

# APPLIED TAI CHI

A Falls Prevention  
Program - translating  
research into practice



# Applied Tai Chi for Falls Prevention

Applied Tai Chi for “Better Balance & Stability”  
incorporates falls prevention for seniors including  
"Freedom for the Fear of Falling"



# Applied Tai Chi for Falls Prevention

- Exercises include leg strengthening and work on the core stabilising muscles
- Neuro-muscular retraining using sensory feedback to improve kinaesthetic awareness and proprioception



# Applied Tai Chi for Falls Prevention

Using just any “Tai Chi” choreography, without regard to - and knowledge of - the principles that make Tai Chi so effective in falls prevention (up to 47%) may not meet the specific targeted outcomes



# Applied Tai Chi for Falls Prevention

## ● **Efficient**

- This program is adaptable to reach across the continuum of care, from healthy independent community dwellers, to the high-risk and low-mobility residents in aged care
- An evidence based falls prevention program, the exercises are modified to target specific outcomes
- Training develops the competency of non-expert class leaders (Allied Health workers already have an understanding of safety requirements and considerations for the elderly)
- Many additional benefits when practiced regularly

# Applied Tai Chi for Falls Prevention

## ● **Cost Effective**

- Non-expert facilitators, “practice leaders” were trained, and certified for two years, with follow-up training required after this time
- Partnerships with Government, Non-Government Organisations and community groups assist with promotion and cost-sharing for general community dwellers
- This program is an intervention now to reduce skyrocketing costs of health resources in the coming years



# Applied Tai Chi for Falls Prevention

- **Sustainable**

- Refresher courses to be arranged for additional staff if required
- Staff can incorporate the program into their existing activities
- Easy to practise at home with the DVD in between sessions



# Applied Tai Chi for Falls Prevention

- **Enjoyable**

- Appropriate for all levels of ability
- Benefits for mood, mobility, breathing to increase feeling of well-being
- People become more active and maintain their fitness, balance and strength to stay independent for longer
- Group sessions provide a social element to allow participants to interact with their peers





# Sinnamon Village 2009



# Charleville Group 2009





# Longreach Group 2011



# ANZ Falls Conference 2010



Rod with Professor Clair Robinson and Professor John Campbell and the NZ ACC Tai Chi promotion sign



# ANZ Falls Conference 2010



Conference delegates try the Applied Tai Chi exercises

[www.livingchi.com.au](http://www.livingchi.com.au)





# Gold Coast Active & Healthy 130 participants each session



# THANK YOU

Rod Ferguson; Tai Chi Master, International  
Competition Athlete (Gold Medallist) &  
Professional Instructor 30+ yrs

