

# Tai Chi for Arthritis and Fall Prevention Participant Information Form

By filling out this form, I agree that the information collected on program forms may be studied and shared, with no way to link it back to me.

**Admin Use Only: Participant I.D.:** The facilitator or program staff should complete this part of the form and mark the sequential number of the participant to the name on the attendance form.

State abbreviation: \_\_\_ \_\_\_ (e.g., NY, VA, etc.)

First four letters of the site name: \_\_\_\_\_

Start date of program: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (e.g., 12/01/19)

Participant number: \_\_\_ \_\_\_ (e.g., 01, 02, 03, etc.)

1. Did your doctor or other health care provider suggest that you attend this program?

Yes     No

2. How old are you today? \_\_\_ years

3. Do you live alone?     Yes     No

4. Are you:     Male     Female     Prefer not to say

5. Are you of Hispanic, Latino, or Spanish origin?     Yes     No

6. What is your race? **Check all that apply.**

<input type="checkbox"/>	American Indian or Alaska Native
<input type="checkbox"/>	Asian
<input type="checkbox"/>	Black or African American

<input type="checkbox"/>	Native Hawaiian or other Pacific Islander
<input type="checkbox"/>	White

7. What is the highest grade or level of school that you have completed?

<input type="checkbox"/>	Some elementary, middle, or high school
<input type="checkbox"/>	High school graduate or GED

<input type="checkbox"/>	Some college or technical school
<input type="checkbox"/>	College (4 years or more)

8. Has a health care provider ever told you that you have any of the following chronic conditions (i.e., one that has lasted for three months or more)?

	YES	NO		YES	NO
Alzheimer's Disease or other dementia			Hypertension (High Blood Pressure)		
Anxiety Disorder			Kidney Disease		
Arthritis/Rheumatic Disease			Obesity		
Asthma/Emphysema/Other Chronic Breathing or Lung Problem			Osteoporosis (Low Bone Density)		
Cancer or Cancer Survivor			Parkinson's Disease		
Chronic Pain			Schizophrenia or Other Psychotic Disorder		
Depression			Stroke		
Diabetes (High Blood Sugar)			Traumatic Brain Injury		
Heart Disease			Urinary Incontinence		
High Cholesterol			Other Chronic Condition		

## Participant Information Form (continued)

9. In general, would you say that your health is:

- Excellent     Very Good     Good     Fair     Poor

10. How often do you feel lonely or isolated from those around you?

- Never     Rarely     Sometimes     Often     Always

***The next few questions ask about falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.***

11. In the past 3 months, how many times have you fallen?     None    \_\_\_\_times

***If you fell in the past three months:***

a. how many of these falls caused an injury? *(By an injury we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.)*

\_\_\_\_\_ number of falls causing an injury

b. Did you tell anyone, such as a family member, friend, or healthcare provider about this fall, whether or not it resulted in an injury?

- Yes     No

c. what happened after you fell? *(Please check all that apply)*

- Went to the Emergency Room                       Was admitted to the hospital  
 Visited my Primary Care Physician               Did not seek medical care

12. How fearful are you of falling?

- Not at all     A little     Somewhat     A lot

13. During the **last 4 weeks**, to what extent has your concern about falling interfered with your normal social activities with family, friends, neighbors or groups?

- Not at all     Slightly     Moderately     Quite a bit     Extremely

14. Please use an **X** to tell us how sure you are that you can do the following activities.

	Not at all sure	Somewhat sure	Neutral	Sure	Very Sure
a. I can find a way to get up if I fall					
b. I can find a way to reduce falls					
c. I can increase my flexibility					
d. I can increase my physical strength					
e. I can become more steady on my feet					

15. What best describes your activity level?

- Vigorously active for at least 30 min, 3 times per week  
 Moderately active at least 3 times per week  
 Seldom active, preferring sedentary activities