



Dartmouth

CENTERS FOR HEALTH AND AGING

ACL Implementation Grant Tai Ji Quan: Moving for Better Balance® and A Matter of Balance

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March 7th, 2017



Dartmouth Medical School

THE DARTMOUTH INSTITUTE
FOR HEALTH POLICY & CLINICAL PRACTICE

Where Knowledge Informs Change™



Dartmouth-Hitchcock

Administration on Aging/Administration for Community Living NH Grants

- 2014 Foundation for Healthy Communities (FHC)
 - Increase capacity for and referral to Evidence Based Programs (EBPs) for older adults Coos and Carroll counties, city of Nashua
- 2015 Dartmouth Centers for Health and Aging (DCHA)
 - Increase participation in fall prevention Evidence Based Programs for older adults and individuals with Parkinson's Disease
 - Develop and implement sustainable falls risk screening and referral to EBPs
 - Grafton, Sullivan, Merrimack, Rockingham, Hillsborough, and Cheshire counties
- Tai Ji Quan: Moving for Better Balance[®] (TJQMBB) and A Matter of Balance (MOB)



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Active Partnerships

- Lake Sunapee Visiting Nurse Association (TJQMBB & MOB)
- RSVP Volunteer Center (Matter of Balance)
- Dartmouth Hitchcock Aging Resource Center (Matter of Balance)
- Upper Valley Aquatic Center (TJQMBB & MOB)
- University of New Hampshire (Matter of Balance)
- YMCA Allard Center/Granite State (TJQMBB)
- Carter Community Building Association (TJQMBB & MOB)
- Lyme Community Nurse (Matter of Balance)
- Keene Senior Center (Matter of Balance)
- Chapin Senior Center (Matter of Balance)
- New London Hospital- Newport Health Center (Matter of Balance)
- Windsor Support and Services at Home (Matter of Balance)
- Visiting Nurse and Hospice (TJQMBB)
- Valley Regional Hospital (TJQMBB)
- Keene Family YMCA (TJQMBB)
- Mascoma Senior Center (TJQMBB)
- Charlestown Senior Center (TJQMBB)
- Horse Meadow Senior Center (TJQMBB)
- Hanover Senior Center (TJQMBB)
- Kearsarge Council on Aging (TJQMBB & MOB)
- Pemi-Baker Community Health (TJQMBB & MOB)
- Dartmouth Hitchcock Medical Center (TJQMBB)
- Exeter Area YMCA (TJQMBB)
- Town of Derry Recreation Program (TJQMBB)
- Ingram Senior Center (TJQMBB)
- Penacook Community Center (TJQMBB)
- Andover YMCA (TJQMBB)
- Goodlife Centennial Senior Center (TJQMBB)
- Ingram Senior Center -Salem (TJQMBB & MOB)
- Portsmouth Senior Center (TJQMBB & MOB)
- YMCA Andover, MA (TJQMBB)
- Havenwood Heritage Heights (TJQMBB)
- Gibson Senior Center (TJQMBB & MOB)
- Memorial Hospital (TJQMBB & MOB)
- Southern New Hampshire Medical Center (TJQMBB)
- Riverside Community Center (TJQMBB)
- Berlin Recreation Center (TJQMBB)
- Coos County RSVP-Tri-County CAP (MOB)
- Morrison Assisted Living (MOB)
- St. Josephs Community Services (MOB)
- Belknap-Merrimack CAP (MOB)
- Indian Stream Health Center (MOB)
- Genesis Healthcare Wolfboro Bay (MOB)
- Granite State Independent Living Center (MOB)



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Tai Ji Quan: Moving For Better Balance

CLASS LOCATIONS

Dartmouth Hitchcock Medical Center Aging Resource Center
Phone: (603) 653-3443 (www.dartmouth-hitchcock.org/aging_resource_center.html)

CCBA Witherell Center
Phone: (603) 448-6477 (www.joinccba.org/)

Pemi-Baker Community Health
Phone: (603) 536-2232 (www.pemi-bakercommunityhealth.org/)

Seacoast Body Balance, LLC
Phone: (603) 400-0711 (www.seacoastbodybalance.com/)

Mascoma Senior Center
Phone: (603) 523-4333 (www.goscc.org/mascoma.html)

Keansarge Council on Aging
Phone: (603) 526-6368 (www.keansargeco.com/)

Good Life Programs & Activities
Phone: (603) 228-6630 (www.goodlifefnh.org/registration)

Panacook Community Center
Phone: (603) 753-9700 (www.panacookcommunitycenter.org/)

Havenwood Heritage Heights (<http://hhinfo.com/>)

GalsWay Taiji, Qigong & Yoga
Phone: (603) 553-2624 (www.galswaytaiji.com/)

Portsmouth Senior Center
Phone: (603) 610-4433 (www.cityofportsmouth.com/recreation/senior.htm)

Charlestown Senior Center
Phone: (603) 836-5987

Hanover Senior Center
Phone: (603) 643-5531 (www.hanoverrec.com/)

Horse Meadow Senior Center
Phone: (603) 787-2539 (www.goscc.org/horsemeadow.html)

Gibson Center for Senior Services
Phone: (603) 356-3231
(www.gibsoncenter.org/social-room/tai-j-quan-moving-for-better-balance)

Memorial Hospital
Phone: (603) 356-5461 x2187
(www.memorialhospitalnh.org/health-wellness/a-matter-of-balance)

Valley Regional Hospital
Phone: (603) 542-1878
(<http://vhr.org/health/tai-j-quan-moving-better-balance/>)

Town of Derry, Recreation Program
Phone: (603) 432-6136 (www.derry.nh.us/parks-recreation)

Ingram Senior Center
Phone: (603) 890-2190
(www.townofsaletn.org/senior-services/slides-senior-center)

Southern NH Medical Center - West Campus
Phone: (603) 557-2255/5737
(www.snhhs.org/crag/default.aspx?id=23&id=1)

YMCA Aillard Center of Goffstown
Phone: (603) 568-7897
(www.grantleyymca.org/index.php?page=aillard)

The Morrison & Sartwell Assisted Living
Phone: (603) 837-2541 (www.themorrison.org)

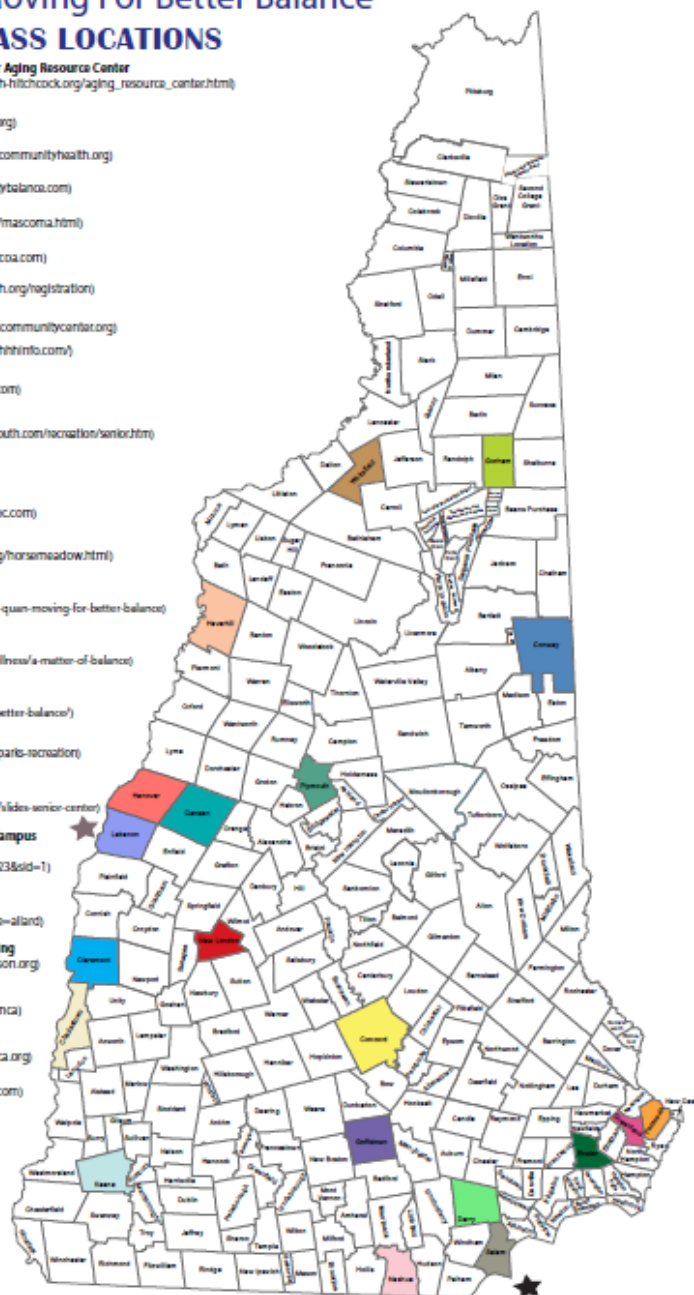
Exeter Area YMCA
(<http://www.sdmymca.org/exeter-area-ymca>)

Bentley Commons
Phone: (603) 352-6002 (www.keaneyymca.org/)

Riverside Wellness Center
Phone: (603) 752-7727 (www.rwcchiro.com/)

Upper Valley Aquatic Center
White River Junction, VT
Contact: (802) 296-2850
(www.uvacswhim.org/swimming/)

Andover YMCA
Andover, MA
Contact: (978) 685-3541 x113
(www.mvymca.org/)



ver. March 2017

Matter of Balance Programs

CLASS LOCATIONS

Aging Resource Center
Phone: (603) 653-3460
(www.dartmouth-hitchcock.org/aging_resource_center.html)

CCBA Witherell Center
Phone: (603) 448-6477 (<http://www.joinccba.org/>)

Center for Physical Therapy & Exercise - Manchester & Nashua
Phone: (603) 880-0448 (www.cpte.net)

YMCA of Greater Nashua - Nashua
Phone: 889-8365 (www.nymymca.org/)

Southern NH Medical Center - West Campus - Nashua
Phone: (603) 557-2255 / 577-5737
(www.snhhs.org/crag/default.aspx?id=23&id=1)

Center of New Hampshire VNA
Contact: (603) 569-2729 (www.centralvna.org/)

Gibson Center for Senior Services - Conway
Contact: (603) 356-3231
(www.gibsoncenter.org/social-room/tai-j-quan-moving-for-better-balance)

Memorial Hospital - Conway & Tamworth
Phone: (603) 356-5461 x2187
(www.memorialhospitalnh.org/health-wellness/a-matter-of-balance)

Community Action Program Belknap-Merrimack Counties, Inc. (BMCAP)
Contact: (603) 225-3295 (www.bm-cap.org/Elderly.htm)
Please note: Programs rotate throughout BMCAP service area.

Concord Regional Visiting Nurse Association (CRVNA)
Contact: (603) 224-4093 (www.crvna.org/)

Indicates towns that offer both CRVNA and BMCAP programs

Ingram Senior Center
Contact: (603) 890-2190
(www.townofsaletn.org/senior-services/slides/ingram-senior-center)

Grafton Senior Citizen's Council
Contact: (877) 711-7787 (<http://www.goscc.org/>)

Newport Health Center Community Room
Contact: (603) 526-5562
(www.londonhospital.org/services/newport_health_center/)

Indian Stream Health Center
Contact: (603) 388-2427 (www.indianstream.org/)

Converse Free Library
Contact: (603) 795-2850 (www.lymenhlibrary.org/)

Keene Senior Center
Contact: (603) 352-5037
(www.thekeeneseniorcenter.org/)

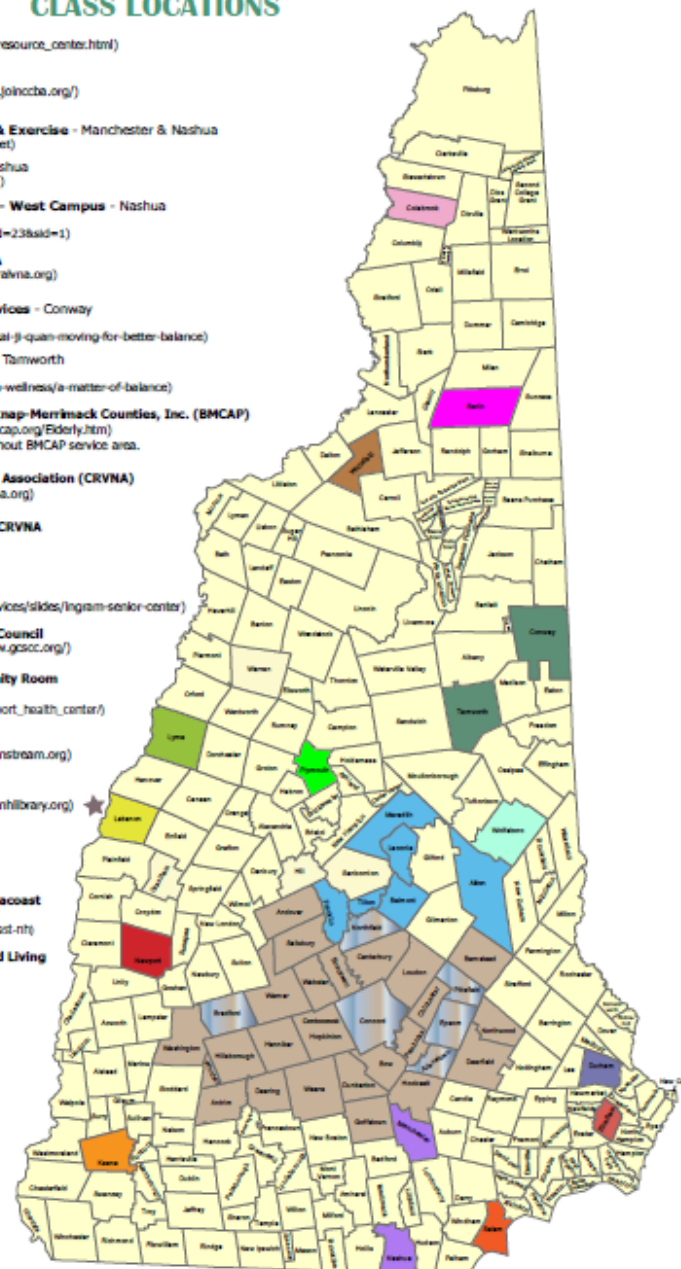
Senior Helpers of the Greater Seacoast
Contact: (603) 583-4580
(www.seniorhelpers.com/greaterseacoast-nh)

The Morrison & Sartwell Assisted Living
Contact: (603) 837-2541
(www.themorrison.org)

University of New Hampshire
Contact: (603) 314-3180

Coos County RSVP
Contact: (603) 752-4103

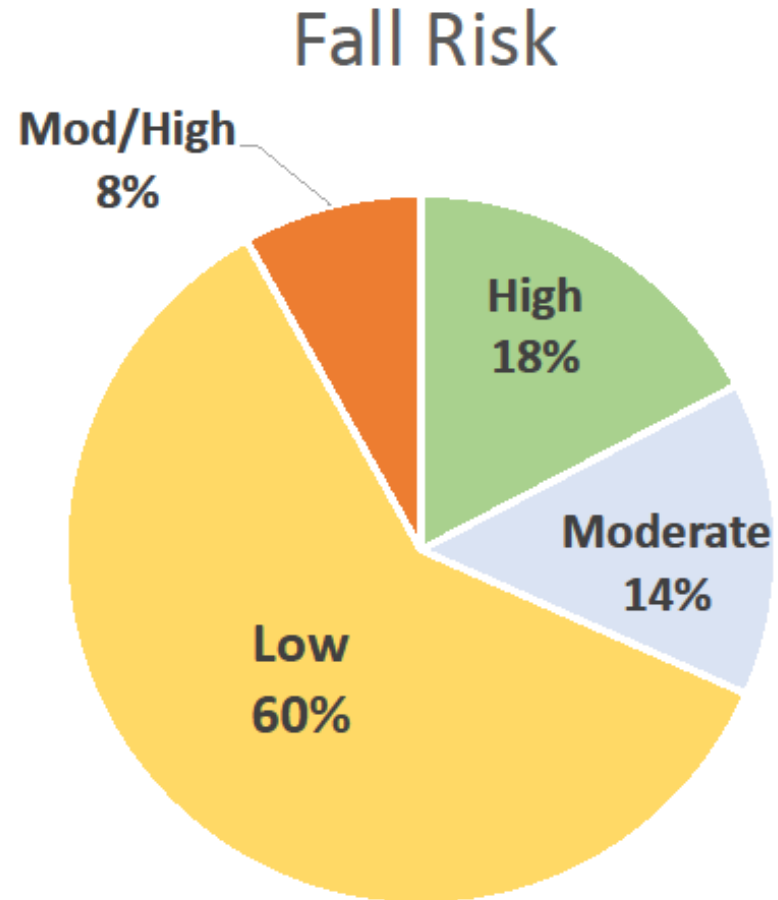
Upper Valley Aquatic Center
White River Junction, VT
Contact: (802) 296-2850
(www.uvacswhim.org/swimming/)



Ver. March 2017

Balance Days

- Screening and program recruitment tool-
Modified STEADI
- 34 balance days at 13 locations
- 257 individuals aged 22-94 (m=75)



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DCHA Program Totals

Tai Ji Quan: Moving for Better Balance[®]

- Total Participants: 355
- Total Completers: 77
- Total Classes: 32
- Total Sites: 17

A Matter of Balance

- Total Participants: 179
- Total Completers: 129
- Total Classes: 21
- Total Sites: 12

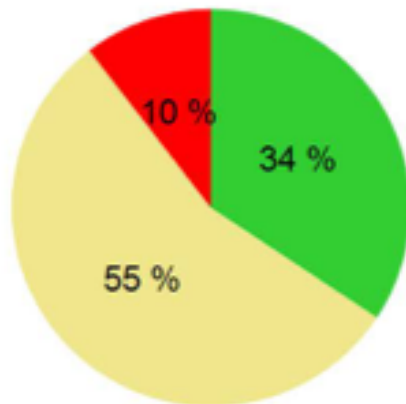


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TJQMBB Results

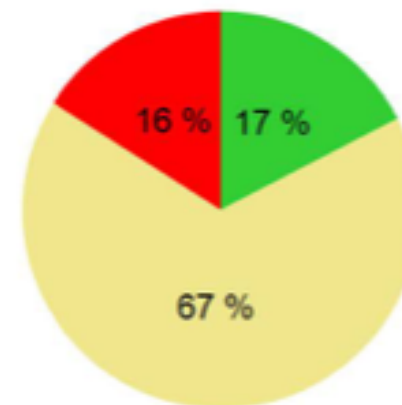
How sure... can protect self in fall



Pre Q13c / Post Q4c

Improved	Maintained	Declined	N/A
23 (34%)	37 (55%)	7 (10%)	10 (13%)

How sure... can increase physical strength



Pre Q13d / Post Q4d

Improved	Maintained	Declined	N/A
12 (17%)	46 (67%)	11 (16%)	8 (10%)

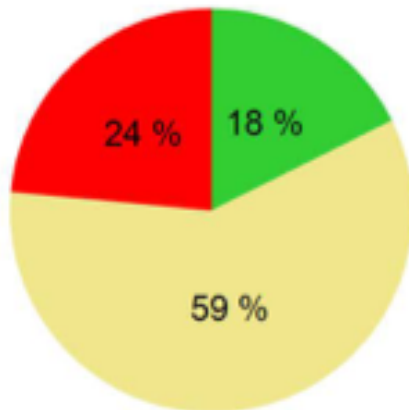


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TJQMBB Results

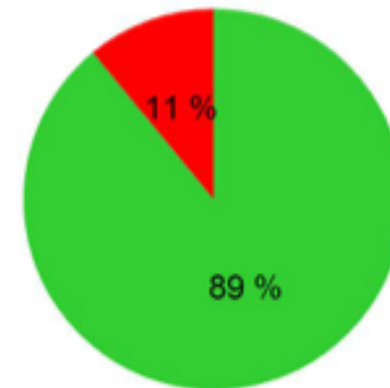
How sure... become more steady on feet



Pre Q13e / Post Q4e

Improved	Maintained	Declined	N/A
12 (18%)	40 (59%)	16 (24%)	9 (12%)

Program reduced fear of falling



- / Post Q4

Yes	No	N/A
65 (89%)	8 (11%)	4 (5%)



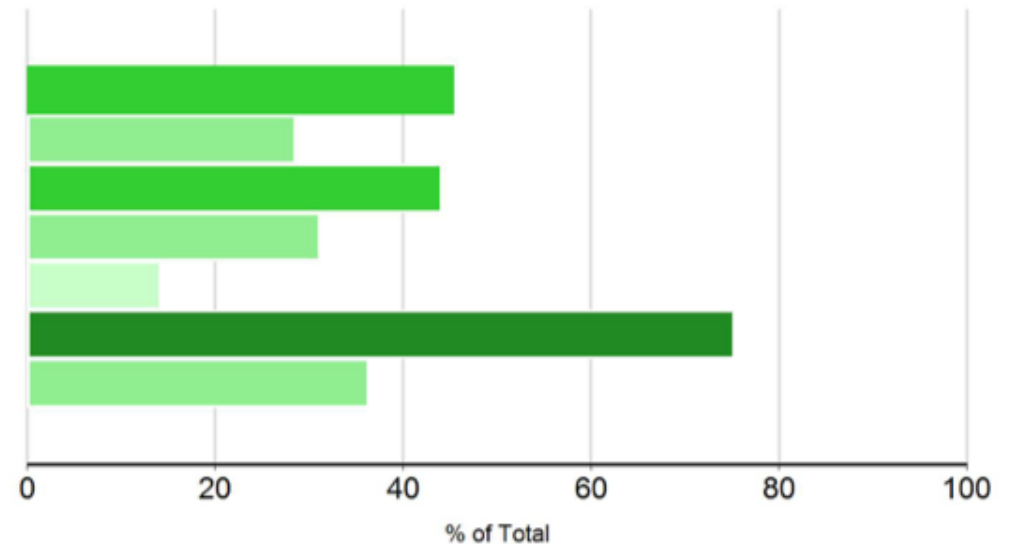
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TJQMBB Results

Since program began, what actions to reduce risk of falls...

Talked to family	35 (45%)
Talked to provider	22 (29%)
Checked vision	34 (44%)
Had meds reviewed	24 (31%)
Participated in another falls prevention program	11 (14%)
Did exercises at home	58 (75%)
Made changes to home to reduce risk of falls	28 (36%)

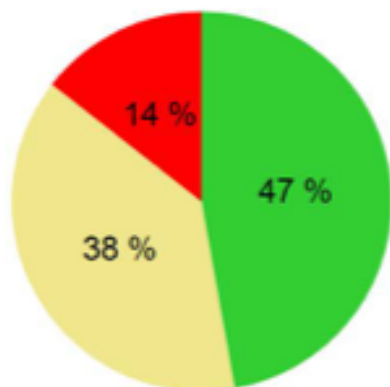


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MOB Results

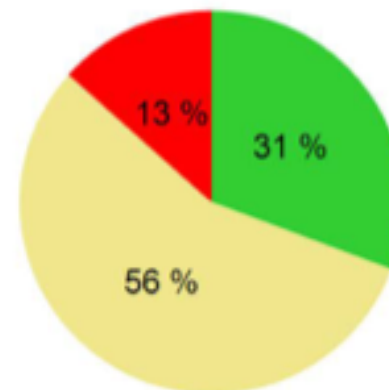
How sure... can protect self in fall



Pre Q13c / Post Q4c

Improved	Maintained	Declined	N/A
59 (47%)	48 (38%)	18 (14%)	4 (3%)

How sure... can increase physical strength



Pre Q13d / Post Q4d

Improved	Maintained	Declined	N/A
39 (31%)	71 (56%)	17 (13%)	2 (2%)

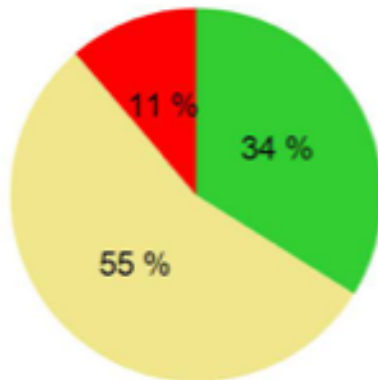


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MOB Results

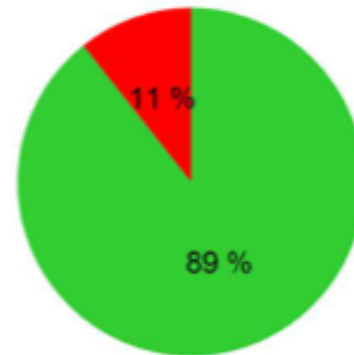
How sure... become more steady on feet



Pre Q13e / Post Q4e

Improved	Maintained	Declined	N/A
42 (34%)	68 (55%)	14 (11%)	5 (4%)

Program reduced fear of falling



- / Post Q4

Yes	No	N/A
92 (89%)	11 (11%)	26 (20%)



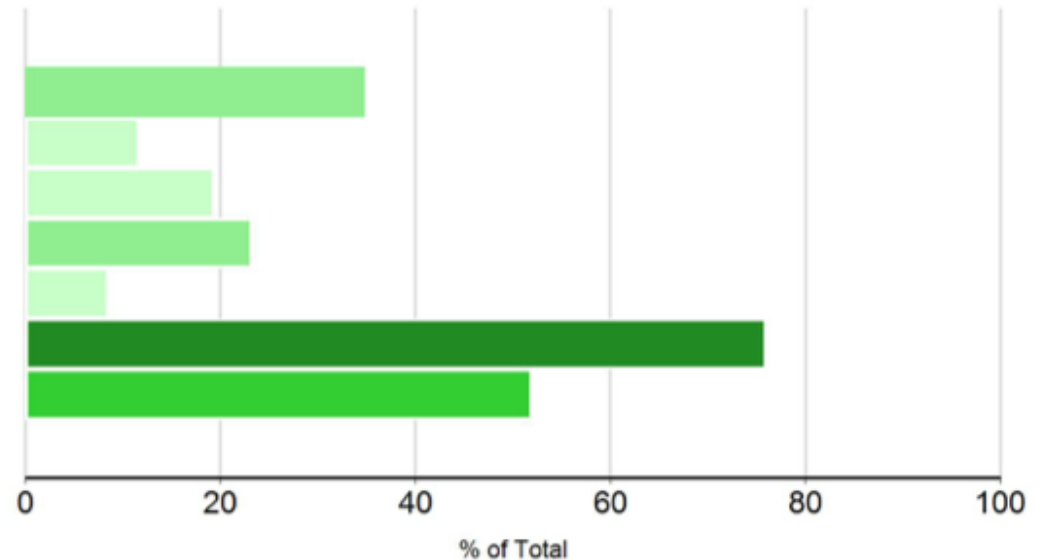
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MOB Results

Since program began, what actions to reduce risk of falls...

Talked to family	45 (35%)
Talked to provider	15 (12%)
Checked vision	25 (19%)
Had meds reviewed	30 (23%)
Participated in another falls prevention program	11 (9%)
Did exercises at home	98 (76%)
Made changes to home to reduce risk of falls	67 (52%)



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Current and Future Plans

- Incorporating all FHC sites into DCHA support
- Increase moderate to high risk participants
 - Medical screening-STEADI-Epic/AWV
 - Central registry
- Support MOB coach trainings for sustainability
- Additional TJQMBB Training for program sustainability



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THANK YOU!

Questions?



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