

Giving Back

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Press Release: Brain Gym Mentoring Program (BGMP) 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 Brain Gym Mentoring Program, Kupuna Kokua, 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. 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 BGMP involves pairing senior citizens with mentors previously trained in educational kinesiology/Brain Gym. The pairs in this group worked together on Brain Gym 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 BGMP.
- Significant increases in the ability of participants to walk using proper posture and needing to look down less than before BGMP.
- Improvements in the attention span/cognition of participants.
- Satisfaction in the mutual engagement and socialization in the BGMP experience expressed by participants and mentors.

The Brain Gym Mentoring Program 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. Kupuna Kokua BGMP 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.

For more information about the Brain Gym IMP, please visit the Giving Back website at: www.givingbackmentoring.org

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