

**Section 2: Services****Service: Stay Active and Independent for Life (SAIL)****PROGRAM FUNDING SOURCE (S): OAAIID****PROGRAM AUTHORITY:****Program Funding    Specific Authority**

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

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

**DESCRIPTION:**

Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness class for adults 65 and older. This SAIL Class Exercise Guide was developed as a result of the Washington State Department of Health's Senior Falls Prevention Study, which was funded by the Centers for Disease Control and Prevention. The goal of the SAIL Program is to increase strength, balance, and mobility while decreasing the likelihood of falls.

For more information please go to:

<http://www.ncwruralhealth.org/stay-active-and-independent-for-life-sail.html>

**DELIVERY STANDARDS/SPECIAL CONDITIONS:**

1. SAIL classes are one hour long, three times each week. Each class includes warm-up aerobics, balance activities, strengthening and stretching exercises that can be done seated or standing, and educational components. Periodic Fitness Checks assess general mobility, arm strength, and leg strength. SAIL Guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors.

There is a maximum of 20 participants allowed per class. The class site should provide sufficient space for instructor and participants to perform the exercises comfortably.

2. This service is an evidence-based program which meets ACL's Highest-level Criteria:
  - Undergone Experimental or Quasi-Experimental Design.
  - Full translation has occurred in a community site.
  - Dissemination products have been developed and are available to the public.

## **PROVIDER QUALIFICATIONS:**

Providers must complete a one day (8 hour) SAIL Program Leader Training, or complete a 10-week online class through Pierce College with Continuing Education Units awarded upon course completion. See <http://www.pierce.ctc.edu/el/sail-faq> for more information.

Providers must have background in fitness or exercise science, such as personal fitness trainers or physical therapists. Providers must be CPR certified.

Provider must maintain program fidelity to the original program design.

## **RECORD KEEPING AND REPORTING REQUIREMENTS:**

The provider shall maintain all appropriate documentation as set forth by the program i.e., participant data, sign in sheets, evaluations, workshop information, etc.

**Unit of Service Group:** One hour of service with or on behalf of clients regardless of the numbers of participants per session.

CIRTS reporting requirements are below. ↓

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