

PERCEPTIONS OF YOGA PROGRAM

Program name: Yoga-based exercise for improving balance and preventing falls

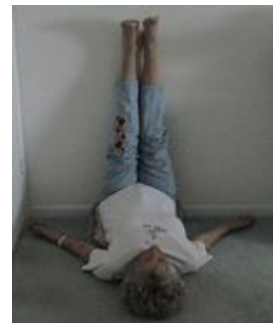
Below is a description of a yoga-based exercise program specifically designed for older people to improve balance and mobility and prevent falls. We would like to know about your thoughts and feelings towards the program and how you would react if given the chance to take part in such a program. Please read through the program description and then complete questions 1 to 6 on the next page.

Background: Yoga is an ancient practice that originated in India. It includes physical postures aimed at improving flexibility, strength and balance and breathing exercises designed to calm the mind. Previous research has shown that yoga can reduce high blood pressure, relieve chronic back pain and headaches, improve sleep, reduce depression, improve balance and mobility.

Setting: Yoga-based exercise usually takes place with a group of between 10 and 15 other older people in a quiet room with low lighting. A trained yoga instructor with experience teaching older people leads the class and provides instructions on how to stand in the different positions and co-ordinate your breathing at the same time. The instructor can also modify the way the postures are done to ensure safe participation for a range of abilities.

Time taken: Yoga classes run for approximately 1 hour each time and it is recommended that people attend two classes each week to gain the most benefit.

Exercises: Examples of the yoga positions used in this program are shown below.



PERCEPTIONS OF THE OTAGO HOME-BASED STRENGTH AND BALANCE PROGRAM

Program name: Otago exercise programme

Below is a description of the Otago exercise programme, a home-based strength and balance training program specifically designed for older people to prevent falls. We would like to know about your thoughts and feelings towards the program and how you would react if given the chance to take part in such a program. Please read through the program description and then complete questions 1 to 6 on the next page.

Background: The Otago exercise programme was developed in 1997 by researchers in New Zealand. It includes a set of leg muscle strengthening and balance training exercises designed to prevent falls in older people. Previous research has shown that doing the Otago exercise programme can improve a person's balance and mobility and reduce their risk of having a fall.

Setting: The Otago exercise programme is carried out at home and taught to the older person by a trained health professional such as a physiotherapist or nurse. The health professional visits the older person in their home four times to demonstrate the exercises and monitor progress and also makes contact by telephone to assist. They also recommend a walking program for most people.

Time taken: The Otago exercise programme is designed to be carried out three times per week for about 30 minutes each time in addition to twice-weekly walking for most people.

Exercises: Examples of the exercises included in the Otago exercise programme are shown below.



Your views on the 'Otago exercise programme'

We want to know whether or not you think the Otago exercise programme described above would be right for YOU, and the reasons why it would or would not be right for you. We know that often people have very good reasons for deciding that the Otago exercise programme is not suitable for them – and we need to know what these reasons are. So there are no right or wrong answers - we really want to know what YOU think of the Otago exercise programme. It is very important that you fill in every question. Please tick the box that is closest to your opinion.

1. Doing the Otago exercise programme would be good for me

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

2. Doing the Otago exercise programme would make me feel confident

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

3. Other people whose opinions matter to me (e.g. family, friends, doctor) would think it was a good idea for me to do the Otago exercise programme

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

4. If I wanted to, it would be easy for me to do the Otago exercise programme

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

5. I am the kind of person who should do the Otago exercise programme

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

6. I intend to do the Otago exercise programme if I am offered the opportunity

Disagree Disagree Disagree Neither agree Agree Agree Agree
strongly slightly nor disagree slightly strongly

PERCEPTIONS OF TAI CHI

Program name: Tai Chi

Below is a description of a Tai Chi program specifically designed for older people to improve balance and mobility and prevent falls. We would like to know about your thoughts and feelings towards the program and how you would react if given the chance to take part in such a program. Please read through the program description and then complete questions 1 to 6 on the next page.

Background: Tai Chi is an ancient practice that originated in China. It combines deep breathing and relaxation with slow, gentle movements aimed at improving strength and flexibility and calming the mind. Previous research has shown that Tai Chi can reduce stress, increase muscle strength in the legs, improve balance and mobility and reduce the risk of falls in older people.

Setting: Tai Chi is usually practiced with a group of between 20-25 other older people either indoors or in a park setting. A trained Tai Chi instructor with experience teaching older people leads the class and provides instructions on how to carry out the movements. The instructor can also modify the way the postures are done to ensure safe participation for a range of abilities.

Time taken: Tai Chi classes run for approximately 1 hour each time and it is recommended that people attend two classes each week to gain the most benefit.

Exercises: Some examples of the exercises included in this program are shown below.



Your views on ‘Tai Chi’

We want to know whether or not you think the Tai Chi program described above would be right for YOU, and the reasons why it would or would not be right for you. We know that often people have very good reasons for deciding that Tai Chi is not suitable for them – and we need to know what these reasons are. So there are no right or wrong answers - we really want to know what YOU think of the Tai Chi program. It is very important that you fill in every question. Please tick the box that is closest to your opinion.

1. Doing Tai Chi would be good for me

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

2. Doing Tai Chi would make me feel confident

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

3. Other people whose opinions matter to me (e.g. family, friends, doctor) would think it was a good idea for me to do Tai Chi

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

4. If I wanted to, it would be easy for me to do Tai Chi

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

5. I am the kind of person who should do Tai Chi

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

6. I intend to do Tai Chi if I am offered the opportunity

Disagree strongly Disagree Disagree slightly Neither agree nor disagree Agree slightly Agree Agree strongly

Finally, if you **had** to choose to participate in one of the three exercise programs detailed above which one would you choose and why? (please tick one box)

Yoga Otago programme Tai Chi

Reason for choice _____

Thank you for completing the questionnaire, please return to the study team in the envelope provided