

READY STEADY BALANCE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

National Falls Prevention Awareness Day takes place every September. Join the Y and National Council on Aging and the Falls Free Coalition as we stand with older adults, caregivers, families, and health care professionals across the country to raise awareness to prevent falls.

Take the test or encourage an older adult to learn if they are at risk for falls.

WHAT IS YOUR RISK SCORE?

For each "yes" answer add the number of points listed:	YES	NO	Why this matters
I have fallen in the past year.	2	0	People who have fallen once are likely to fall again.
I use or have been advised to use a cane or walker to get around safely.	2	0	People who have been advised to use a cane or walker may already be more likely to fall.
Sometimes I feel unsteady when I am walking.	1	0	Unsteadiness or needing support while walking are signs of poor balance.
I steady myself by holding onto furniture when walking at home.	1	0	This is also a sign of poor balance.
I am worried about falling.	1	0	People who are worried about falling are more likely to fall.
I need to push with my hands to stand up from a chair.	1	0	This is a sign of weak leg muscles, a major reason for falling.
I have some trouble stepping up onto a curb.	1	0	This is also a sign of weak leg muscles.
I often have to rush to the toilet.	1	0	Rushing to the bathroom, especially at night, increases your chance of falling.
I have lost some feeling in my feet.	1	0	Numbness in your feet can cause stumbles and lead to falls.
I take medicine that sometimes makes me feel light-headed or more tired than usual.	1	0	Side effects from medicines can sometimes increase your chance of falling.
I take medicine to help me sleep or improve my mood.	1	0	These medicines can sometimes increase your chance of falling.
I often feel sad or depressed.	1	0	Symptoms of depression are linked to falls.

IF YOU SCORED A 4 OR HIGHER, then you may be at risk for falling. Discuss this result with your doctor.

TOTAL _____

HELPING YOU FEEL STRONG STEADY & SAFE

Moving For Better Balance



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PROGRAM OVERVIEW

Moving For Better Balance is a 12-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing.

DESCRIPTION

- 12-week program which includes:
 - 2 class sessions per week
 - 2+ hours of at-home practice per week
- A qualified instructor to teach participants
- A small group to help support participants
- A safe and comfortable environment to learn and practice
- A convenient location in the community

WHAT PARTICIPANTS GAIN

- A positive social experience
- Improved balance and stability
- Improved memory and cognition
- Improved muscle strength
- Improved self-confidence
- Reduced stress
- Improved flexibility
- Improved mental and emotional well-being

WHO QUALIFIES

To participate in the program, participants must be:

- **65 years or older**, physically mobile, with impaired stability and/or mobility
- **45 years or older** with a chronic condition that may impact stability and/or mobility
- **A YMCA membership is not required**

EVIDENCE

Moving For Better Balance was developed by Fuzhong Li, PhD at the Oregon Research Institute with funding from the Centers for Disease Control and Prevention.

According to the CDC, each year more than 1.5 million Americans will have a stroke or heart attack, which may result in impaired balance and mobility. Research has shown that Tai Chi-based programs like **Moving For Better Balance** may aid rehabilitation for those age 45 or older with heart disease.¹ Research has also shown that participants in Tai Chi classes had fewer falls, fewer fall injuries, and their risk of falling was decreased by 55 percent.²

ON BEING AN INSTRUCTOR...

“One of my biggest satisfactions is the feeling of accomplishment I see in their faces and the way they enjoy moving their bodies with grace.”

BARBARA Meredith | MFBB Instructor
Rogue Valley Family YMCA

1. Taylor-Piliae, R. E., Silva, E., & Sheremeta, S. P. (2012). Tai Chi as an adjunct physical activity for adults aged 45 years and older enrolled in phase III cardiac rehabilitation. *European Journal of Cardiovascular Nursing*, 11(1), 34-43;
2. Stevens JA. *Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention (2010).