Section II: Services Evidence-Based (Tai Chi for Arthritis and Tai Chi for Arthritis Part 2)

# **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

1. DESCRIPTION:

The Tai Chi for Arthritis (TCA) and Fall Prevention Program, (also known as Tai Chi for Arthritis) was developed by Dr. Paul Lam with tai chi and medical colleagues. It is supported and promoted by the Centers for Disease Control and Prevention and the Arthritis Foundation. The program has been proven to improve movement, balance, strength, flexibility, immunity, and relaxation, as well as decrease pain and falls. TCA utilizes Sun style Tai Chi for its ease of use for older adults.

Tai Chi for Arthritis Part 2 (TCA2) form includes additional movements designed for participants who want to further their skills. The movements include a diagonal step back, 180-degree turn using proper weight shift, and continued follow steps for balance training. Fall Prevention components (posture, breathing, and situational awareness) along with tai chi principles are also encouraged. TCA2 form is an excellent motivational step for interested participants to help them continue developing their tai chi practice and overall health.

# **DELIVERY STANDARDS/SPECIAL CONDITIONS:**

* 1. This program is designed for older adults 60 or older with mild, moderate, or severe joint and back pain, and individuals at risk of falling.
  2. Participants are led by a certified Tai Chi for Health Institute instructor.
  3. Other requirements of TCA and TCA2 include:
     1. Class schedule: 16 hours (one hour per week for 16 weeks, or two hours per week for eight weeks). Participants must attend at least one in-person or virtual class per week.
     2. Session length: 45-60 minutes per class.
     3. Prerequisite: Participants must have completed a TCA class and demonstrate proficiency before participating in a TCA2 class.

# **PROVIDER QUALIFICATIONS:**

* 1. Instructors must complete a (two-day) Tai Chi for Health Institute instructor training workshop. Recertification (one-day) training is required every two years. Instructors must be CPR certified and must carry professional liability insurance.
  2. Instructors trained in TCA are eligible to complete a one-day Tai Chi for Health Institute instructor TCA2 training workshop. A recertification (one-day) training is required every two years. Instructors must be CPR certified and must carry professional liability insurance.
  3. Providers must maintain program fidelity. A checklist is provided at the link noted below.

1. RECORD KEEPING AND REPORTING REQUIREMENTS:
   1. Providers 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. Unit of Service Group: One episode of direct service with or on behalf of clients regardless of the numbers of participants for the entire 8 or 16-week period.
   3. The contractor must verify and maintain documentation of provider qualifications for service.
   4. CIRTS reporting requirements are shown below.

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| CIRTS REPORTING REQUIREMENTS | | | | |
| PROGRAM | SERVICE | REPORTING OF SERVICES | OAA CLIENT REQUIREMENTS | MAX UNITS |
| OA3D | AFTCG (GROUP) | MONTHLY AGGREGATE REPORTING | NO REQUIREMENT | 9999 |
| OA3D | AFTCG2 GROUP mmm(GROUP(GROUP | MONTHLY AGGREGATE REPORTING | NO REQUIREMENT | 9999 |

Website for updated fidelity and training information:

[Evidence-Based Program: Tai Chi for Arthritis and Fall Prevention (ncoa.org)](https://www.ncoa.org/article/evidence-based-program-tai-chi-for-arthritis-and-fall-prevention)