

DEPARTMENT OF ELDER AFFAIRS PROGRAMS AND SERVICES HANDBOOK

APPENDIX A: Service Descriptions and Standards

Section II: Services

Evidence-Based Tai Chi/Tai Ji Quan Moving for Better Balance

PROGRAM FUNDING SOURCE(S): OAAIIID PROGRAM AUTHORITY:

Program Funding

Specific Authority

Rulemaking

Section 430.08, F.S.

OAAIIID

Older Americans Act, Title III, Part D

A. DESCRIPTION: Developed out of the Oregon Research Institute, Tai Ji Quan Moving for Better Balance (TJQBB) consists of an eight-form core with built-in practice, offered in community settings, has been proven to decrease the number of falls and risk of falling in older adults. Other benefits associated with this program include social and mental well-being, balance and daily physical functioning, self-confidence in performing daily activities, personal independence and quality of life, and overall health.

B. DELIVERY STANDARDS/SPECIAL CONDITIONS

1. Tai Chi/Tai Ji Quan: Moving for Better Balance workshops are offered to adults age 60 or older.
2. Participants are led by a certified trainer. (See “Provider Qualifications.”)
3. This is a 24-week program, consisting of 48 classes. Classes are provided two days per weeks for one hour each day. After the fourth week of the program, participants are encouraged to practice at home three days per week for 15 minutes each day. Home practice does not count toward the 48-hour class participation requirement. See the illustration below for frequency and duration.

| Hours Per Class Session | Class Sessions Per Week | Total Weeks | Total Class Sessions | 15-Minute Practice Sessions |
|-------------------------|-------------------------|-------------|----------------------|-----------------------------|
| 1 | 2 | 24 | 48 | Daily |

4. A completer is an individual who completes at least 75 percent of the 48 class sessions, i.e., a minimum of 36 class sessions.
5. Class participant size is 8-10 for new instructors and 10-15 for experienced instructors. Drop-in participants or rolling admissions are not allowed; however, new participants may join within the first two weeks of the program.

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6. Sessions shall take place in a spacious and sufficiently private area that can adequately accommodate all participants and the instructor.
7. Materials required for the workshop include the class teaching plan and teaching videos.
8. Instructor is responsible for maintaining fidelity to the program by teaching each session as it was designed by the Oregon Research Institute.

C. PROVIDER QUALIFICATIONS:

1. Instructors shall have experience teaching physical activities with older adults.
2. Instructors shall attend an instructor trainer workshop conducted by an authorized Tai Ji Quan Moving for Better Balance trainer.
3. A certificate of completion is awarded to trainees to indicate successful completion of the training program.

D. RECORD KEEPING AND REPORTING REQUIREMENTS:

1. The provider shall maintain all appropriate documentation as set forth by the program including participant data, sign-in sheets (showing time started, time ended, date, location, funding source, title of evidence-based program, and signature of individuals participating), evaluations, and workshop information.
2. The contractor shall verify and maintain documentation of provider qualifications for service.
3. Unit of Service Group: One episode of direct service with a minimum of eight participants and a maximum of 15 participants for the first session. The same participants shall continue through the 24-week program led by the certified Tai Ji Quan, Moving for Better Balance Instructor. One episode equals a 24-week class. The entire program shall be completed prior to submitting payment.

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4. CIRTS reporting requirements are below.

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

Website for updated fidelity and training information:

<https://tjqmbb.org/>