

# DEPARTMENT OF ELDER AFFAIRS PROGRAMS AND SERVICES HANDBOOK

## Appendix A: Service Descriptions and Standards

Section II: Services

Bingocize

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**PROGRAM FUNDING SOURCE(S):** Bingocize®, OAAIIID

**PROGRAM AUTHORITY:**

**Program Funding**

**Specific Authority**

Rulemaking

Section 430.08, F.S.

OAAIIID

Older Americans Act, Title IIID, Part D

OAAIV

Older Americans Act, Title IV

**A. DESCRIPTION:** Based on research from the Western Kentucky University Center for Applied Science in Health and Aging (CASHA), Bingocize® is an evidence-based health promotion program approved through both SNAP-Ed and the National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. The program can be delivered two ways. First, certified leaders can use printed curriculum materials along with the facility's regular bingo game. Second, a certified leader can use a mobile app to deliver the program to participants who also use the mobile app to play Bingocize® on an electronic device. The mobile app allows for remote delivery of the program. Regardless of the delivery, the exercises and health information are the same. Participants (Bingocizers®) complete a series of strategically inserted exercises designed to increase or decrease the intensity and volume of exercise. Health education questions focused on either falls prevention or nutrition are also inserted into the game. Participants rest while numbers are called for the bingo game, then complete more strategically inserted exercises or health education questions, rest during number calling, and so on. This pattern is continued until a Bingocizer® wins the game. Small prizes (not included with program) are awarded to winners. Additional games are played until all planned exercises are completed. Leader and participant materials are available in Spanish.

**B. DELIVERY STANDARDS/SPECIAL CONDITIONS:**

1. Bingocize® is offered to older adults, aged 60 and older of all ability levels in community settings.
2. Participants play twice a week in sessions provided by a certified leader.
3. Bingocize® is a (10) week-long program of 1-hour online or in person sessions 2 times per week on nonconsecutive days.
4. There must be a minimum of 8 and a maximum of 20 participants for one certified leader. If the number of participants exceed 20, two certified

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leaders are required. A minimum of 5 participants is acceptable for online sessions during the COVID-19 Pandemic.

5. 80 percent attendance or 16 of 20 sessions attended is considered completion.

#### C. PROVIDER QUALIFICATIONS:

Trainers complete online training that consists of five self-paced modules. A Certificate of Completion can be printed at the end of the training. The training is good for two years.

#### D. RECORD KEEPING AND REPORTING REQUIREMENTS:

1. The provider shall maintain all appropriate documentation as set forth by the program (i.e., administer and collect the *Bingocize® Participant Pre-Unit Assessment Form* from all participants prior to beginning the first session; track attendance throughout the 10 weeks for all 20 sessions using the *Weekly Attendance Form*; have all participants complete the *Bingocize® Participant Post-Unit Assessment Form* at the end of the 10 weeks, scan the pre and post surveys, as well as the attendance documentation into one pdf document, and email the document to [bingocizedata@wku.edu](mailto:bingocizedata@wku.edu)).
2. The contractor must verify and maintain documentation of provider qualification for service, i.e., copy of leader certification.
3. Unit of Service Group: An episode (online or in-person) equals the full 20-hour program provided over a (10) week period in 1-hour sessions, 2 time a week on nonconsecutive days, regardless of the number of completers.
4. CIRTS reporting requirements are below.

#### CIRTS REPORTING REQUIREMENTS

PROGRAM	SERVICE	REPORTING OF SERVICES	OAA CLIENT REQUIREMENTS	MAX UNITS
OA4 OA3D	Bingocize® (GROUP)	MONTHLY AGGREGATE REPORTING	NO REQUIREMENT	9999

**Website for updated fidelity and training information:**

[www.bingocize.com](http://www.bingocize.com)