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Title: The Giving Back® Fall Prevention Project (GBFPP) Improves Balance® in Sitting, Standing and Walking Activities of Older Adults and also Demonstrates Overall Improved Mental, Physical and Emotional Well-being.

The Study: The Giving Back® Fall Prevention Project [subsequently renamed Move With Balance®], which was recently held at the Kahului Union Church, has demonstrated improvement in the balance activities required for safer sitting, standing, and walking activities of the participant kupuna (Hawaiian word for elders). The evaluation utilized evidence based research methodology. The findings also noted that kupuna reported a reduction in stress and tension and an overall improvement in their mental, physical and emotional well-being at the conclusion of each session.

The GBFPP involves pairing senior citizens with mentors previously trained in educational kinesiology and other integrative movements. The pairs in this group worked together on the exercises during weekly sessions over the course of ten weeks. The most notable findings were:

- Significant increases in the ability of participants to move from sitting to standing without support or with less support than before GBFPP.
- Significant increases in the ability of participants to walk using proper posture and needing to look down less than before GBFPP.
- Improvements in the attention span/cognition of participants.
- Satisfaction in the mutual engagement and socialization in the GBFPP experience expressed by participants and mentors.

The Giving Back® Fall Prevention Project was implemented by Giving Back, a non-profit organization on Maui whose vision is to unite the strengths of senior citizens and trained mentors to improve each other's self-esteem, self-efficacy, and emotional well-being. The Giving Back® Fall Prevention Project was designed specifically to improve physical well-being and cognitive function among our kupuna and to enhance their independence and self-sufficiency in the Maui community.

Full evaluation is available.