

Tai Chi for Arthritis and Fall Prevention Quick Reference Guide for Virtual Delivery

Intention

This guide was developed by Dr. Paul Lam and Tai Chi for Health Institute to help instructors using virtual delivery as a temporary option for our older adults to continue their TCAFP classes and, therefore, improving their quality of life.

Virtual System

- Test systems that are user friendly, easy to access (Facebook Live, Zoom, Google Duo are a few)
- Will the instructor be able to see the participant (best option is two way communication but you may require written permission) or view instructor only
- Mark the area that keeps you in camera frame, practice the form
- Will you need a remote mic or is sound transmission adequate
- Sound check to test delay and clarity

Participants Briefing

- Allow some training beforehand to ensure participants are comfortable and know how to access the class

Class

- Welcome and Announcements depends on whether you are using one way or two way system. Disclosures, safety, mute/unmute, thumbs up or down to instructor question, and class outline are items you may wish to mention.
- If you mirror image, remind them to “follow as if looking at a mirror”
- Follow TCAFP Lesson Plan
- Speak clearly, keep the movement pace slow and remember when less is more
- Praise, encouragement for participants!
- Cheerful, calming demeanor
- Allow feedback

Closing

- Encourage home practice, praise efforts and what to look forward to in next session
 - Thank you for participating!
 - Instructor records class data
- (If I can provide further assistance, don't hesitate to contact me. Thank you!
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