

PROGRAM FUNDING SOURCE(S): OAIIID

PROGRAM AUTHORITY:

Program Funding **Specific Authority**

Rulemaking **Section 430.08, F.S.**

OAIIID **Older Americans Act, Title III, Part D**

A. DESCRIPTION: The Arthritis Foundation Tai Chi Program, offered in community settings, has been proven to improve movement, balance, strength, flexibility, and relaxation. Other benefits associated with this program include decrease in pain and falls. The Arthritis Foundation Tai Chi Program is also known as Tai Chi for Arthritis.

For more information please visit:

<http://www.arthritis.org/resources/community-programs/tai-chi/>

B. DELIVERY STANDARDS/SPECIAL CONDITIONS:

1. This program is targeted for older adults 60 or older with chronic pain.
2. Participants are led by a certified trainer.
3. Other requirements of the program include:
 - a. Class schedule: 6-8 weeks (twice per week).
 - b. Session length: 45-60 minutes per class.

This service is an evidence-based program which meets AoA's Highest-Level Evidence-Based Criteria.

C. PROVIDER QUALIFICATIONS:

1. Trainers must complete a two-day Arthritis Foundation instructor training workshop, recertification training every 2 years (one-day training), CPR certified, and affiliated with an Arthritis Foundation approved facility.
2. Provider must maintain program fidelity to the original program design by The Arthritis Foundation.

D. RECORD KEEPING AND REPORTING REQUIREMENTS:

1. The provider shall maintain all appropriate documentation as set forth by the program (i.e., participant data, sign-in sheets (which includes the time started, time ending, date, location, funding source, title of evidence-based program, and signatures of individual participating), evaluations, workshop information, etc.).
2. **Unit of Service Group:** One episode of direct service with or on behalf of clients regardless of the numbers of participants for the entire 6-8 week period.
3. The contractor must verify and maintain documentation of provider qualifications for service.
4. CIRTS reporting requirements are below. ↓

CIRTS REPORTING REQUIREMENTS				
PROGRAM	SERVICE	REPORTING OF SERVICES	OAA CLIENT REQUIREMENTS	MAX UNITS
OA3D	AFTCG (GROUP)	MONTHLY AGGREGATE REPORTING	NO REQUIREMENT	9999

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