

MEMORANDUM

NOTICE#:102920-1-I-SWCBS

TO: Area Agency on Aging (AAA) Executive Directors

FROM: Richard Prudom, Secretary

DATE: **October 29, 2020**

SUBJECT: Notice of Instruction: New Evidence-Based Service (Appendix A)

The purpose of this notice is to add the attached program description for Bingocize® to the Department of Elder Affairs Programs and Services Handbook. It is necessary for AAAs to work with their Contract Manager to add this service to their Older American Act (OAA) contract.

To access information about online training for Bingocize®, follow the steps below:

- Step 1: Complete the order form at <https://www.wku.edu/bingocize/purchase/index.php> and email it to bingocize@wku.edu.
- Step 2: A license agreement will then be prepared and sent to you within 5-7 business days, along with the invoice for payment.
- Step 3: Once the license agreement is signed and payment is made, the online training link will be emailed, and your *Bingocize® in a Box(es)* will be shipped.

As Bingocize® is being added as an option during COVID-19, the Western Kentucky University Center for Applied Science in Health and Aging (CASHA), has provided the guidance below for remote implementation.

Option 1: Hybrid delivery- This option is a combination of traditional delivery and the mobile app. It can be used remotely with the aid of video conferencing technology e.g. Zoom, Facetime, Uniper-Care Technologies, etc.

1. Bingocize® Mobile-app style paper bingo cards, take-home cards, and health education questions/answer sheets (if using health education units) are emailed, mailed, or physically distributed to participants. Resistance bands/therapy balls can be physically distributed, or exercises can be modified to be done without equipment.

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2. Leaders print the session to guide them to correct answers for falls prevention or nutrition questions (if using health education units).
3. Leader and participants log into video conference software.
4. Leader logs into the mobile app and begins a Bingocize® session. Firefox and Chrome browsers work best.
5. At least one person must log in as a participant to play the game on the app. The leader themselves can join the game with another device (i.e. tablet or cell phone).
6. Leader shares the leader screen from the mobile app with the participants via video conference technology.
7. Participants play along at home using the mobile-app style paper bingo cards, take-home cards, health education questions/answer sheets (if applicable).
8. Prizes can be mailed or distributed later.

Option 2: Full Mobile App delivery- This option is ideal for groups of older adults with significant experience using video conference software. The Bingocize® mobile app can be used remotely with the aid of video conferencing technology e.g. Zoom, Facetime, Uniper-care Technologies, etc.

1. Take-home cards are emailed, mailed, or physically distributed.
2. Resistance bands/therapy balls can be physically distributed, or exercises can be modified to be done without equipment.
3. Leader will send participants' username and password to them before the first session.
4. Leader and participants log into video conference software.
5. Leader logs in and begins a Bingocize® session on the Bingocize® app. Firefox and Chrome browsers work best.
6. Each participant will log in on their device and join the active session. Firefox and Chrome browsers work best.
7. Participants play along on their devices from wherever they are located.
8. Prizes can be mailed or distributed later.

This information will supplement the attached program description. If you have any questions, please contact the Department's Health and Wellness Coordinator or your contract manager.