



Tai Ji Quan: Moving for Better Balance[®] (TJQMBB)

Capacity building, program delivery and sustainability

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Outline

- TJQMBB program
- Building capacity
- Funding and cost effectiveness
- TJQMBB leader training

TJQMBB Program

TJQMBB Research-based falls prevention program

- Program developer: Dr. Fuzhong Li
 - Hybrid model combining:
 - Traditional elements of Tai Ji Quan and postural control science
- TJQMBB targets functional activities
- High efficacy reducing falls
 - 58% fewer falls in individuals 65 years and older
 - 75% fewer injurious falls in 65+ y.o.
 - Improve strength, balance and function in ADLs

(Li 2005, 2018, 2019)



Target Audience

- Ambulatory in community
 - Can use an assistive device
 - Must be able to stand unsupported
 - Most beneficial with
 - History of falls
 - Difficulty with walking or balance
 - Must be able to understand instruction
 - Does not need to remember forms
- 8 Forms, 11 Mini Therapeutic Movements[®], 10 Practice Variations
 - Sitting, standing, stepping exercises
 - Quick stepping reaction, limits of stability
 - Chairs in front of participants for safety



Tai Ji Quan: Moving for Better Balance® community research

- Parkinson's disease
 - 67% reduction in falls
 - Improved balance and limits of stability

(Li, 2012)

- Senior center implementation
 - 89% adoption, 77% participant completion
 - Cost effective ratio: \$917/fall prevented

(Li, 2016)

- Successful implementation in non-English speaking communities (Fink 2013)



- Improved cognition and dual task mobility (Li 2014, 2023)



Class delivery

- 2x/week x 1 hour
 - 15 participants maximum, no minimum
- 1 workshop = 24 weeks
 - Completer = 36/48 sessions (75%)
- In-person or remote (live) delivery



Remote: good fidelity and compliance (Li, 2021)

“Doing Tai Chi online is almost like getting one-on-one support”

“We are blessed with Tai Chi... [The Instructors] bring joy to the group and it makes a difference. Plus, you can't beat the commute!”

(from interview with Jennifer Davis, ESMV)

Building Capacity

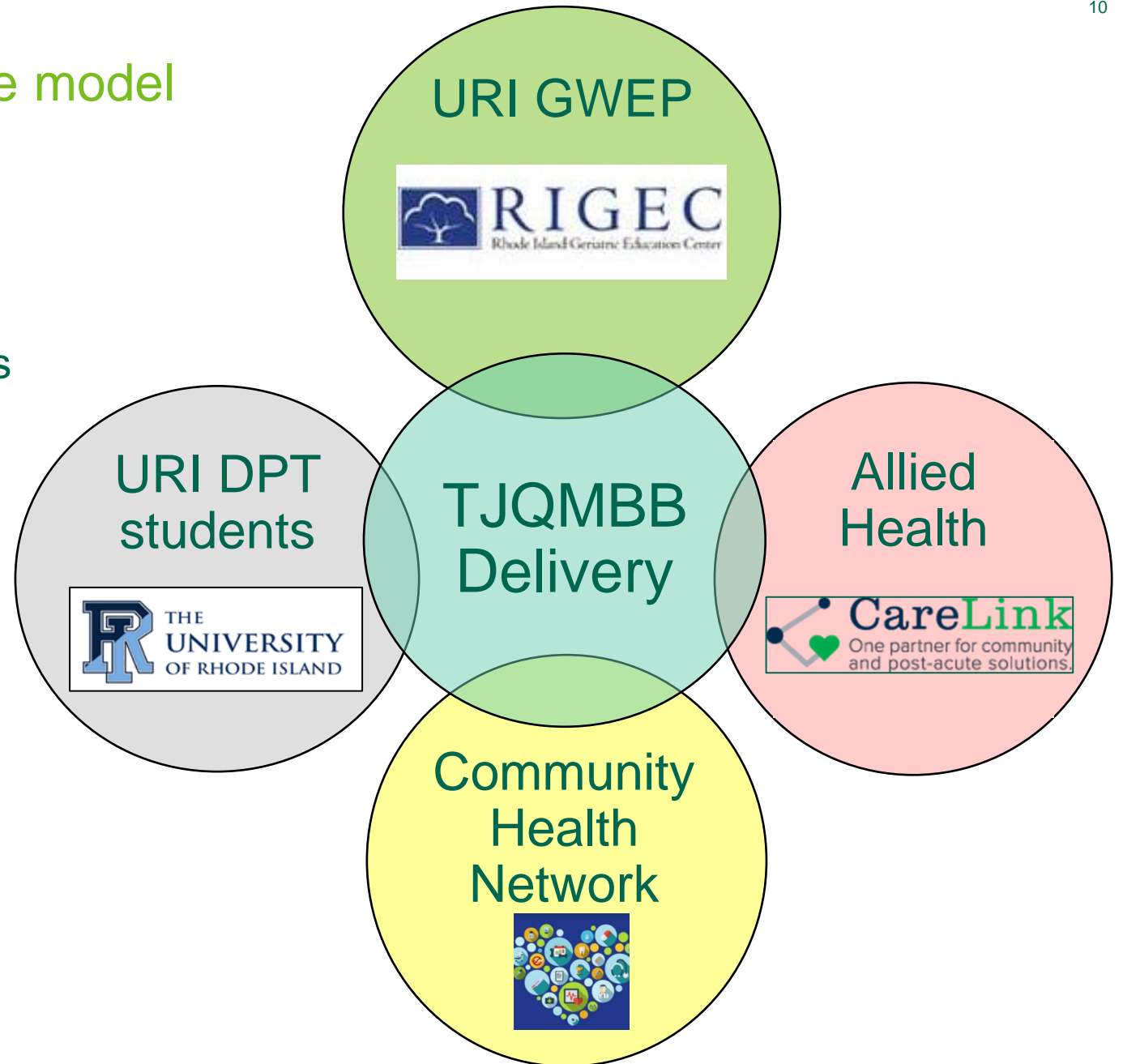
Successful implementation sites



- Senior Centers
- YMCAs
- AAAs
- Senior residential communities
- Faith based organizations
- Community centers
- PACE programs
- Assisted Living Facilities
- Private health clubs
- Healthcare organizations
- Universities

Rhode Island collaborative model

- Geriatric Workforce Enhancement Program (GWEP) funding training
 - Age Friendly Health System 4M's
- Community Health Network
 - Statewide referral hub
- URI physical therapy department
 - DPT students and faculty trained
- CareLink RI
 - PT/OT program delivery (Senior Center, ALF, senior housing)



Physical therapy student program partners

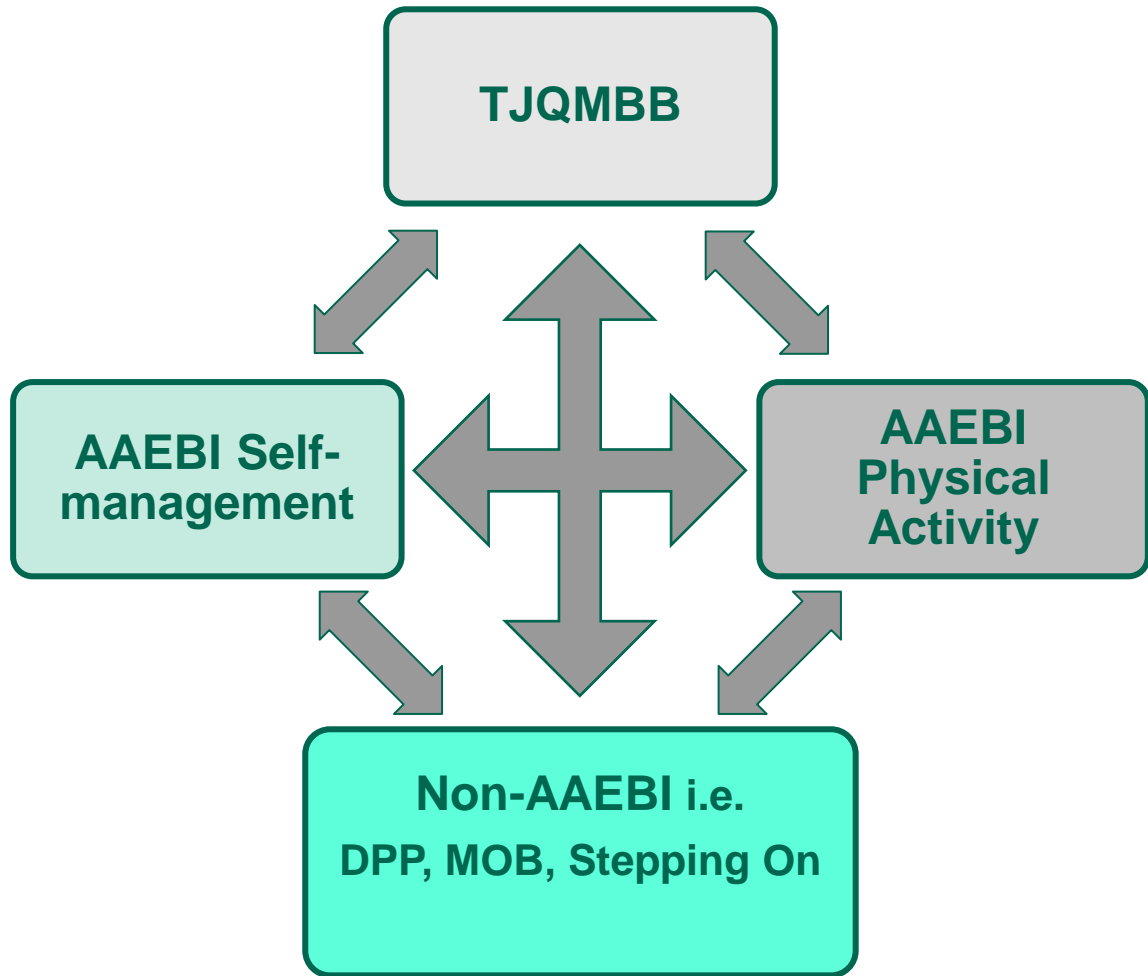
- Supplement workforce
 - DPT students as ideal instructors as “movement specialists”
- Complements DPT program goals
 - Learning basic tenets of balance and therapeutic exercise in an evidence-based program
 - Meets requirements screening and intervention

(Dr. Carol Petrie, URI DPT professor)

- Universities are trusted community organizations
- Positive feedback from older adults and students



Complimentary programs



- Target population
 - Frail/sedentary → ambulatory in community
 - Physical activity – falls prevention focus
- Physical activity program variability
 - Traditional strength/balance ↔ Tai Ji focus
- Time limited program follow up
 - 6-8 week self-management
 - 6-8 week physical activity or combined
- Self-management → physical activity
 - Incorporate physical activity during or follow up to self-management program

Healthcare provider referrals to Community Based Organizations

Benefits

- Endorsement adds credibility to EBP
- Healthcare provider-patient trust established
- Sustainability of program
 - Participant recruitment
 - Dartmouth - highest completion rates from provider referrals through EMR
- Reaching higher risk individual who would benefit from community EBPs

Key contacts

- Rehabilitation Medicine
 - PT/OT
- Primary Care
- Neurology
- Endocrinology
 - Osteoporosis specialists
- Rheumatology
- Emergency Departments

Tips to establish healthcare provider relationships

- Identifying champions within department
- Feedback given to provider re: their patient's enrollment - no "black holes"
 - Participant testimonials
- Make the referral easy
 - One contact/hub for programs
 - Connect to EMR ideal
 - Secure email or fax
- Tear off sheets/rack cards in departments
 - Sample in toolkit (www.TJQMBB.org)
- In-service/Lunch & Learns- EVIDENCE!
 - Rehab
 - Evidence – research studies
 - Demo - TJQMBB relates to PT
 - Primary care and specialties
 - Evidence – research studies
 - Short and to the point
 - Office staff responsible for referrals

May need repeated efforts/talks: Practice pattern change takes time

Funding and Cost Effectiveness

Cost effective

- Costs
 - Instructor time
 - Equipment
 - Chair without wheels for each participant
- Space needs
 - Room for participant to move around the chair
- CDC
 - 509% return on investment
 - \$530 net benefit per participant
(Carande-Kulis, 2015)
- More cost effective than traditional multimodal exercise
 - \$500 vs. \$20,000 for each additional fall prevented (Li, 2019)

Funding strategies

- Cost sharing - DPP
- Federal/state
 - CDC- AAEBI
 - Title IIID
 - Community Block Grant
 - Administration for Community Living (ACL)
- Silver Sneakers Flex
- Parkinson's Center of Excellence
- Private pay/membership
 - Most charge ~ \$3-5/class
 - Scholarships



NEW YEAR, NEW YOU!

The Granite YMCA, in collaboration with Dartmouth Centers for Health and Aging in Lebanon, NH is excited to offer a combination of two **virtual** Health Intervention Programs, the YMCA's Diabetes Prevention Program and Tai Ji Quan: Moving for Better Balance®. Focus on your total health this new year by being physically active for two days per week and learn healthy eating tips one day a week. Our programs are people-centric and are designed to help each individual reach a personal best. YMCA certified instructors are there to guide and support each participant while fostering a community where individuals are open to share with other participants. **These programs can help you stay on track with your goals and improve overall health.** Financial assistance is available. The Granite YMCA is now a Medicare provider! *Medicare accepted for the YMCA's Diabetes Prevention Program only.* **Tai Ji Quan: Moving for Better Balance® will be offered at no cost to those who also sign up for the YMCA's Diabetes Prevention Program.**

Tai Ji Quan™: Moving for Better Balance aims to improve **balance, coordination, and stability** using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based, 24-week program meets twice a week for one hour. Tai Ji Quan can accommodate individuals who need some assistance with walking, such as use of a cane.

Participants in Moving for Better Balance:

- Improve their balance
- Increase their self-confidence
- Gain a sense of achievement
- Improve their well-being

Do you have concerns about falling?

Fall are **not** a normal part of aging, and you **can** reduce your risk of a fall. Tai Ji Quan™: Moving for Better Balance is designed to help older adults and individuals with balance disorders reduce their risk of a fall.

PROGRAM DETAILS

Begins January 18, 2022 | Cost: \$95* (24 months)
Tuesday/Thursday from 1:00 – 2:00 pm
You will be sent a Zoom link upon registration
*FREE if you also register for Diabetes Prevention!

The YMCA's Diabetes Prevention Program focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to **reduce their risk** for type 2 diabetes and live healthier lives. A trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of one year.

Your goal during the first 6 months is to:

- Reduce your body weight by 7% (ex: if you weigh 200 lbs, your goal would be to lose 14 lbs)
- Increase physical activity by 150+ minutes per week (ex: 30 min brisk walk 5 days per week)

To qualify, participants must be:

- At least 18 years old
- Overweight (BMI ≥25)
- Diagnosed with prediabetes via a blood test or gestational diabetes (if a blood test is not available, participants must have a qualifying risk score)

PROGRAM DETAILS

Begins January 26, 2022
Wednesdays from 9:30 – 10:30 am
*You will be sent a Zoom link upon registration

For more information, contact
Cindy Lafond at 603.232.8668
or clafond@graniteymca.org.

THE GRANITE YMCA | www.graniteymca.org

YMCA Allard Center of Goffstown | YMCA of Downtown Manchester | YMCA of Concord
YMCA of Greater Londonderry | YMCA of Strafford County | YMCA of the Seacoast

TJQMBB Leader Training

Leader training

- 2-day Community Instructor Training
 - Able to teach community classes upon completion
- 1-Day Enhanced Training
 - Optional but highly recommended within 4 months and annually
- Level 1 and Level 2 certification optional
- Remote delivery (in-person upon request)
- Sustainability
 - Train at least 2 per organization or site



Contact Authorized Trainers for group training or view calendar at www.TJQMBB.org for “Open” trainings

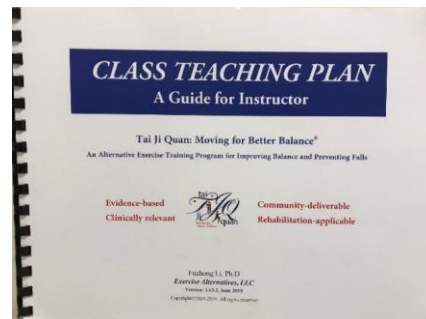
Authorized Trainers and training costs

- Southeast (FL)
 - Diane Lundstedt (dilund21@gmail.com)
- Southwest (NV)
 - Gwen Gibson Jenkins
(gwengj.taichi@icloud.com)
- Northeast (NH)
 - Dawna Pidgeon (dawna@dpbalance.net)
- Midwest (MN)
 - David Fink (davefi@earthlink.net)
- Northwest (WA)
 - Jan Voit (jan@betterbalance.net)
 - Julie Cauthorn (julie@betterbalance.com)
- 2-Day “Open” Community Instructor Training
 - \$375 per person
 - Includes Class Teaching Plan
- 1-Day Enhanced Training
 - \$125 per person
- 2-Day Group Community Instructor Training
 - \$3000 up to 10 individuals + Class Teaching Plan for each individual (\$25 per person)
 - 11-15 individuals \$3000 + \$300 per additional person + Class Teaching Plan (\$25 per person)

Community Instructor resources

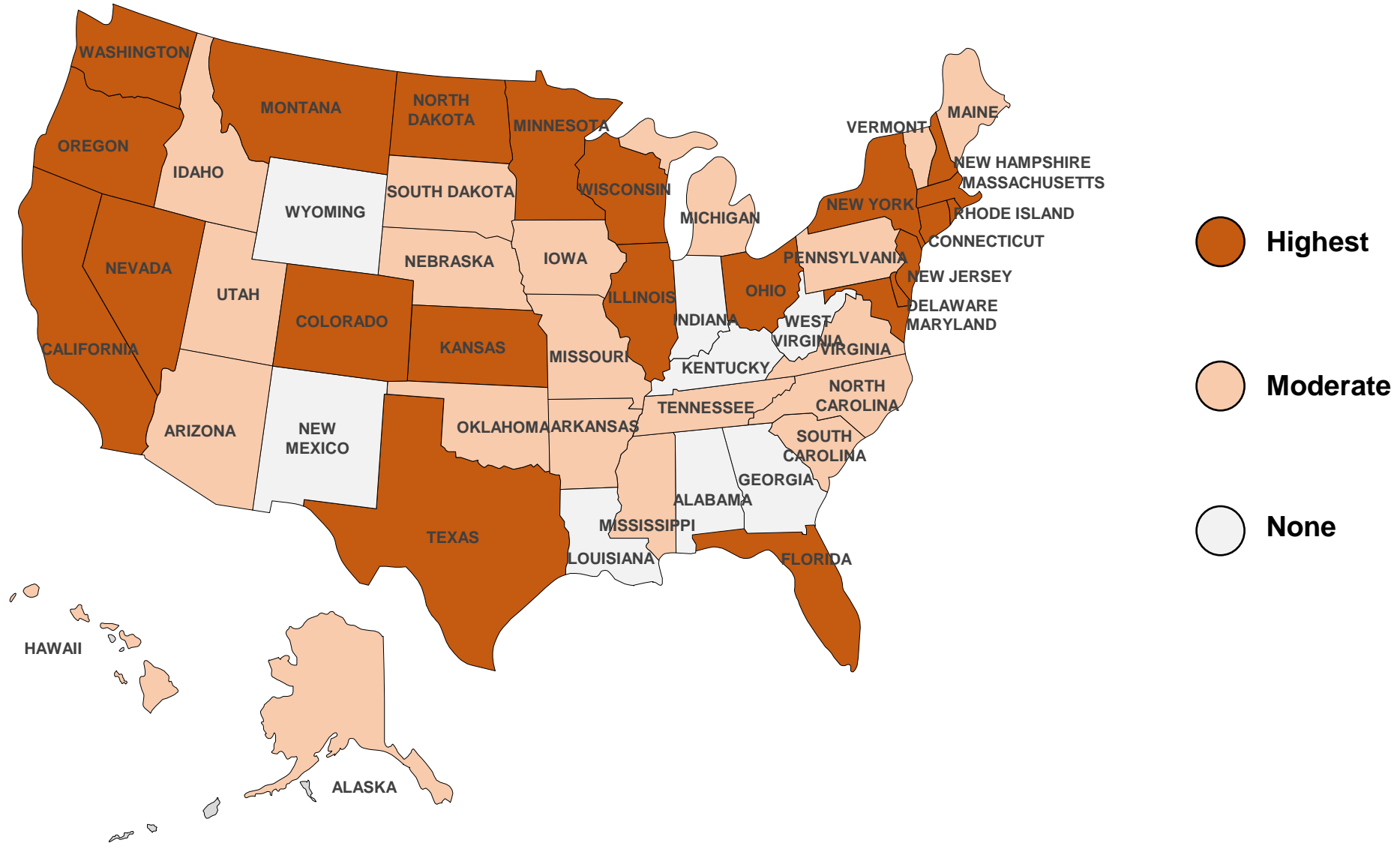


Tai Ji Quan: Moving for Better Balance®



- Instructional videos (www.TJQMBB.org)
 - Instructor level access on website
 - Videos of each exercise
- Class Teaching Plan
 - Written outline for each session
 - Program basics
- Authorized Trainer (AT) contact
 - Fidelity Check (checklist in toolkit)
 - AT or Level 1 Instructor
 - Program questions

TJQMBB Instructors trained (as of December 2023)



Northern New England Geriatric Education Center

"I was able to take control of my life and do something about my balance problem. Because of Tai Ji, I'm not so scared to try things. Tai Ji was the first step in my getting healthy"

Gladys, TJQMBB Participant



Thank You!

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