

TAI CHI AND QIGONG FOR FALLS PREVENTION AND HEALTH

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LEARNING OBJECTIVES:

- Examine our own Attitudes and Beliefs about Falls.
- Describe the impact of Falls for our Kupuna in Hawaii.
- Explain what is Tai Chi and Qigong.
- Identify the benefits of Tai Chi and Qigong for care home residents.
- Let's play Tai Chi and Qigong Together.



What do you believe about Falls?

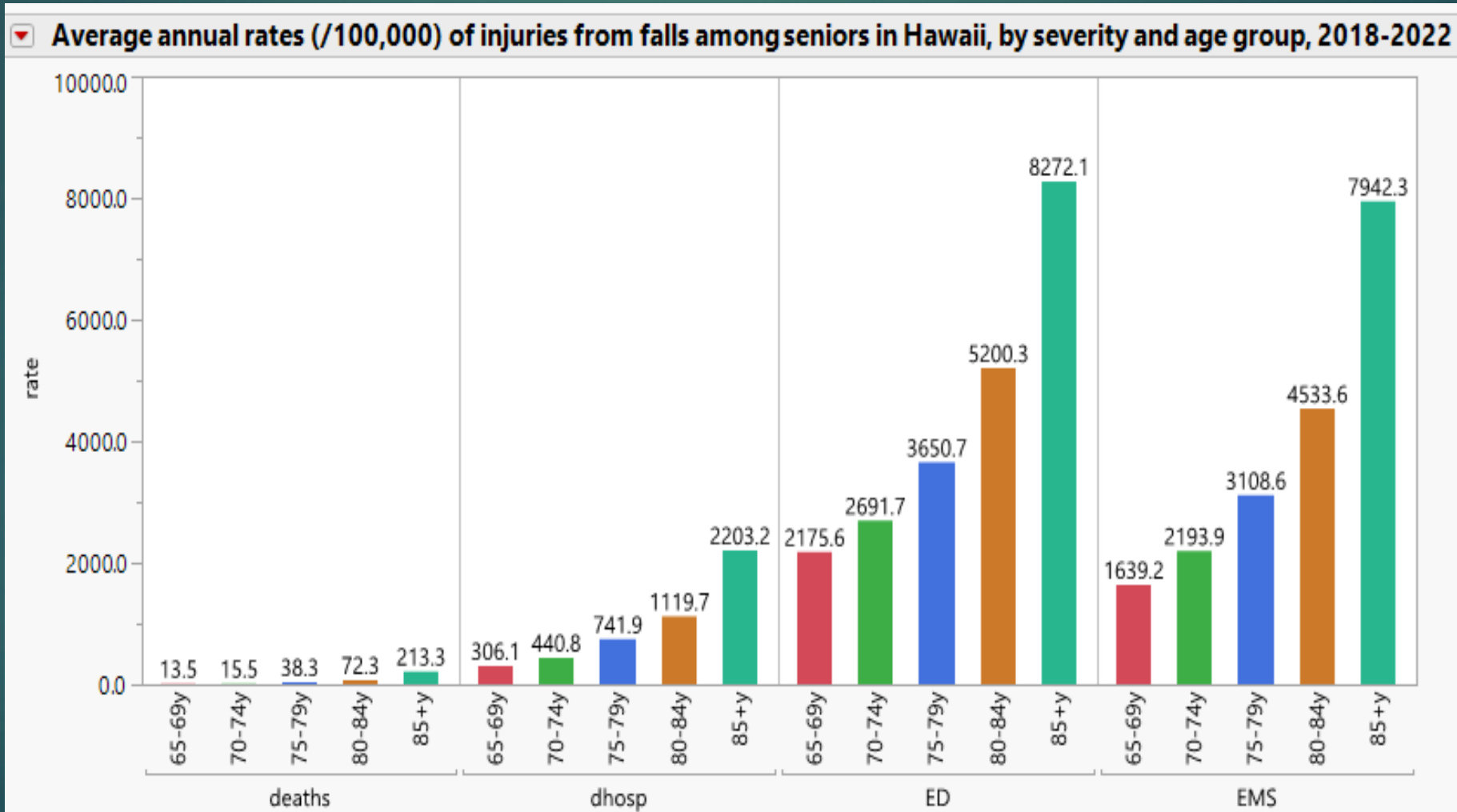
- Falls are a normal part of aging. True ___ False ___
- It's best to wear slippers or walk bare feet to avoid falls. True ___ False ___
- Walking or seated exercise regularly can help with balance. True ___ False ___
- People who have fallen have an increased fear of falling. True ___ False ___
- Most falls occur at the bathroom and bedroom. True ___ False ___
- People who have fallen, limit their mobility and/or limit activities. True ___ False ___

Hawaii Facts About Falls

- Falls are the leading cause of nonfatal injuries in the State of Hawaii with nearly 21,000 emergency room visits and 2,700 hospitalizations each year.
- More than three quarters of the victims are aged 65 or older and the risk of fatal falls increases dramatically as seniors move into higher age ranges.
- The emotional and fiscal burden associated with fall injuries is significant.
- Falls are not a normal part of aging. Most falls can be prevented with the right tools.



Injuries from Unintended Falls by Age and Severity 2018-2022



EMS Description of Non Fatal Falls Location for 2022

	Injury Detail	N Rows	% of Total
1	Fall on same level	6984	67.56%
2	Slip, trip, stumble - Same level	854	8.26%
3	Fall from bed	558	5.40%
4	Fall from chair	430	4.16%
5	Fall, Unspecified	411	3.98%
6	Fall on stairs and steps	392	3.79%
7	Fall from toilet	126	1.22%
8	Other slipping, tripping and stumbling and falls	120	1.16%
9	Fall in shower or empty bathtub	111	1.07%
10	Fall from wheelchair, nonmotorized scooter or motorized mobility scooter	91	0.88%
11	Fall on and from ladder	54	0.52%
12	Fall from other furniture	48	0.46%
13	Other fall from one level to another	48	0.46%
14	Fall from high place	35	0.34%
15	Fall from, out of or through roof	11	0.11%
16	Slip, trip, stumble without fall	10	0.10%
17	Fall from balcony	6	0.06%
18	Fall from cliff	6	0.06%
19	Fall from tree	6	0.06%
20	Fall/Thrown from horse	4	0.04%
21	Fall on ice and snow	3	0.03%
22	Fall in filled bathtub	2	0.02%
23	Fall from, out of or through building	1	0.01%
24	no data	27	0.26%

Fall Injuries for Women/ Men in Hawaii 2018-2022

	agecat	gender	deaths	hosp	ED	EMS
1	65-69y	total	11	259	1838	1385
2	70-74y	total	11	314	1916	1562
3	75-79y	total	18	345	1696	1444
4	80-84y	total	21	331	1538	1341
5	85-89y	total	32	391	1532	1420
6	90-94y	total	32	347	1226	1202
7	95+y	total	22	155	593	595
8	total	total	148	2141	10339	8949
9		
10	65-69y	female	3	135	1124	675
11	70-74y	female	4	178	1149	770
12	75-79y	female	7	205	1045	759
13	80-84y	female	10	202	977	744
14	85-89y	female	16	272	1020	871
15	90-94y	female	19	260	851	802
16	95+y	female	12	122	439	420
17	total	female	70	1373	6607	5040
18		
19	65-69y	male	8	124	714	710
20	70-74y	male	7	136	767	792
21	75-79y	male	11	140	651	685
22	80-84y	male	12	129	561	597
23	85-89y	male	16	119	512	549
24	90-94y	male	13	86	374	400
25	95+y	male	10	33	154	175
26	total	male	78	767	3732	3908

6 Steps to Prevent a Fall

To learn more, [visit ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).



1

Find a good balance and exercise program. Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2

Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



What is Tai Chi and Qigong ?

- Tai Chi is a mind-body exercise that originated in ancient China where it started as a martial art.
- It is “ moving meditation” and includes a series of gentle flowing movements to create harmony between the mind and body.
- Qigong is deep(belly or diaphragm) breathing to improve internal strength and health (i.e. lungs, heart, kidneys, liver, eyes, etc.).



Benefits of Tai Chi and Qigong Practice

- Improved physical and mental health - Supports improved attention span, helps promote a calm and relaxed mood.
- Anyone can do it – People of any age with any level of fitness can practice Tai Chi. It is low impact and safe when practiced correctly.
- It's a way of Living – Tai Chi and Qigong have emotional and mental health benefits. Deliberate movements help people feel more relaxed, grounded and present in their bodies.
- Cultivates one's Life Force - The ultimate purpose of Tai Chi is to grow your Qi (pronounced chee) or inner life energy to flow smoothly and powerfully through your entire body. This is a spiritual as much as a physical experience.

How does Tai Chi and Qigong Improve Health?

- Tai Chi is a mind-body exercise that originated in ancient China where it started as a martial art. It is “moving meditation” and includes a series of gentle flowing movements to create harmony between the mind and body.
- Qigong is deep (belly or diaphragm) breathing to improve internal strength and health (i.e. lungs, heart, kidneys, liver, eyes, etc.).



Five Major Styles of Tai Chi



Five Tai Chi Styles

- Chen is the oldest with fast and explosive movements; combined with slow and gentle movements.
- Yang most popular form and characterized by gentle, large frame movements.
- Hao Style focuses on internal force (lesser known style).
- Wu style is characterized by softness and emphasis is on re-directing incoming force with a slightly forward leaning posture.
- Sun style (pronounced soon) is the youngest of all the forms created in early 1900's. This style has lots of Qigong movements and is characterized by lively steps, and has a slightly higher stance.
- Tai Chi for Arthritis and Falls Prevention is based on Sun style developed by Dr. Paul Lam, Tai Chi Health Care Institute (TCHI).

Tai Chi Principles





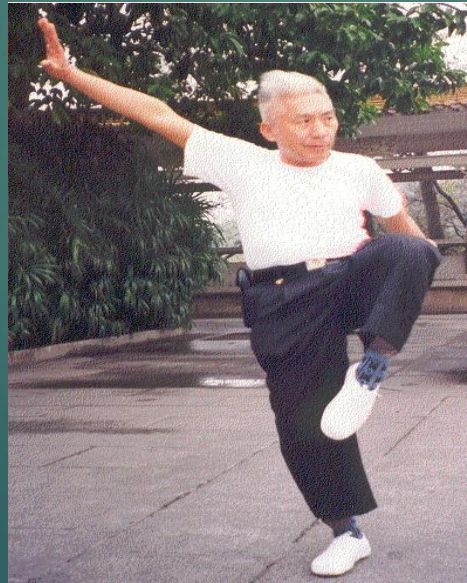
Outward Movement:



- Make your movements slow, smooth and continuous. Be like water in a river.
- Move with intention and “gentle resistance” in the water.
- This will help you and your residents improve your balance and coordination with building internal strength.

Body Structure

- Keep your body supple, well aligned as straight and vertical line as possible.
- An upright (not stiff) body structure will help your internal energy (Qi) to flow
- Apply proper weight transfer to develop mobility and internal strength.



Internal Components



- Loosen or ‘松 – “Song” the joints. Relax with Tai Chi. Tensed joints hinder the flow of Qi.
- Consciously and gently stretch your joints from within. When your joints are Song, Qi moves smoothly and powerfully through.
- Song strengthens the internal ligaments and muscles, enhancing the function of body joints.
- Develop a state of mental quietness or ‘静 – Jing’ You are more mindful of the present and allow your mind to be quiet from within.



Tai Chi Health Institute (TCHI) for Arthritis and Falls Prevention Program:

- An Evidence-Based Practice for Falls Prevention for Older Adults.
- Adopted by the Centers for Disease Control and State of Hawaii Department of Health EMS and Falls Prevention Program.
- Recognized by the National Council on Aging.

Let's Get Ready to Play Tai Chi and Qi Gong



Breathing and Tai Chi



- Avoid holding your breath while moving.
- Inhale through through your nose; Exhale through your nose.
- Breathe with focus and using DanTian (Belly breathing).
- Let's practice breathing.
- Women, place right hand below navel, left hand on top right. Men, place left hand below navel, and right hand on top left.

Sun Style Tai Chi Warm Ups

- Neck Joints
- Shoulders
- Spine
- Hips
- Knees
- Ankles



Final Thoughts



- Regardless of age or physical health, Tai Chi promotes acute self-awareness - of bodily sensation, thoughts and emotions. It is the connection between mind and body.
- With practice Tai Chi focuses your attention to the present moment (mindfulness) for you and your residents.
- Memory care home residents have commented that they feel relaxed and have peace in their mind after playing Tai Chi.
- The care home residents may not remember the Tai Chi forms, but they are able to follow, breathe, and experience inner calmness and joy.

Tai Chi Resources

- Tai Chi for Health Institute (TCHI)
Website: www.taichiproductions.com. Lists current TCHI instructors in Hawaii and information to be a certified instructor.
- State of Hawaii - Department of Health, Falls Prevention Resource Guide. Lists Tai Chi classes and instructors in Hawaii.
Website: ipcp@doh.hawaii.gov. Phone: 808-733-9320.
- Book “ Harvard Medical School Guide to Tai Chi by Peter M. Wayne, PhD and Mark L. Fuerst. Available on Amazon.com.
- Book “ Teaching Tai Chi Effectively”, Dr. Paul Lam with Maureen Miller.

Mahalo for ALL that You Do

