

# Tele Tai Chi Study

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## Background

**Importance of the problem:** Group exercise classes, such as yoga and Tai Chi, have the potential to provide both physical and social health benefits. However, substantial barriers exist for adults aging with mobility disabilities to engage in group exercise classes, including lack of transportation to classes, inaccessible buildings where classes are held, and lack of appropriate modifications.

**Goal:** Demonstrate the **acceptability** and **effectiveness** of an evidence-based, in-person tai chi intervention when translated to a videoconferencing platform for individuals aging with mobility disabilities.

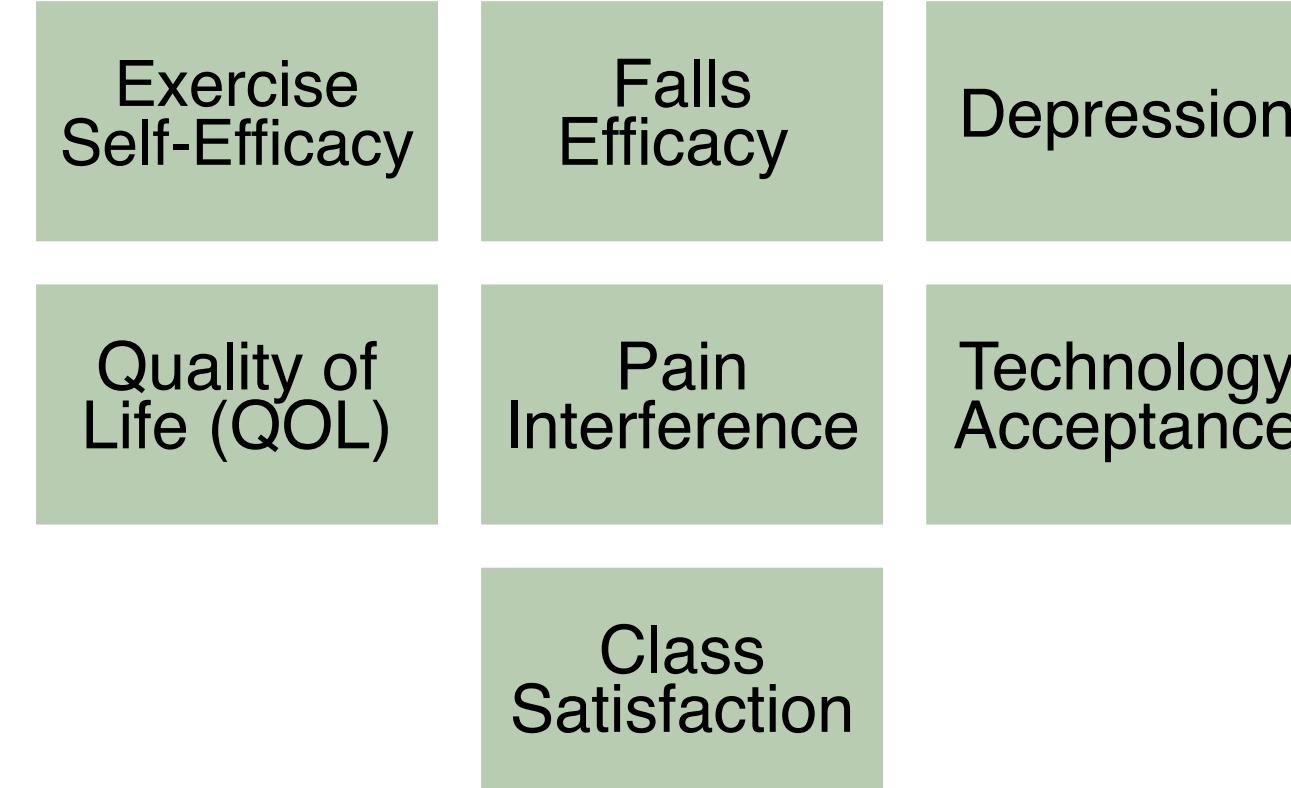


## Outcome Measures

### Primary



### Secondary



## Eligibility Criteria

- Between the ages of 60-80
- Mobility challenges for at least 10 years
  - Use a mobility aid (i.e., cane, crutches, wheelchair, walker, or scooter)
  - OR have serious difficulty walking or climbing stairs
- Have access to a computer or tablet with a webcam and internet (loaner devices available)

