



Q: What are the evidenced based fall prevention programs in NC supported through Healthy Aging NC?

A: Otago

The Otago Exercise Program (Otago) is an individualized balance and strength fall prevention program that is delivered by a physical therapist over the course of 52 weeks. Otago was developed and tested by the New Zealand Falls Prevention Research Group and is part of ongoing work at UNC-Chapel Hill. Because this program is delivered by a licensed physical therapist, it is only available via certain clinicians within North Carolina. For further information, or to find an Otago physical therapist near you, please click the link below:

<https://www.med.unc.edu/aging/cgec/exercise-program>

A Matter of Balance

A Matter of Balance (AMOB) is an eight session structured group intervention that utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to teach fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training. Each of the sessions is two hours in length, including a break for light refreshments*. Early sessions focus on changing attitudes and self-efficacy before attempting changes in actual behavior. The exercise component, which begins in the third session, takes about 30 minutes of the session to complete. * ***Title III D funds are permitted to be used for snacks during the AMOB program.***

Tai Chi for Arthritis

Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI), the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use for older adults. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations. Classes are offered a minimum of 16 hours of tai chi lessons one hour per week for 16 weeks or two hours per week for eight weeks. Participants are

encouraged to practice the tai chi program at home for half an hour daily, at least four days per week. Naturally, practicing longer within the participant's comfort zone is even better.

YMCA: Moving for Better Balance

Moving For Better Balance is a 12-week evidence based falls prevention program that is proven to reach fall prevention benefits once participants reach 50 hours of practice. Led by a Moving for Better Balance trained instructor, this program focuses on improving mental cognitive and physical functional ability especially balance to reduce fall-related risks and fall frequency.

Training goals are to improve static and dynamic postural stability, mindful control of body positioning in space, functional walking activities, movement symmetry and coordination, and to increase range of motion around the ankle joints and build lower extremity strength. Chair-supported progressions, from completely seated, through sit-and-stand, to chair-assisted, are also included, with a variety of challenges, to meet the performance capabilities of the participants. Finally, home-based exercises are also included for additional out-of-class practice.

Q: Why are the hour requirements for the two Tai Chi programs different?

A: Tai Chi for Arthritis and YMCA: Moving for Better Balance are two different forms of Tai Chi. Studies for each have established the individual hour requirements based on how many hours of practice it takes to reach fall prevention benefit. More in depth guidance for each program can be found [here](#) on the National Council on Aging's website.

Q: How/why do I document that my participants are meeting the 16 hour requirement for Tai Chi for Arthritis?

A: Data collection forms for Tai Chi for Arthritis and other programs can be found at Healthy Aging NC's [Trainer Resource page](#):

<http://healthyagingnc.com/resources/trainer-resources/>.

While we understand that different facilities may offer this program in slightly different formats, we are able to offer technical assistance and data collection for those who are able to document the 16 hour requirement. Data collection is reported to the National Council on Aging's national database and helps to tell the story of Tai Chi for Arthritis in North Carolina. This makes the program more attractive to potential funders, and allows individual organizations at both the state and local levels to reflect on the effectiveness of this program in their communities.

For help troubleshooting how to meet the 16 hour requirement, please contact

Healthy Aging NC's Fall Prevention Program Manager: (828) 250-3991 or email: aojones@unca.edu.

Q:How do I become a leader in any of these programs?

A: Otago Exercise Program is led by a trained physical therapist (PT). PTs can take an online training that qualifies as a Continuing Education Credit. More information about this training can be found at:

<http://www.aheconnect.com/cgec/cdetail.asp?courseid=cgec3>.

A Matter of Balance requires master trainers who do fidelity monitoring of coaches that operate the programs in their communities. Master Trainers hold licenses for the program and manage coach lists and training schedules. For more information on becoming a Master Trainer, visit the national dissemination page, [Maine Health](#):

http://www.mainehealth.org/mh_body.cfm?id=3394.

To identify a master trainer in your region please contact Healthy Aging NC: healthyagingncinfo@gmail.com A Matter of Balance coaches are often volunteer lay leaders from the community. This means anyone over 18 who can read and follow directions can become a coach. Coaches are usually asked to sign an agreement with their master trainers to coach 2 sessions minimum within a year after being trained. If you are interested in being a coach for this program in your community check for a [coach training near you](#) on our website.

Tai Chi for Arthritis also works with a format of master trainers and leaders who operate under them but calls class leaders "instructors." For a listing of trainings, trainers, or instructors in your area visit the [Tai Chi for Health Institute](#) page: <http://taichiforhealthinstitute.org/how-to-become-an-instructor-of-dr-lams-program-3/>

YMCA: Moving for Better Balance leader training is disseminated through the YMCA organization. In North Carolina, people interested in this program can contact the state program trainer: Diane Saccone at: (828) 575 2904 or dsaccone@ymcawnc.org.

