

**Section 2: Services**

**Service: Tai Chi Moving for Better Balance (Oregon Research Institute) (Evidence-Based Program)**

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**PROGRAM FUNDING SOURCE(S): OAAIID**

**PROGRAM AUTHORITY:**

**Program Funding    Specific Authority**

**Rulemaking                      Section 430.08, F.S.**

**OAAIID                              Older Americans Act, Title III, Part D**

- A.      DESCRIPTION:** Developed out of the Oregon Research Institute, this simplified, 8-form version of Tai Chi, 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:** Tai Chi: Movement for Better Balance workshops are offered to adults aged 60 or older and it lasts for a minimum of sixteen weeks. Participants are lead by a certified trainer in a 60 minute session not less than twice a week. A completer is an individual who completes 75 percent of the total number of sessions. It is expected that the sessions will take place in a spacious and sufficiently private area that can adequately accommodate a minimum of 10 and a maximum of 20 participants plus the instructor. Ideal class size is 15.

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#### C. PROVIDER QUALIFICATIONS:

1. To become certified, instructors should have some knowledge about working with older adults and experience in Tai Chi or other fitness programs such as yoga, dance, qigong, etc. prior to completing a Tai Chi: Movement for Better Balance training that lasts two days.
2. Provider must maintain program fidelity to the original program design by The Oregon Research Institute.

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

1. The provider shall maintain all appropriate documentation as set forth by the program (i.e., participant data, sign in sheets, evaluations, workshop information, etc.).
2. **Unit of Service Group:** One episode of direct service with or on behalf of clients regardless of the numbers of participants for entire 16 week course.
3. 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

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