

# Giving Back

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## **Press Release: The Giving Back® Fall Prevention Project (GBFPP) Improves Balance in Sitting, Standing and Walking Activities of Older Adults and also Demonstrates Overall Improved Mental, Physical and Emotional Wellbeing.**

An evaluation report released this week reports that The Giving Back® Fall Prevention Project, which was recently held at the Kahului Union Church, has demonstrated improvement in the balance activities required for safer sitting, standing and walking activities of the participant kupuna (elders). The evaluation, conducted by an independent researcher, utilized evidence based research methodology. The findings also noted that kupuna reported a reduction in stress and tension and an overall improvement in their mental, physical and emotional wellbeing at the conclusion of each session.

The GBFPP involves pairing senior citizens with mentors previously trained in educational kinesiology/Brain Gym® and other integrative movements. The pairs in this group worked together on the exercises during weekly sessions over the course of ten weeks.

The most notable findings were:

- Significant increases in the ability of participants to move from sitting to standing without support or with less support than before GBFPP.
- Significant increases in the ability of participants to walk using proper posture and needing to look down less than before GBFPP.
- Improvements in the attention span/cognition of participants.
- Satisfaction in the mutual engagement and socialization in the GBFPP experience expressed by participants and mentors.

The Giving Back® Fall Prevention Project was implemented by Giving Back, a non-profit organization on Maui whose vision is unite the strengths of senior citizens and trained mentors to improve each other's self-esteem, self-efficacy and emotional well-being. The Giving Back® Fall Prevention Project was designed specifically to improve physical well-being and cognitive function among our kupuna and to enhance their independence and self-sufficiency in the Maui community.

Please visit the Giving Back website at: [www.givingbackmentoring.org](http://www.givingbackmentoring.org)

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