



RESOURCES FOR LOAN

“F1RST ... Fall Intervention, Reaching Seniors Together” is developing a resource library to assist those seeking education and interventions to help prevent elderly falls. Materials can be used for promotions or self-education. We only ask that you provide to F1RST the results of your use of these excellent resources.

At this time, we have the following available for check out.

“Safe Steps” (VHS) a 12 minute video by the Home Safety Council, which provides valuable information that could prevent elderly falls. It includes statistical information, education on simple home modifications and discussion on the importance of medication review .

“Sit and Be Fit” (DVD) a 27 minute exercise session demonstrates easily implemented exercises.

Parkinson's Disease & The Art of Moving by John Argue (2 disc DVD) - This DVD provides demonstration and guidance to the exercises developed by John Argue. The John Argue Method builds skills and strengths one upon another. It is the companion to Argue's book with the same title. 187 minutes, 2000, John Argue, Berkeley.CA

Tai Chi for Older Adults (VHS) Dr. Paul Lam, a family physician in Australia for 25 years, is an internationally acclaimed Tai Chi teacher. This video demonstrates his method. 110 minutes, 1998, Wellspring Media

Tai Chi, The Gift of Balance (VHS) In this video Tai Chi Master, Tingsen Xu, PH.D. will show you how to perform the same nine forms he selected for the Nat'l Institutes of Health 3 year study using the same practical step by step, easy-to-learn approach that proved so effective. The Nat'l Institutes of Health Study reports that people aged 70 to 90, who learned and practiced Tai Chi reduced injury from falling by 47.5%. 60 minutes, 1996, Tai Chi Health and Science Research Center



For More Information:

F1RST

11620 M Circle, Omaha, NE 68137-2231
fax: (402) 896-6331 • phone: (402) 896-0454
F1RST@SafeNebraska.org