



A Plan For Senior Care's Guide To Tai Chi Lowers the Risk of Falls ... And That's Just the Beginning

Falls are a serious problem for older adults, often leading to serious injury, loss of independence, and even death. While you're lowering your fall risk and improving your balance.

Tai Chi "an ancient Chinese practice focused on flexibility and whole-body coordination that promotes harmonized motion in space," is being used as a balance training practice in senior centers, gyms and senior living communities around the world. Tai Chi can be an excellent exercise to lower seniors' risk of falling.



Other benefits from Tai Chi are:

- Tai Chi has been shown to fight late-life depression and anxiety disorders, providing all-around mood support for older adults
- It is a safe, gentle exercise for people with arthritis which can reduce pain and improve joint function
- Tai Chi can help stroke survivors relearn how to maintain their balance, both while standing and moving
- Tai Chi can be a good exercise for people who are living with congestive heart failure, chronic obstructive pulmonary disease (COPD) and other cardiovascular and respiratory conditions
- It can be found to improve balance and stability for people who have Parkinson's disease
- Despite its gentle nature, Tai Chi has been found to increase muscle strength and lower blood pressure
- People with lower back problems can lower their perception of pain and improve flexibility with Tai Chi
- Tai Chi can improve the quality of sleep

Before you begin any exercise program, including Tai Chi, ask your doctor. You can probably find a Tai Chi class through your local senior center, city recreation department or within your senior living community.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.