

# ***CAREx* Exercise Leader Kit**

## **Training Handbook and Instructional DVD SET**



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**CAREx 2006  
Qi Concept Productions, INC  
[www.chitime.info](http://www.chitime.info)**

## **PREFACE**

### **Overview of CAREx Training**

*To CAREx Exercise Leaders-in-training:*

*CAREx is a system of calming and relaxing exercises derived from basic taiji and qigong exercises. This handbook and its accompanying instructional DVD's have been developed to assist you to become a CAREx exercise leader. The CAREx system of exercise is known to be effective, but it will be your enthusiasm and your skill as an exercise leader that will assure those benefits for your clients and residents, especially those with mild or moderate cognitive impairment.*

*In viewing the Instructor Training CAREx DVD, you will meet Christine Callaghan, who like yourself, wants to become a CAREx Exercise Leader. She is assisted in this quest by Leslie Svensson, a physical therapist, and Sifu Bill Adams, a taiji instructor. In viewing this DVD, you can learn along with Christine. Watch the CAREx Overview, first. Then plan out how to continue your learning using information contained in this Handbook as a guide. Instructor Training DVD segments include instruction in the basic CAREx exercises plus tips on teaching and class management. Sample routines are also demonstrated both in standing and sitting. A second DVD contains a Sample Routine.*

*By applying what you learn, you have the opportunity to improve the quality of life for the clients and residents whom you serve. Enjoy the learning, and we hope your development as a CAREx class leader will bring rewards of personal and professional satisfaction, as you enhance the lives you touch.*

*Good health and good learning,*

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## Sample CAREx Routine Guides

### CAREx DVD SET

- 1. CAREx Exercise Leader Training**
- 2. CAREx Routine**
- 3. ...More CAREx**

## Introduction to Taiji Qigong

Because the CAREx system of exercise is derived from easy-to-follow basic taijiquan and qigong exercises, a brief introduction to taiji qigong is provided.

**Taijiquan** is an exercise regimen that involves slow, fluid and reversing movements. It has its origins in ancient Chinese martial arts. *Taiji* means balance of opposite energy forces. *Quan* means fist. Cornerstones of this discipline are *rootedness* or balance, *connectedness* or coordination of all body parts, and *centeredness* or concentration. Taiji is an art, a dance form and even a sport, however in the Western world, it is most often taught and practiced as a health-promoting exercise. There are several schools of taiji quan. Each school has standards forms. The exercises used in the CAREx system are derived from Yang Style taiji.

**Qigong** is also an exercise regimen similar to taijiquan, However, its origins are in Traditional Chinese Medicine. *Qi* means life energy. *Qigong* means gathering, storing and releasing of life energy. Qigong movements may be dynamic and flowing as with taijiquan, or they may be performed by just holding a posture and meditating.

**Taiji Qigong.** When taijiquan is performed for health-promotion, it is a form of qigong. The calming meditative component of taijiquan and qigong makes these arts mind/body exercises. Known health benefits of regular taiji qigong practice include reduced risk of falls, improved balance, strength, flexibility, muscular coordination, cardiovascular function, enhanced immune response, mediation of chronic pain and fatigue, and inducement of mental calmness. (See Appendix A. for additional resources.)

**Special benefits of taiji qigong practice for individuals with cognitive impairment.** Individuals with cognitive impairment who practice taiji qigong gain all the inherent health benefits of this type of exercise. Of specific importance for this population are improved brain activity, a sense of calmness, and improved functional balance. The calmness that comes with performing taiji qigong can assist with behavior by assuaging anxiety. For those who perform the exercise in standing and those who challenge core trunk strength even when doing exercises in sitting, the practice may improve balance. In summary, the combination of improved functional strength and balance with increased periods of mental calmness can improve quality of life as well as promote general health and wellness and complement active rehabilitative services.



## How to proceed through CAREx Leader Training

The goal of this training is to prepare you to become a *CAREx* Exercise Leader. Skills required include the ability to perform the exercises with a level of proficiency, the ability to plan and schedule classes, the ability to engage class participants so that they follow as you lead the exercises as well as the ability to maintain safety during your classes.

Developing this skill set will take some dedication and time investment, but the rewards of becoming a *CAREx* leader should make the effort worth it. Instructional DVD's have been prepared for you. Use them for your own practice and to assist you during classes. In planning your training path, first familiarized yourself with the contents of the Training Handbook, then view the *CAREx* Exercise Leader Training DVD. You can check off your progress as you complete the following steps.

- √
- STEP 1** **CAREx Overview.** View the *CAREx* Exercise Leader Training DVD. Meet Christine and learn along with her. Refer back to relevant segments as your training progresses.
- STEP 2** **Teaching Tips.** Learn basic principles of posture, weight shift, stepping, and proper form for arm movements.
- STEP 3** **Introduction to Exercises.** Practice basic exercises. You might want to practice the movements in front of a mirror while you follow along with the DVD. Also, use the section on 'Introduction to Exercises' in this handbook to assist you and to make notes to yourself.
- STEP 4** **Practice Leading Classes.** Follow along with the instructor-led sample routines included as part of the *CAREx* Exercise Leader Training DVD, until you can perform them with minimal visual and verbal cuing from the DVD.
- STEP 5** **Planning Classes.** Review the section on class management on the DVD. Invite residents to participate in your class. Select the physical setting for your classes. Assemble class equipment, and plan a schedule of classes.
- STEP 6** **Conducting Classes.** Begin to work with residents. Start with just few and increase class size, as you gain confidence and skill in class management. Provide the *CAREx* Routine DVD for staff and resident use.



## TRAINING STEP 1.

### CAREx Overview



View the CAREx Exercise Leader Training DVD. Meet Christine and learn along with her. Refer back to relevant segments as you progress through your training.

### DVD Menu

	<b><u>CAREx Overview</u></b>
	<i><u>Introduction to Exercises</u></i>
	<i><u>Teaching Tips</u></i>
	<i><u>Class Management Tips</u></i>
	<i><u>Sitting Routine</u></i>
	<i><u>Standing Routine</u></i>

### Key Points:

- What is Taiji?
- What is Qigong?
- What is the CAREx system of exercise?
- What are the skills needed to be a CAREx Exercise Leader?
- How to learn to be a CAREx Exercise Leader
- How to plan, organize, and lead classes

## TRAINING STEP 2.

### Teaching Tips



**Learn basic principles of posture, weight shift, stepping, and proper form for arm movements.**

#### **Key Points:**

- **Erect and balanced sitting posture**
- **Erect and balanced standing posture**
- **Controlled weight shift**
- **Body segment alignment**

#### **Common Movement Errors to Avoid:**

- **Leaning backwards or forward bending**
- **Leaning to the side on turning movements**
- **Over rotating on turning movements**
- **Collapsing knees inward on ‘sinking’**
- **Twisting knees on turning with weight shifting**
- **Shoulder hunching or raising elbows creating neck and shoulder tension**



## TRAINING STEP 3.

### Introduction to Exercises



**Practice basic exercises by following along with the instruction provided on the CAREx Exercise Leader DVD. You might want to practice the movements in front of a mirror while you follow along with the DVD. Also, use the section on ‘Introduction to Exercises’ in this handbook to assist you and to make notes to yourself.**

The following TEXT introduces the basic taiji or qigong exercises included in the sample *CAREx* routines. It uses the same order and format as the *Introduction to Exercises* segment on the DVD. Instructional text for each exercise includes:

- benefits of the exercise
- tips on verbal commands, and
- performance and any safety tips.

A notes section is provided for each exercise, so that you can make notes to yourself for future reference.

NOTE, in the DVD instructional segment, all of the exercises are demonstrated in standing. However, you should practice each exercise with the exception of ‘side-stepping’ in both standing and in sitting.

#### List of exercises:

**Sinking and Rising [wuji]  
Opening and Closing  
Picking Fruit  
Polishing-the-mirror  
Side Stepping  
Polishing-the-table  
Gazing-at-the-moon  
Offering Fruit  
Wave-hands-like-clouds  
Prayer Wheel  
Closing Qigong Set**

## Sinking and Rising (*Wuji*)



Benefits	Command tips	Performance and safety tips
<p>You should always begin with ‘sinking and rising’ to focus the class, enhance circulation, and induce a sense of calm.</p> <p>Keep your commands simple and familiar such as: “imagine your arms rising and falling as if floating on a gentle wave”</p>	<p>Here are sample commands....</p> <p>“Sink slightly and step out.</p> <p>Slowly rise up as your arms slowly float up to chest height.</p> <p>Now sink again as you let them gently float back down.</p> <p>Slowly lift your arms and rise up. Slowly sink back down.”</p>	<p>Observe your class as they perform the exercises.</p> <p>Strive for balanced erect posture.</p> <p>There should be no leaning backward or forward bending.</p> <p>Encourage soft, slow, natural movements.</p>

### Notes

## Opening and Closing



<b>Benefits</b>	<b>Command tips</b>	<b>Performance and safety tips</b>
<p>The ‘opening and closing’ movement encourages deep breathing, enhances heart function, and serves to strengthen shoulder movements in a functional range.</p> <p>Set the exercise by telling your residents to imagine that they are holding a large ball.</p>	<p>Here are sample commands:</p> <p>“ Open to make the ball larger.</p> <p>Close to make the ball smaller.</p> <p>Open and breathe in.</p> <p>Close and exhale.”</p>	<p>With this exercise as with ‘sinking and rising’ be aware of balanced posture.</p> <p>Also, watch for any shoulder hunching.</p> <p>Try to get your residents to relax their shoulders by keeping their elbows down and their arms in a natural position.</p>

### Notes

## Picking Fruit



<b>Benefits</b>	<b>Command tips</b>	<b>Performance and safety tips</b>
<p>'Picking Fruit' challenges upper extremity coordination.</p> <p>Mental concentration is required to keep each arm moving in an opposite direction.</p> <p>Open this exercise by giving your residents the thought that they are picking fruit from a tree and placing it in an apron pocket.</p>	<p>Here are sample commands:</p> <p>“Bring your hands in front of your chest.</p> <p>Reach one hand up as the other goes down.</p> <p>Return to center.</p> <p>Reach one hand up as the other goes down.”</p>	<p>Be sure to demonstrate with your hands in midline.</p> <p>A caution with this exercise is that a resident may reach up and lean backwards losing their balance.</p> <p>Know your residents. Remember, safety first. If you have a resident at risk of falling, take safety precautions.</p>

### Notes

## Polishing-the-Mirror



Benefits	Command tips	Performance and safety tips
<p>‘Polishing-the-Mirror’ is an exercise variation of ‘sinking and rising’.</p> <p>However, the ‘polishing the mirror’ exercise adds circular arm movements.</p>	<p>Here are sample commands....</p> <p>“Start with hands at waist height. Let your finger tips push up, then out making a circle, and then return to center.</p> <p>Think of a flower opening toward the sun and then closing again.</p> <p>Finger tips push up, then out making a circle, and then return to center.”</p>	<p>When you demonstrate Polishing-the-Mirror, finger tips should rise only to a comfortable height, ... no higher than eyebrow-level.</p> <p>A caution with this exercise is that some residents may make too big a motion upsetting balance and risking a fall.</p>

### Notes

## Side Stepping



Benefits	Command tips	Performance and safety tips
<p>The side-stepping exercise challenges dynamic balance.</p> <p>In your own practice, you will find that the slower you go, the more challenging it becomes.</p>	<p>Here are sample commands:</p> <p>“Start with weight centered.</p> <p>Lift your heel up. Step out to one side. Shift your weight onto that foot. Step in with the other foot.</p> <p>Again, lift your heel. Step out. Shift your weight onto that foot. Step in with the other foot.</p> <p>Now the repeat moving in the opposite direction.”</p>	<p>This exercise involves a dynamic balance challenge.</p> <p>It may be very beneficial for residents with mild balance impairments to practice it for falls prevention.</p> <p>Just remember... the rule is safety first.</p>

### Notes

## Polishing-the-Table



<b>Benefits</b>	<b>Command tips</b>	<b>Performance and safety tips</b>
<p>This exercise is a variation of 'polishing the mirror', but there is more of a challenge in coordination and balance because trunk turning is also involved.</p>	<p>Here are sample commands:</p> <p>“Imagine that your hands are resting on a table, on top of a large polishing cloth. Turn slightly to one side as if polishing the table. Return to center.</p> <p>Now turn to the other side making a circular movement to polish the other side of the table.”</p>	<p>As with some of the other exercises where waist turn is a major component of the exercise, a caution with this exercise is that some residents may begin to sway rather than maintain upright balanced posture. Another common error is to twist the knee inwards with turning.</p> <p>Watch for these errors, and remember to encourage proper posture and to protect the knees.</p>

### Notes

## Gazing-at-the-Moon



<b>Benefits</b>	<b>Command tips</b>	<b>Performance and safety tips</b>
<p>This exercise challenges balance and promotes coordination of arms, trunk, and weight shift, as well as core strength and trunk flexibility.</p> <p>As with the previous exercise, there is a visceral massage that promotes bowel and bladder function.</p>	<p>Here are sample commands:</p> <p>“Imagine that you are holding a ball. Turn and raise the ball up to your shoulder.</p> <p>Bring the ball back to center.</p> <p>Now, Turn and raise the ball up to your shoulder other shoulder.</p> <p>Return back to center.”</p>	<p>A caution with this exercise is that a resident might lean or over-rotate with a possible loss of balance. Know your residents ... who might need guarding and who might be advised to do this exercise sitting.</p> <p><u>Note:</u> It is okay to do some exercises in standing and then more challenging exercises in sitting.</p>

### Notes



## Offering Fruit



Benefits	Command tips	Performance and safety tips
<p>This exercise combines turning, weight shift and reaching.</p> <p>The large reversing movements enhance circulation and induce calm.</p>	<p>Here are sample commands:</p> <p>“Turn and lift your hand palm up.</p> <p>Now, turn your palm down and slowly lower your arm.</p> <p>Turn to the other side.</p> <p>Raise your arm palm up. Now, turn your palm down and slowly lower your arm.</p> <p>Repeat.”</p>	<p>Even though the <i>Offering Fruit</i> exercise doesn’t appear very difficult to follow, some residents will mix up which hand to reach with.</p> <p>Remember, you are not seeking perfection. Be satisfied if a resident is participating and enjoying the activity.</p>

### Notes

## Wave-hands-like-clouds



<b>Benefits</b>	<b>Command tips</b>	<b>Performance and safety tips</b>
<p>This exercise can really challenge co-ordination of trunk and arm movements.</p> <p>It is best to practice this exercise using a number of repetitions on one side, and then a number of repetitions on the other side.</p>	<p>Here are sample commands:</p> <p>“Reach out as if touching something very soft. Let the hand release. Now turn and slowly scoop your hand.</p> <p>Lift palm up. Slowly wave your hand while turning back to center.</p> <p>Repeat. Reach out Touch. Scoop. Lift.</p> <p>Now try it with the other arm.”</p>	<p>When you demonstrate try to keep a roundness in your arm position rather than collapsing your arm across your body.</p> <p>Keep your hand soft and expressive.</p> <p>Avoid raising your elbows or hunching your shoulders.</p> <p>If you can demonstrate the exercise correctly, you will have a better likelihood of your residents performing the exercise correctly.</p>

### Notes

## Prayer Wheel



Benefits	Command tips	Performance and safety tips
<p>This exercise offers the most comprehensive challenge of all the exercises in the sample routine and therefore has the most comprehensive benefit.</p> <p>The slow reversing repetitive motion induces calm as well as promoting physical function.</p>	<p>When performing this exercise think of letting your hands move down, forward, then up and back in a circle.</p> <p>Here are sample commands:</p> <p>“Bring your hands together as if holding a ball. Now, step out a little to one side. Move your hands down, forward, then up and back in a circle.</p> <p>Repeat.”</p>	<p>In leading this exercise, try to discourage any leaning forward.</p> <p>Be sure to demonstrate and encourage erect balance posture and slow flowing circular movements.</p>

### Notes

## Qigong Closing Set



Benefits	Command tips	Performance and safety tips
<p>This set is a variation of a more traditional qigong exercises.</p> <p>It is modified for simplicity.</p> <p>Try to close your class with this type of very calming exercise.</p>	<p>Here are sample commands:</p> <p>“Stand erect in a balanced taiji posture. Scoop your hands upwards as if deeply breathing in a wonderful aroma. Let your hands softly move over your head. Turn palm up. Finger tips out. Circle hands forward. Press downward and exhale</p> <p>Repeat.”</p>	<p>Remember, the goal is relaxation.</p> <p>If residents are struggling to follow you, or you want some variety, you can substitute the opening ‘sinking and rising’ exercise or the ‘offering fruit’ exercise.</p>

### Notes

### Remember,

Sifu Bill says: “Before you are ready to lead a class, you need to be comfortable demonstrating the exercises correctly while speaking commands ... and, at the same time, keep watch over your class.”

## TRAINING STEP 4.

### Practice Leading Classes



Follow along with the instructor-led Sample Routines included as part of the CAREx Exercise Leader DVD until you can perform them with minimal visual and verbal cuing from the DVD. Then begin to say the commands as you perform the exercises.

#### **Sitting Routine**

Wuji

Opening and Closing

Picking Fruit

Polishing the Mirror

Polishing the Table

Gazing at the Moon

Whirling arms

Wave-hands-like-clouds

Prayer Wheel

Closing Qi Gong Set

#### **Standing Routine**

Wuji

Opening and Closing

Picking Fruit

Polishing the Mirror

Side Stepping

Polishing the Table

Gazing at the Moon

Offering Fruit

Wave-hands-like-clouds

Prayer Wheel

Closing Qi Gong Set



## TRAINING STEP 5.

### Planning Classes



**Review the section on class management on the CAREx Exercise Leader DVD and in this handbook. Select the physical setting for your classes. Invite residents to participate in your class. Assemble class equipment, and plan a schedule of classes.**

#### Pre-planning

- Choose a secure familiar room that is relatively free from distractions for your classes.
- Schedule exercise sessions at various times during the week. Remember, some clients and residents are better in the morning. Others are better in the afternoon. Also, check the facility schedule of activities to make sure that your class schedule does not conflict with other activities. Have an open invitation to welcome family and friends as well as any staff member to join in the exercise sessions.
- Keep the sessions relatively short – Schedule sessions for 30 minutes. But plan to only do about 15-20 minutes of exercise. It takes time to assemble the class, and it is nice to have time for a little socialization after class.
- Know your clients and residents, their abilities, stress and behavioral triggers. Decide who should do the exercises in sitting, who has the balance and functional as well as cognitive abilities to do the exercises in standing, who will need support during more challenging exercises, who might need guarding, and who might benefit from one-on-one work with a physical therapist.
- Assemble your class equipment including music, soft balls, and soft taiji wands prior to class assembly. When choosing music select slow oriental music that ebbs and flows rather than western music that has a set beat. Choose instrumental music featuring harps and flutes used in traditional Chinese music
- Consider placing a news brief about the *CAREx* program in the facility newsletter.
- Consider scheduling informational sessions for staff, volunteers, family and frequent guests of clients and residents to introduce the *CAREx* program to them and invite them to participate.
- If you have an in-house broadcast channel, consider broadcasting the sample sitting routine so family or frequent guests can perform the sitting routine with residents in their rooms if they so desire.

**Class Planning Notes**

## TRAINING STEP 6.

### Conducting Classes



**Begin to work with residents (and staff). Start with just few residents, and then increase class size as you gain confidence and skill in class management. Also, consider provide copies of the CAREx Sitting Routine DVD for staff and resident use during times when class is not in session.**

#### Sample Lesson Plan:

Set	Time	Activity
Assemble Class	5 minutes	Prepare music, equipment. Arrange chairs. Greet class.
Focus/warm-up	5 minutes	Start with Wuji, then select a few exercises from routine for instruction and repetition.
Sample routine	10 minutes	Wuji Opening and Closing Picking Fruit Polishing the Table Side Stepping Polishing the Mirror Offering Fruit Wave-hands-like-clouds Prayer Wheel Closing Qi Gong Set
Ball or taiji wand	5 minutes	Forward and back, side-to-side, circling, [Demonstrated in the '...More CAREx' DVD]
Exercise Closing	3 minutes	Wuji, [select an exercise], Closing Qi Gong Set
Dissemble Class	5 minutes	Chat with class. Supervisor orderly class departure. Secure equipment. Restore room to previous order.



- Remember... It is always **SAFETY FIRST**. Be especially vigilant when doing exercises in standing. You can use chairs or walkers to assist in maintaining balance. If you know a resident to be unsteady, have a staff member or a family member prepared to guard, or have the resident do balance challenging exercises in sitting.
- First, set the mood and gain everyone's attention, Remember Sifu Leslie's advice: ...  
...to set the tone of my class and to get everyone's attention - I cue my class to "sit up as tall as they can." Then I begin by instructing them to take a few deep breaths. Then I move on to the opening movement called *Wuji*."
- Keep the instructions simple. Try to use only 1-2 word phrases. You don't need to explain the exercises – your class will watch you and follow your visual cues.
- Set the pace of the exercise with a calm voice.
- Refer to familiar movements such as "pretend that you are holding a ball" or "reach" or "stretch up" during picking fruit.
- Repeat each exercise 4-6 times, so the residents get comfortable with that specific exercise.
- Introduce 2 or 3 more complex movements, then return to 'sinking and rising' [*Wuji*] for a few repetitions before moving on.
- Any time that you feel that you are losing the attention of some of the class members, return to the simpler exercises such as *Wuji* or Picking Fruit.
- Use the soft balls or taiji wands to help keep your class engaged as well as to teach correct form. [Demonstrated in the '...More CAREx' DVD]
- Try to follow the sample routines as demonstrated and keep to the principles of taiji qigong – slow, flowing, movements. After a while, you may find that you want to put more variety in your classes. This may be more your need rather than your students' need. If you want to learn more taiji and qigong, consider taking classes with a qualified instructor. [FYI: the exercises taught in the *CAREx* system are most similar to Yang Style taijiquan.]
- Finally, keep the class fun, and be sure to enjoy yourself. Your enthusiasm for the *CAREx* program and a genuine affection for your class will be a big part of making each class a success.

## Problem-solving Scenarios

**Even with the best preparations, things don't always proceed as planned or the unexpected happens. The following are case scenarios that you might experience as you begin to lead classes. Reviewing these scenarios can prepare you on how to respond should similar situations arise.**

**You might experience other class situations. If you do, keep notes on how you problem-solved resolution, so you can to share your experience other CAREx exercise leaders.**

**ANNIE** comes to class and sits quietly but only occasionally joins in with any of the exercises.

Suggestion: *You may try to engage Annie by using her name and making eye contact. Otherwise, as long as she is quiet and seems to be enjoying herself, she may very well be achieving the desired calming effect by just watching.*

**TOM** begins to wander during class.

Suggestion: *If you can not get Tom to re-engage, the best thing to do, today, is to have Tom escorted to a more appropriate setting. Another day, this may not be a problem, if it is, then try having Tom attend a class at a different time of day.*

**RITA** wants to follow the exercises in standing but she has momentary lapses of balance during the 'picking-fruit' and 'gazing-at-the-moon' exercises.

Suggestion: *If you have another staff member in the room, have him or her stand close to Rita for guarding or have Rita sit for these exercises. Also, consider having a physical therapy consult to see if a short period of active one-on-one physical therapy performing the exercises in front of a mirror in the parallel bars might help improve dynamic balance.*

**GENA** has weakness in one arm from a previous stroke. This limitation causes her to have trouble performing the movements on her affected side.

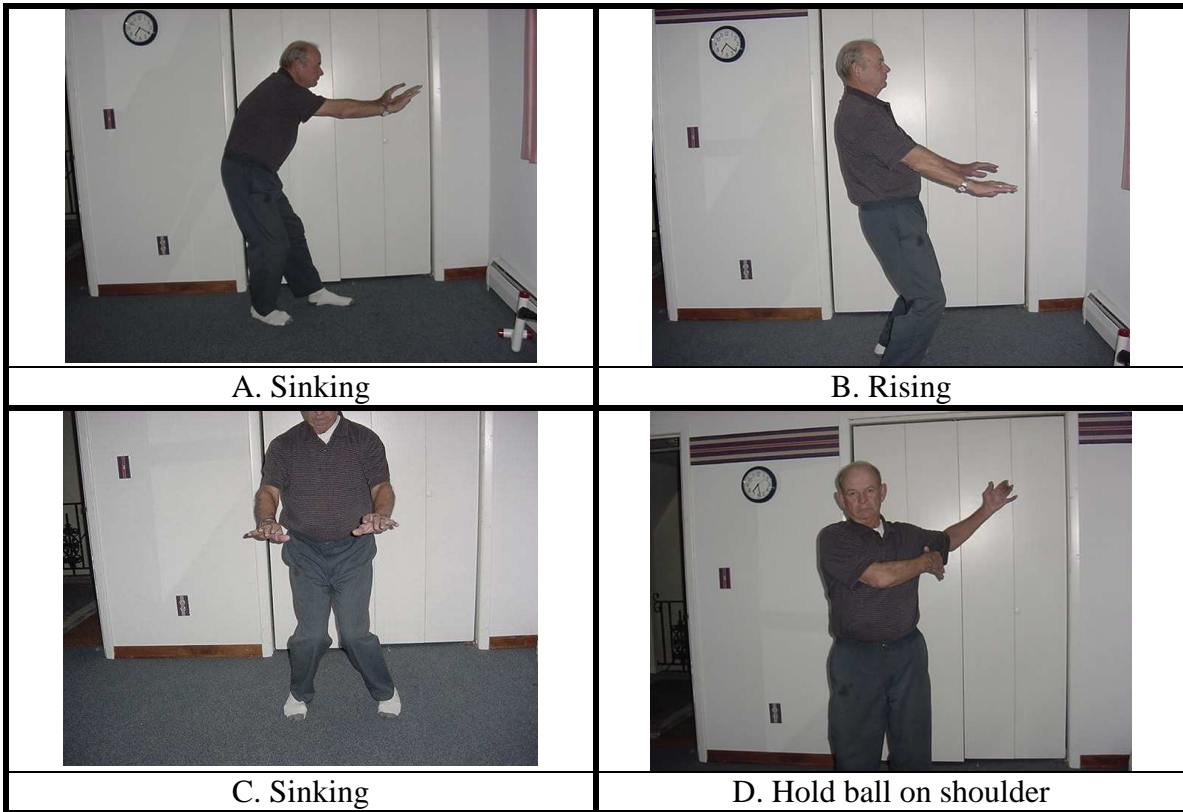
Suggestion: *Let her do what ever she can do. You may even see some improvement. Also, consider having a physical therapy consult to see if a short period of active one-on-one physical therapy performing the exercises in front of a mirror will help.*

**CLYDE** has begun to stagger when he walks and, now, has trouble with the exercises that require balance skill.

Suggestion: *Monitor him in class to prevent a fall due to loss of balance. Report your observation to nursing personnel and request that the physical therapist due a balance assessment.*

## Test Yourself

*Now that you have some confidence that you can lead classes, test your skill at recognizing errors in form and how to correct those errors. Examine the following pictures. Identify the errors in performance, and then try to propose how to correct those errors. (Find answers in AppendixA)*



***Identify Error***

***Suggested correction strategy***

A.  
\_\_\_\_\_

B.  
\_\_\_\_\_

C.  
\_\_\_\_\_

D.  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **APPENDICES**

- A. Answers to ‘Test Yourself’**
- B. Introduction to ‘...More CAREx’ DVD**
- C. Additional Learning Resources**
- D. Sample News Letter Brief**
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### **Sample CAREx Routine Guides**

### **CAREx DVD SET**

- 1. CAREx Exercise Leader Training**
- 2. CAREx Routine**
- 3. ...More CAREx**

## A. Answers to ‘Test Yourself’

### Error

### Suggested Correction Strategy

A. Posture in unbalance. Back is bent forward, arms are too extended.

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Cue class to stand up – reach only a little. Make sure you demonstrate correctly.

---

B. Trunk is leaning backwards.

---

Cue class to stand erect. Stretch necks up, and “sink just a little” as is preparing to sit on a high stool.

---

C. Knees are collapsing inward.

---

Cue class to stand erect and keep knees apart. Reduce amount of knee bending, if nothing works have resident perform only arms movements for ‘sinking and rising’ exercise.

---

D. Too much shoulder turn.

---

Instruct class members to keep arms in front and turn their trunks. Consider using a taiji ball to help teach this movement in sitting, then in standing. Make sure your own demonstration shows only a little turning and a connection between body segments.

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### Exercise Leader Tip:

**Sifu Penny says:** “You are not looking for perfection from your residents – just that they gain some health benefit from the exercise and a calming effect. As long as safety is not compromised and your residents are engaged at some level in watching or doing the exercises, let them enjoy their class time rather than focusing on level of engagement or any movement errors.”

## B. Introduction to ...More CAREx DVD

Now that you have some level of confidence in your ability to lead the basic CAREx routines, you may want to expand or vary class activities. The instructional DVD ‘...More CAREx’ provides additional exercise leader training.

This DVD is organized into three independent sections:

A more challenging CAREx routine entitled ‘...More CAREx’ Routine, suggestions for balance training progression, and how to use soft balls and wands as exercise aids.

The following provides information about the DVD content and its application.

### ...More CAREx Routine



#### Sample Exercises

**Wuji** (raising arms – sinking and rising)  
**Opening & Closing** (Opening the Chest)  
**Dividing the Clouds**  
**Whirling Arms** (Repulse Monkey)  
**Rowing on the Lake**  
**Raising the Ball**  
**Gazing at the Moon**  
**Wave Hands like Clouds**  
**Pushing the Wave**  
**Stepping & Ball Bouncing**  
**Settling Breath**

The ‘...More CAREx’ Routine includes exercises that may be considered a little more challenging than those demonstrated in the Basic CAREx Sitting and Standing Routines. As with the basic CAREx routines, this routine can be adapted for mixed classes where some participants sit and others perform the exercises in standing.

Once you are familiar with both the basic CAREx Routines and the ...More CAREx Routine, you might wish to mix and match the exercises for variety. Introduce the ‘...More CAREx’ Routine exercises to your classes over time and perform them more slowly than demonstrated on the training segment rather than trying to have your class just following along with the training demonstration.

Be sure to practice the exercises demonstrated in the routine sufficiently before trying to introduce them to your classes. And remember, if you want to improve your performance, you should find a taiji/qigong instructor in your community that you can study with for your personal training.

## CLASS PLANNING NOTES:

## **Balance Training**



### **Sample Exercises**

**Weight shifting forward and backwards**

**Stepping in place**

**Side stepping**

**Advancing and retreating**

**'Big Soft & Slow' Tai Chi Walking**

**'Golden-Rooster-Stands-on-One-Leg'**

Balance is a complex skill integrating cognitive, sensory, vestibular and neuromotor systems. Falls prevention is the desired outcome of balance training. Balance and strength training can reduce risk of falls by restoring and maintaining neuromotor function. The balance training segment of the '...More CAREx' DVD introduces two balance challenge progressions. The progressions are not routines but rather exercise options to be integrated into your classes. Some residents may never progress to the more challenging exercises.

Safety is a primary consideration in balance training. Know your students' abilities and limitations, and remember that cognition and behavior can vary greatly from day to day or time of day with individuals who have cognitive problems such as Alzheimer's disease. You may use a chair as a balance aid or another staff member or a family member to guard a resident, if needed. When balance training is a part of a resident's primary physical therapy, you will want to consult the attending physical therapist on how to best augment that rehabilitation in your classes. The good news is that balance can be improved through guided practice.

## **CLASS PLANNING NOTES:**

### Fun with CAREx balls and wands



Soft foam balls (approximately 10" in diameter) and soft wands (10-12" lengths cut from foam flotation noodles) make great exercise aids. In this segment of the DVD Leslie Svensson, PT, DPT, demonstrates how she uses these aids to teach basic CAREx exercises as well as to add a fun component to the exercise classes. By providing an object to hold, the upper body is connected and movements become more coordinated. Bright colors and the textures of the balls and wands add additional sensory stimulation. You will also find that you need less verbal cuing for residents in your classes to follow your lead. Selected exercises are demonstrated in sitting. To add more challenge to the ball and wand exercises, they can be performed in standing.

### CLASS PLANNING NOTES:



## C. Additional Learning Resources

### Research References

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- Qin L, S Au, W Choy, P Leung, M Neff, K Lee, M Lau, & K Chan. Regular *Tai Chi Chuan* exercise may retard bone loss in postmenopausal women: A case-control study. *Arch Phys Med Rehabil.* 2002;83: 1355-9.
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- Wolf S, Barnhart H, Kutner N, McNeely E, Coogler C, Xu T. Reducing frailty and falls in older persons: An investigation of Tai Chi and computerized balance training. *J Am Geriatr Soc.* 1996;44(5):489-497.
- Young Deborah, Lawrence Appel, SunHa Jee, Edgar Miller. The effects of aerobic exercise and T'ai Chi on blood pressure in older people: Results of a randomized trial. *J Am Geriatr Soc.* 1999;47(3):277-84.

### Sample Texts and Video Instruction

- (available at Bill Adams Martial Arts, 3211 Transit Rd, Elma, NY 14059 phone - 668 5004)
- Liang SY, Wu WC. *Tai Chi Chuan* 2<sup>nd</sup> ed, Roslindale MA:YMAA;1996.
- Adams WD. *Enter the World of Tai Chi (Video)*, Elma NY: Qi Concept Productions; 2002.

### Sample Internet sites for more information on taiji qigong

<i>Web site name</i>	<i>Web address</i>
<b>Bill Adams Martial Arts</b>	<a href="http://www.bestinmartialarts.com/">http://www.bestinmartialarts.com/</a>
<b>Research on Tai chi</b>	<a href="http://www.krapu4.com/taichi/research/">http://www.krapu4.com/taichi/research/</a>
<b>International Tai Chi Chuan Assoc.</b>	<a href="http://itcca.org/English.htm">http://itcca.org/English.htm</a>
<b>Yang Family Taiji</b>	<a href="http://www.yangfamilytaichi.com/">http://www.yangfamilytaichi.com/</a>
<b>Master Bow Sim Mark</b>	<a href="http://www.taichi-arts.com/index.shtml">http://www.taichi-arts.com/index.shtml</a>
<b>William Chen</b>	<a href="http://www.williamcchen.com/MedicalStudies.htm">http://www.williamcchen.com/MedicalStudies.htm</a>
<b>CHITIME</b>	<a href="http://ww.chitime.info">http://ww.chitime.info</a>

## D. Sample News Letter Brief

A novel exercise program called **CAREx** has come to [insert name of facility]. CAREx exercise classes are being offered as part of a comprehensive facility program to improve resident quality of life, reduce risk of falls, and to promote general health and well-being. Carex is a system of calming and relaxing exercises based on the ancient Chinese arts of taijiquan (tai chi) and qigong (chi kung).

**Taijiquan** is an exercise regimen that involves slow, fluid and reversing movements. It has its origins in ancient Chinese martial arts. *Taiji* means balance of opposite energy forces. *Quan* means fist. Cornerstones of this discipline are *rootedness* or balance, *connectedness* or coordination of all body parts, and *centeredness* or concentration. Taiji is an art, a dance form and even a sport, however in the Western world, it is most often taught and practiced as a health-promoting exercise. There are several schools of taiji quan. Each school has standards forms. The exercises used in the CAREx system are derived from Yang Style taiji.

**Qigong** is also an exercise regimen similar to taijiquan, However, its origins are in Traditional Chinese Medicine. *Qi* means life energy. *Qigong* means gathering, storing and releasing of life energy. Qigong movements may be dynamic and flowing as with taijiquan, or they may be performed by just holding a posture and meditating.

When taijiquan is performed for health-promotion, it is a form of qigong. The calming meditative component of taijiquan and qigong makes these arts mind/body exercises. Known health benefits of regular taiji qigong practice include improved balance, strength, flexibility, muscular coordination, cardiovascular function, enhanced immune response, mediation of chronic pain and fatigue, and inducement of mental calmness.

[Insert name of exercise leader] has completed a CAREx Exercise Leader Training Program and will be leading classes. Class are scheduled [insert times and place]. To learn more about the program contact: [insert contact name and contact information]

## F. Feedback Survey

### WE WANT TO HEAR FROM YOU!!!!

*Note: We are very interested in your feedback based on your experiences with the CAREx Instruction and leading CAREx exercises. To assist us with ongoing product quality improvement, please complete and mail this 2-page feedback survey.*

*To receive a free gift, mail to:*

*Qi Concept Productions, INC  
3211 Transit Rd. Elma, NY 14059*

**Your Name and Mailing Address**

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**Email contact:** \_\_\_\_\_

**Your facility or business name**

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**Your general job title and duties**

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**Estimate the number of hours that you committed to training to become a CAREx exercise leader. \_\_\_\_\_ hours.**

**Are you engaging in any ongoing Taiji/Qigong training in addition to the CAREx Exercise Leader training? YES \_\_\_ NO \_\_\_**

**Suggestions to improve CAREx Leader Training Handbook and Instructional DVD's**

*CAREx Feedback survey continued...*

**Tell us about your CAREx programming?**

*Brief Description: (of how you use your CAREx training)*

*Setting:*

*Goal(s):*

*Unique aspects of your programming:*

*CAREx Leader profile(s):*

*Type of clients/class participants:*

*Frequency of class scheduling:*

**Please offer any additional comments regarding:**

**a) Tips to assure success for new CAREx Exercise Leaders**

**b) Any barriers to program implementation to consider.**

Indicate your strength of recommendation.	Strongly Recommend	Recommend	Do not Recommend	Strongly do not recommend
Would you recommend that other facilities/providers institute CAREx exercise classes?				
Would you recommend becoming a CAREx exercise leader to others?				

**c) General Comments. (use back of page if more space is needed)**

**For information on CAREx Leader support and  
additional CHI TIME products and seminars**

**GOTO**

**<http://www.chitime.info>**

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Elma, NY**