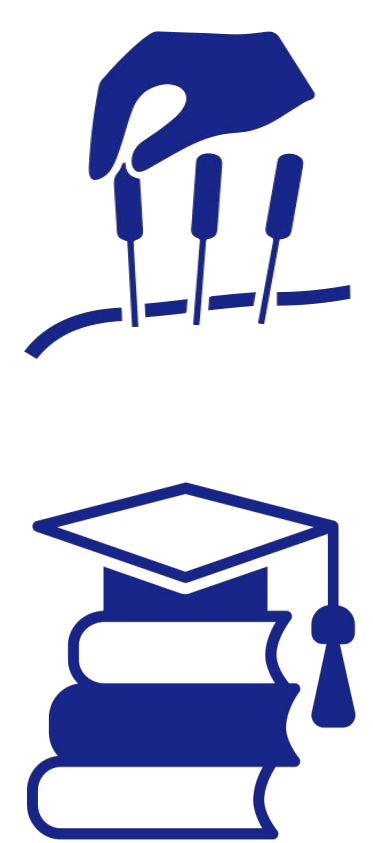


Gentle Movement, Lasting Health: Taichi for Holistic Aging

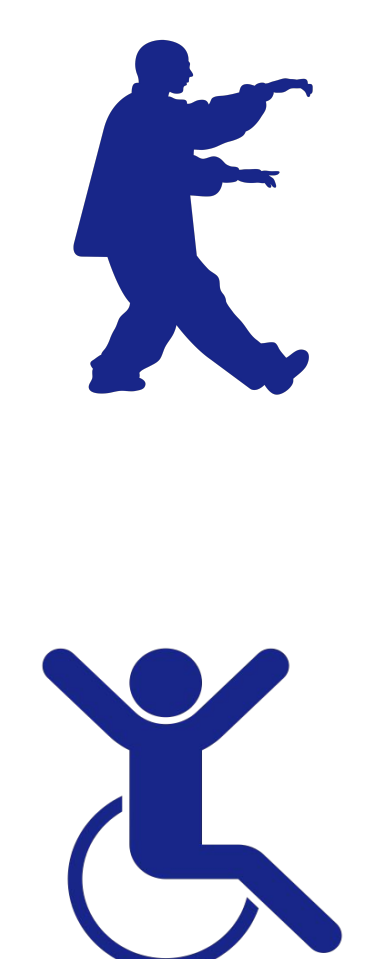
Angela Miaoting Li,¹ Yuting Zhong,¹ Ngoc Ha,¹ Ailin Abdon,¹ Octavio Acosta Rivera,¹ Hoi-Ning Chan,¹ Livia Corsale,¹ Gary Zeng,¹ Christine Cainglet,¹ Cong Huang,¹ Maria T. Chao,³ Sunny Pak,² Jianhao Lu,² Joyce Leung,² Adam Gent,¹ Cody Carroll,¹ Genevieve Leung,¹ Evelyn Y. Ho,¹

Purpose



- Improve social isolation and movement for older adults of varying abilities
- Expand & make sustainable Chinese medicine offerings at On Lok PACE program
- Partner academic & community organization
- Increase health equity

Methods



- Six-months of weekly Qigong + Sun-style Taichi w/ seated modifications
- Round 1: 1 instructor, 2 sites, 2 classes (one with line dance), 4 languages
- Round 2: 2 instructors, 3 sites, 5 classes (one with fan dance), 5 languages
- Evaluation @ 3 timepoints
- Interviews & surveys
- Culminating performance
- Generalized Estimating Equations (GEE) Analysis, Content Analysis, Thematic Analysis, Lightning Reports

Results

PHYSICAL Benefits

- No falls reported
- Improved balance
- Muscle-building / feeling stronger
- Class level allows for greater challenge

MENTAL Benefits

- Less bored and lonely
- Stress relief and relaxation
- Felt less burdensome to family
- Performance gave a sense of goal and purpose

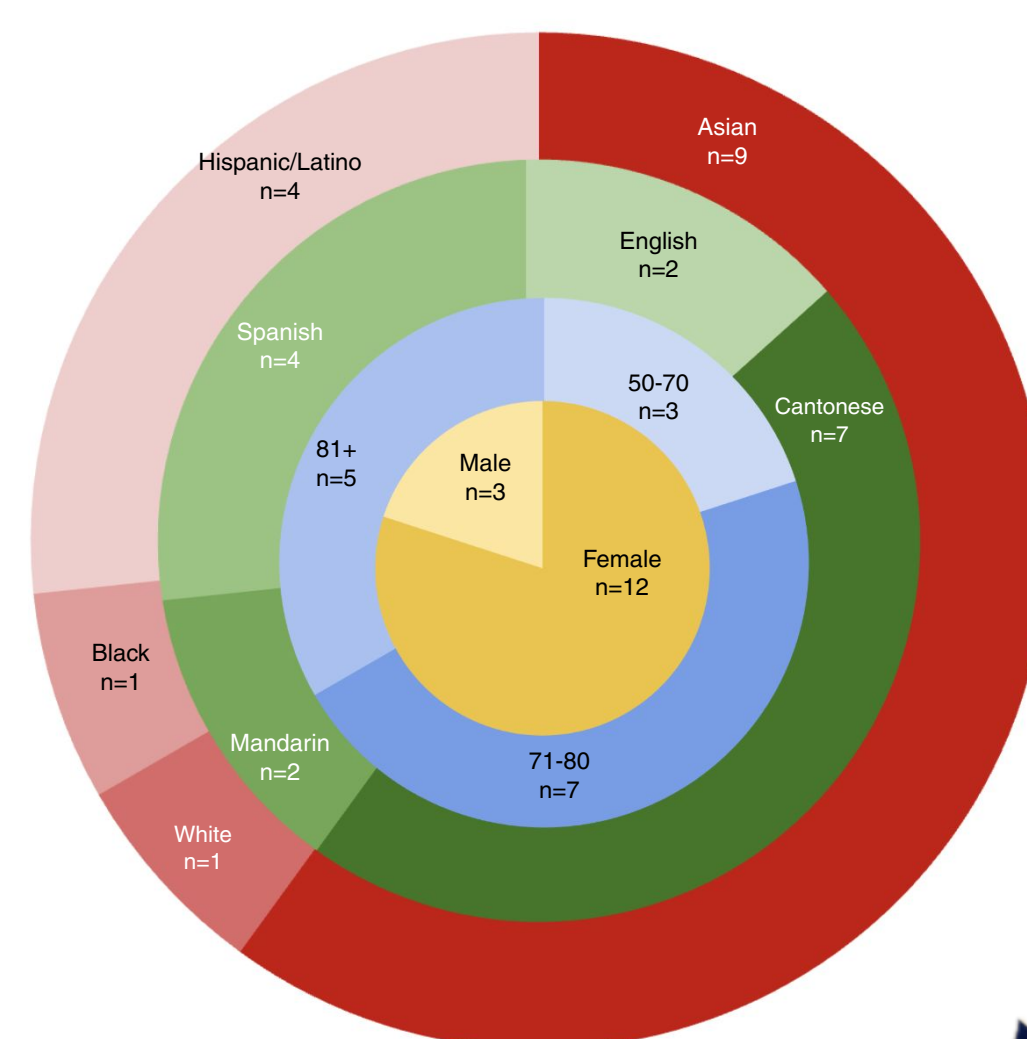
SOCIAL Benefits

- Socializing and making new friends
- Interacting with USF students and broader community (e.g. Fromm students)
- Cultural exchange across diverse populations

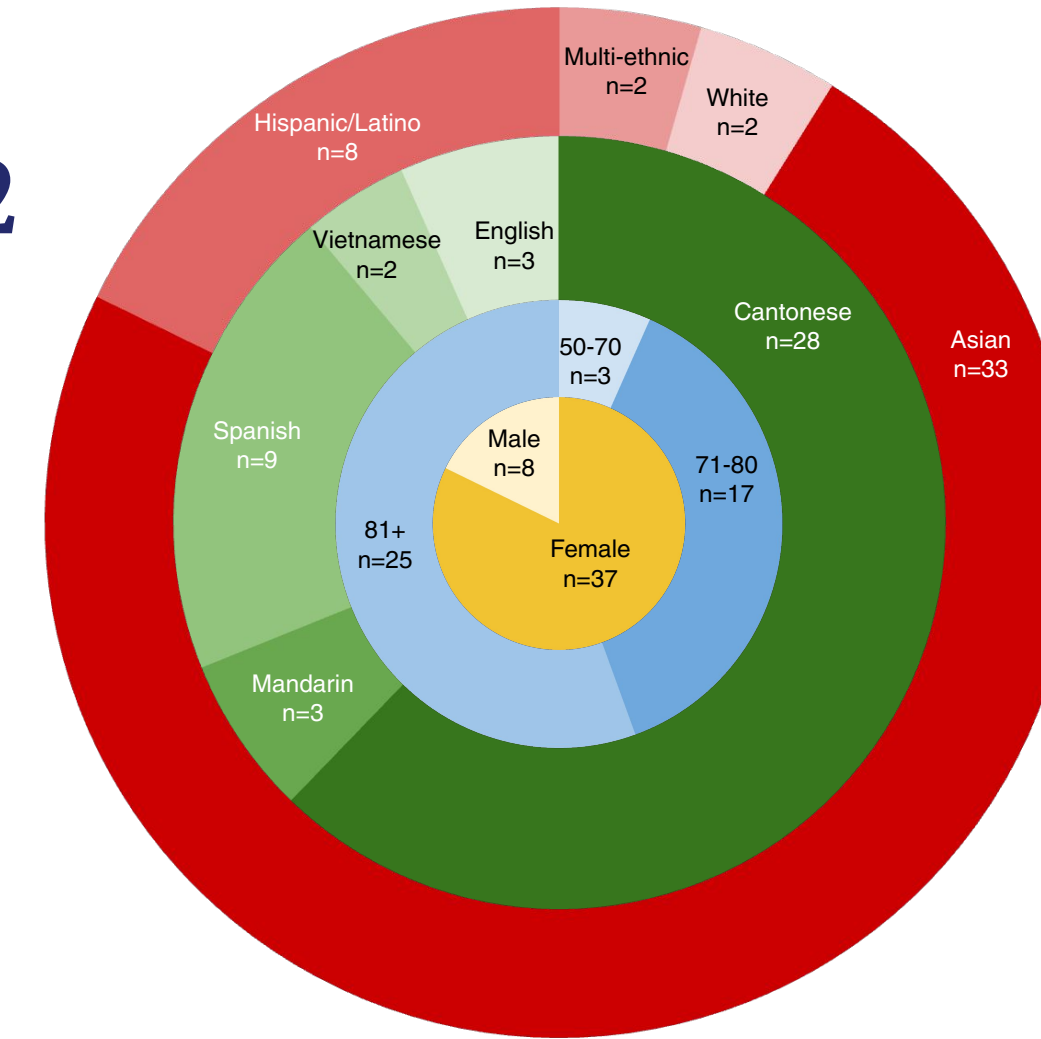
Participant Demographics

Round 1
n=15

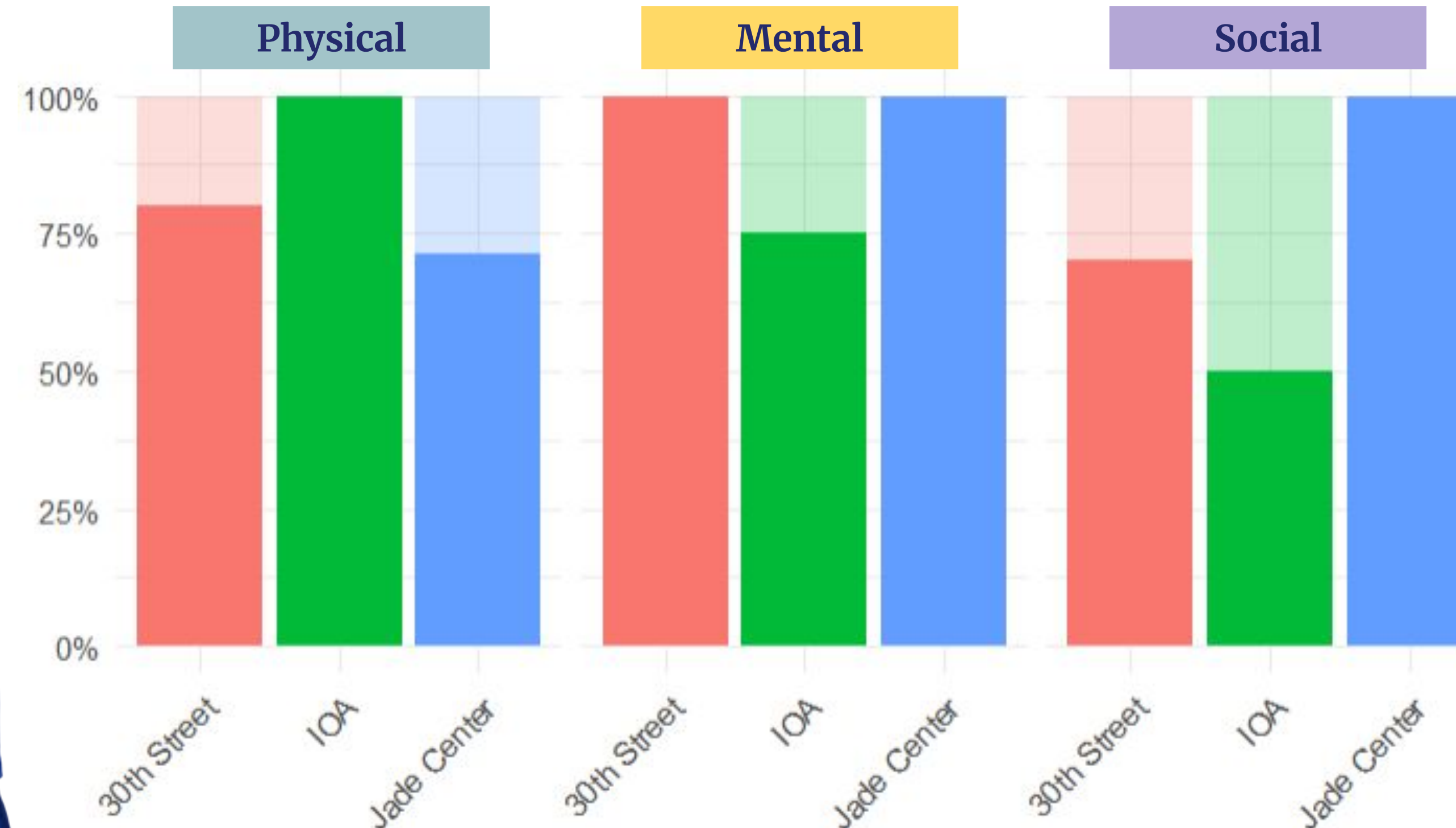
Ethnicity
Language
Age
Gender Identity



Round 2
n=45



Benefits of Taichi



Conclusions

- Lightning Report real-time changes:
- Showing front/back of instructors for better learning
 - Allowing classes to progress differently

- During Round 2, program offerings expanded:
- Fan dancing for advanced class
 - New Spanish specific class with bilingual assistance
 - Third On Lok site with volunteer instructor
 - Vietnamese language addition to research

- Sustainability:
- Involving On Lok staff at multiple levels (e.g., staff and supervisors) increased buy-in and resiliency - allowing for unanticipated Round 3



Scan for poster and other quantitative findings

Thanks to Mt. Zion Health Fund Grant #20230858 and USF FDF for funding