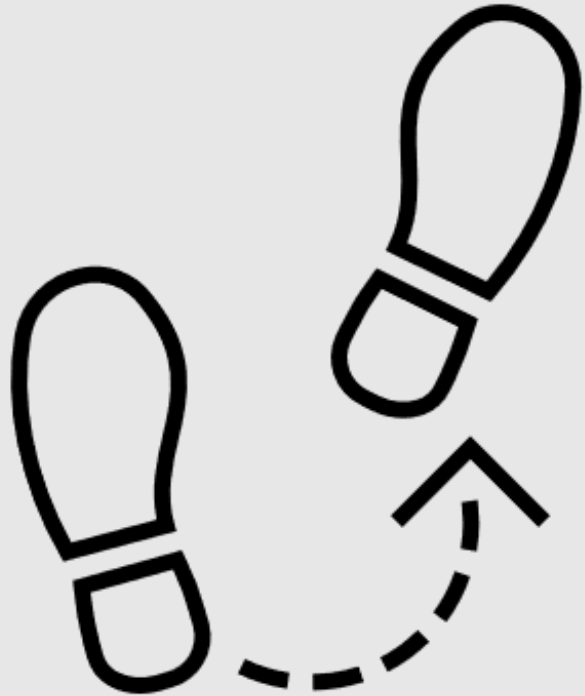


**Increases:
Balance
Flexibility
Strength
Reduces:
Blood pressure
Stress
Risk of falling**

What do the studies say?

- 2003 Study found that after 12 weeks
 - 35% reported less pain
 - 29% less stiffness
 - 29% more ability to perform daily tasks
- 2007 study observed that older, sedentary people with chronic osteoarthritis
 - gained significant
 - sustained improvement in physical function as
 - pain relief

Seniors in Motion (SIMs)



- Organized exercise classes
- Focus on strength, flexibility and endurance
- Is not Evidence-based but there is evidence that improving strength, flexibility and endurance does reduce risk of falling

How much and when?



2 times per week



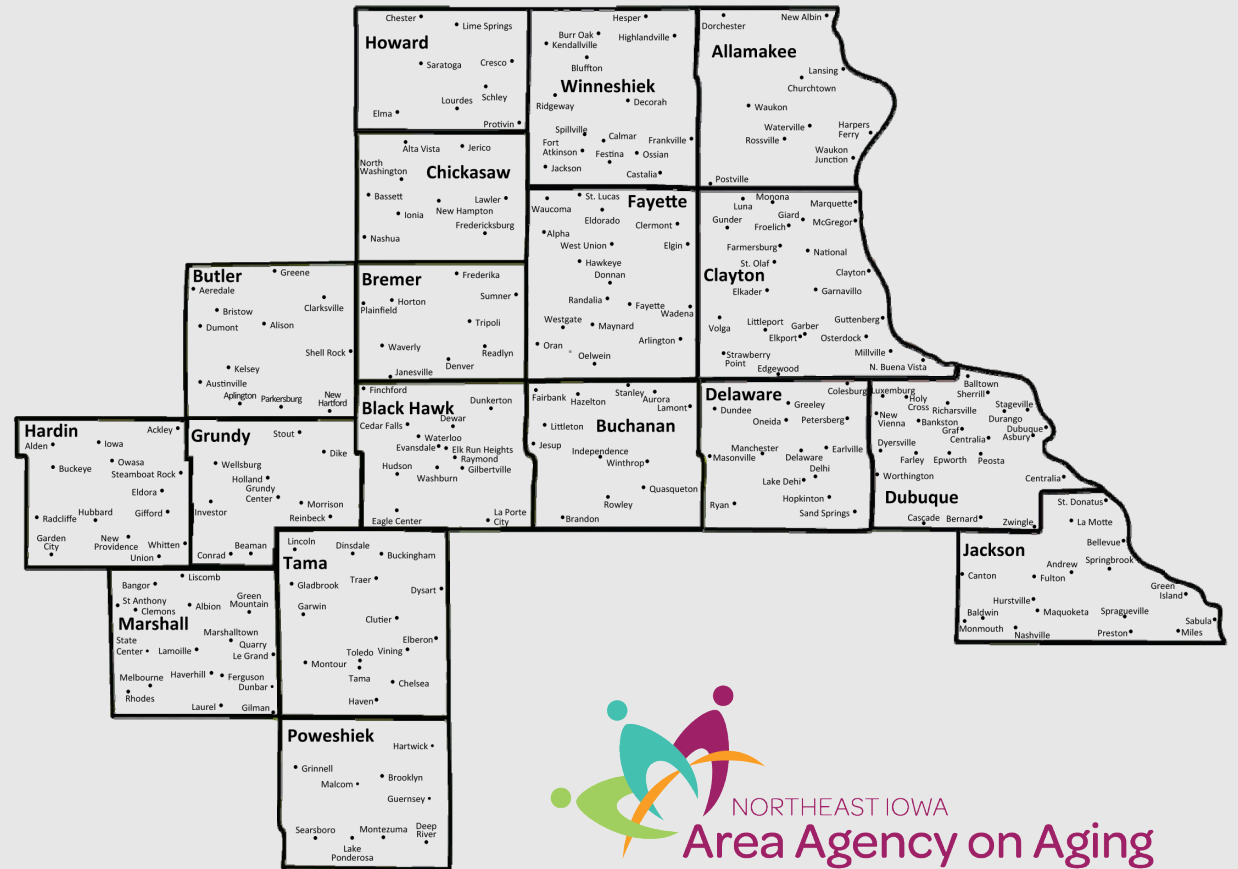
30 minutes each time



At many local centers
in Northeast Iowa

Other Information

- Contribution basis for those 60 years of age and older (and spouses)
- Virtual access
- Small rural communities work for us
- Partner with libraries, churches, community centers, assisted livings
- 18 county service area
- Referral to other AAA's





Call or email:



Janet Buls 319. 231.1551



jbuls@nei3a.org

How can I refer to you?

If we have someone's name and phone number, we can call and share the information they may need.