



**RICK SCOTT**  
GOVERNOR

## MEMORANDUM

**NOTICE #: 101711-1-I-CFAL**

TO: Area Agency on Aging Executive Directors

FROM: Charles T. Corley, Secretary

DATE: October 11, 2011

SUBJECT: **Notice of Instruction: Changes to Tai Chi Moving for Better Balance**

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The purpose of this Notice is to address the changes made to the service description for the evidence-based program Tai Chi: Moving for Better Balance. A new service description for this program will be provided with this notice of instruction. The changes are as follows:

Length of program

- Length of the workshop is 16 weeks.

Frequency of classes

- Session must be held at least twice a week.

Completers

- A completer for Tai-Chi: Moving for Better Balance is a participant who attends  $\geq 75$  percent of the number of sessions offered.

Materials

- As materials become available for participants, they may be used to encourage home practice. However, these materials may not be accessible and thus home practice is not required.

These changes will take effect for the 2012, contract year. All workshops with a start date after January 1, 2012, must follow the guidelines stated above as well as the information in the service description that will go out with this notice of instruction.

All workshops that have a start date prior to January 1, 2012 may be 12 weeks and a completer may be counted as a participant who attends 18 out of 24 sessions.

Please note that some of the changes above are seen in the service description effective prior to this notice of instruction. We want to make the changes effective January 2012 to allow providers time to adjust to the changes.

Thank you for your continued cooperation. Please contact Michele Mulé at 850-414-2307, if you have further questions.

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