


MEMORANDUM

TO: Area Agency on Aging (AAA) Executive Directors  
FROM: Michelle Branham, Secretary  
DATE: February 9, 2022  
SUBJECT: Notice of Instruction: Tai Chi for Arthritis Guidance

**NOTICE#:020922-1-I-SWCBS**



The purpose of this notice is to provide AAAs guidance in Appendix A of the Programs and Services Handbook for Tai Chi for Arthritis (TCA) and Tai Chi for Arthritis 2 (TCA2). Edits are provided for clarification and to ensure compliance with program requirements.

Please see below:

- Section A. Description

The description for TCA was modified and language was added for TCA2.

- Section B. Delivery Standards/Special Conditions

The requirement for the class schedule was clarified to mirror program guidance. Also, the letter C. was added to Number 3) for TCA2.

- Section C. Provider Qualifications

The training requirement was clarified for TCA2 in Number 2). Language for maintaining fidelity in Number 3) was clarified to mirror guidance.

- Section D. Record Keeping and Reporting Requirements

The description of units of service was edited to clarify program duration in Number 2).

In summary, the class schedule and session length requirements are the same for TCA and TCA2. Participants must have completed TCA before starting TCA2. Trained TCA instructors must complete a one-day training to teach TCA2.

To allow AAAs and providers sufficient time to make necessary adjustments and complete currently scheduled classes under existing guidance, the effective date of this notice is March 1, 2022. If there are any questions regarding this clarification, please contact your contract manager or Mary Hodges at [hodgesma@elderaffairs.org](mailto:hodgesma@elderaffairs.org) or (850) 414-2184.