



## MEMORANDUM

TO: Area Agency on Aging Executive Directors  
**NOTICE #: 122711-1-I-CFAL**

FROM: Charles T. Corley, Secretary

DATE: December 23, 2011

SUBJECT: **Notice of Instruction: Correction to the Notice of Instruction  
#101711-1-I-CFAL: Changes to Tai Chi Moving for Better Balance**

The purpose of this Notice is to correct the Notice of Instruction #101711-1-I-CFAL regarding the changes to the service description for the evidence-based program Tai Chi: Moving for Better Balance. The Health & Wellness Unit considered the challenges the AAAs and local service providers had with implementing the Tai Chi: Moving for Better Balance Program for 16 weeks and conducted further research regarding this program. There are several options for frequency and duration of the program. This program can be conducted under the following options:

	Hours Per Class	Classes Per Week	At Home Practice Per Week for 45 Minutes	Total Weeks	Total Hours for Program
Option 1	1	3	0	12	36
Option 2	1	2	1	12	36
Option 3	1.5	2	0	12	36

The course length has many options as well:

- 12 weeks - minimum
- 16 weeks
- 24 weeks (6 months) – preferred length showing best results for fewer incidences of falls especially if continued program after the 6 months.

After researching further with the Centers for Disease Control and Prevention (CDC) and their grantees, the Health & Wellness Unit discovered that states operating under the CDC grant are following the 12 week Tai Chi: Moving for Better Balance program. They are following the Translation of an Effective Tai Chi Intervention Into a Community-Based Falls Prevention program research published in 2008.

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Therefore, the Health & Wellness Unit has decided to continue with Option 2 for a minimum of 12 weeks.

Length of program

- Length of the workshop is 12 weeks.

Frequency of classes

- Session must be held at least twice a week by a trained Tai Chi: Moving for Better Balance instructor with one 45-minute home practice performed by the individual.

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 be effective for the 2012 contract year.

Please note the service description has also been changed to reflect the 12 week program.

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