

Tai Chi for Carers - seminar syllabus

Copyright Ian Deavin 2012

Relevant conditions:

Parkinsons
Alzheimers
Fall vulnerabilities
Rehabilitation
Age related deterioration

Content : Carers will be taught a basic Tai Chi approach which they can pass on daily to those in need, matching to the needs and abilities of each person cared for.

Subjects include:

History and relevance of Tai Chi
Basic Tai Chi exercises
Tai Chi mindfulness
Keeping a Tai Chi diary
Tai Chi theory and approach to movement
Matching practice to the individual
Clarity in communication concerning Tai Chi practice

Relevant to:

Relatives, friends
Care workers
Relevant professionals already working in the care community

Program:

1. A series of one day classes – covering the basic territory – can be repeated as desired – also serving as an introduction should carers wish to explore Tai Chi further.
2. 2 day residential classes – same material but in more depth, with more moves from the Chen Tai Chi form.
3. Carer mentoring program – based on a monthly review of Tai Chi diaries – by phone and/or e-mail

Other material:

Tai Chi for Carers whitepaper