

Membership

Age Concern promotes wellbeing, rights, respect and dignity for older people.



Serving the needs of older people

You can support our work by becoming a member or making a donation.

Mr/Mrs/Miss/Ms :

.....
First name Surname

Street:

.....

Suburb:

.....

City /Town:.....Postcode:.....

Membership (Due 1st April) \$25.00

Community in Action Magazine (\$5.00) \$.....

Donation: \$.....

Total: \$.....

Donations of \$5 and above may be tax deductible

Please send to: Age Concern Otago,
PO Box 5355, Dunedin 9058,
or ask about other payment options.

Advocacy, Education, Information, Resources and Services available at Age Concern Otago

Active Ageing Centres

- Octagon Club
- Mosgiel Seniors
- South Dunedin Seniors

Accredited Volunteer Visitor Service

Falls Prevention programmes

Elder Abuse Response Service

ORC Total Mobility Scheme

Meals on Wheels

Health Promotion projects & programmes

Information Hub - A library of information, and experienced staff to help with questions about ageing.

Call or visit us for further information

Falls Prevention Coordinator

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Falls Prevention

Steady As You Go®

& Tai Chi



Community based, ongoing peer-led classes for men and women over 65 to improve balance, leg strength, flexibility and general fitness

Steady As You Go®
Dunedin—January 2018

Falls prevention programmes

Tai Chi Classes
Dunedin—January 2018

- | | |
|-------------------|---------------|
| Allanton | Outram |
| Brockville | Pine Hill |
| Caversham | Port Chalmers |
| Fairfield | Portobello |
| Green Island | Roslyn |
| Halfway Bush | St Clair |
| Kaikorai | South Dunedin |
| Long Beach | The Octagon |
| Macandrew Bay | Waverley |
| Maori Hill | Waikouaiti |
| Maryhill | Waitati |
| Mornington | |
| Mosgiel | |
| Musselburgh | |
| North East Valley | |



What is Steady As You Go® ?

The physical and social efficacy of this programme have been evaluated by the University of Otago and the exercises used are based on those proven to reduce falls from the Otago Exercise Programme. The Train the Trainer course from the School of Physiotherapy provided additional exercises.

The gentle exercises are designed to improve balance, leg strength, flexibility, spatial awareness, general fitness and well-being. Participants warm up in a chair, followed by standing exercises, walking exercises and warm downs in a chair. A range of light ankle weights is used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

How does Tai Chi work?

Tai Chi is shown by scientific studies to improve muscular strength, flexibility and fitness, while also improving relaxation, balance, posture and immunity. Tai Chi movements also emphasise the importance of weight transference to develop balance and prevent falls.

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|--------------|---------------|
| Brighton | Mosgiel |
| Brockville | Port Chalmers |
| Caversham | Portobello |
| Green Island | St Kilda |
| Maori Hill | The Octagon |
| Maryhill | Waikouaiti |
| Mornington | |

