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elements

YOUR CORE WELLNESS CONNECTION

*Strength & Balance Academy
2014-2014
Michelle Buker; Director of
Wellness*

Community First Solutions; Hamilton, Ohio



Strength & Balance Academy

Background and Purpose

- To be the leader of wellness for older adults in the greater Hamilton Community
- Reduce Colonial campus falls
- Reduce Falls in our communities by providing programming and resources
- Obtain helpful stats concerning falls in our communities
- [Ohio Injury Prevention Partnership; falls coalition member**](#)
- Butler County Fall Prevention Task Force



Background and Purpose continued....stats

- In 2013, there were reported 624 falls from residents at Colonial (all levels-explain)
- Currently have about 385 residents
- Butler County is one of many counties with a high falls fatality rate
- According to the State statistics, in the last 10 years Ohio's fatality rates have risen 167%



The Client Services and Outcomes:

- Build Strength; especially in the core and lower body
- Produce accountability for the participant
- Fall Prevention exercise and education
- Rehabilitation after an injury or operation
- Build confidence and reduces fears of falling
- Increase awareness of falls and injuries related to balance issues
- Reduce injuries related to balance issues and falls
- Affordable



Program Curriculum

→ **B-FIT class or Balance & Functional Improvement Training**

- 11:30-12:15 pm on Monday and Wednesday at The Square
- 12:00-12:45 pm on Tuesday and Thursday at The Bever

→ **Monthly Educational Presentations**

- First Tuesday of every month; 1:00 pm at The Square in the Studio
- First Tuesday of every month; 2:00 pm at The Bever in Cullen Hall
- The Butler County Fall Prevention Task Force will present on different topics related to falls

→ **Two weekly scheduled uses of the Biodex Balance Machine**

- these will be sessions that will work within programs on the Biodex to improve posture, balance, strength, confidence and stability

→ **Matter of Balance Classes**

- Evidence based program in the US that aids in the reduction of falls
- This class is a mixture of education, self efficacy enhancements,



Strength & Balance Academy Program Curriculum Continued....

Specific exercises, interactive lessons, feedback and communications

- Class dates:

Session 1: Jan 19-March 13

Session 2: May 4-June 26

Session 3: July 13-Sept 4

Session 4: Sept 28-Nov 20

→Yoga class (will add to this)

→Tai Chi for Better Balance

→3 Month reassessment on the Biodex Balance system to test improvements*

→More activities/amenities can be added to the curriculum as we see the need and as we see what the client may benefit from having or including



How to Progress through the Program

Step

by

Step



What we need to measure!

- All the appointments that are made in Shape (all MUST be recorded in Shape)
- Number of referrals to all therapies and services
- Number of Physical therapy clients encouraged to enroll (Stay Well)
- Compare the number of falls from 2013 to 2014 during the fourth quarter for residents
- Number of enrollees into the program and number of weeks/months of use
- Collect the surveys from enrollment forms and document the recent falls
- Record the referral source (what type of client-SS, SF, Resident, outside community member, Partners member, etc.)



Biodex Balance System



B-FIT

➤ Balance and Functional Improvement Training



Matter of Balance

- Evidence based program designed to enhance confidence and educate
- Two hour classes, once a week for eight weeks



Tai Chi for Better Balance

- Evidence based program
- Offered 2 times per week
- Proven to reduce falls and enhance balance



Monthly Presentations

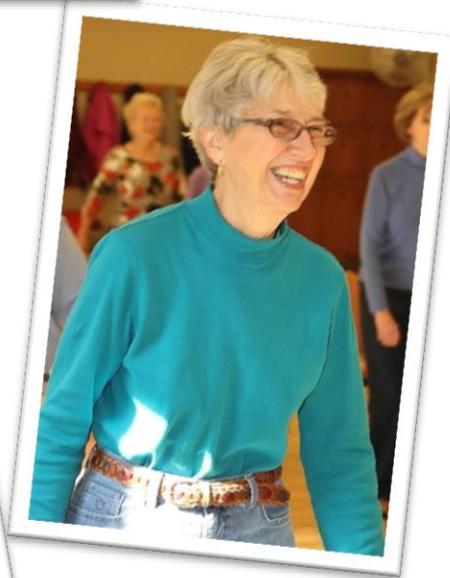
- Given by Professionals of the Butler County Fall Prevention Task Force
 - Cost
 - Programming
 - Other health related causes
 - Fitness as we age
 - Confidence and challenges



Yoga Class & Tai Chi



STRENGTH & BALANCE ACADEMY



The Strength & Balance Academy is a 12-week personalized program dedicated to improving your core strength, stamina, flexibility and stability.