**TITLE III-D DISEASE PREVENTION AND HEALTH PROMOTION**

**MATTER OF BALANCE (MOB) AND TAI-CHI FOR ARTHRITIS (TCA) PROGRAMS ENROLLMENT FORM – AGREEMENT 2019**

The Wyoming Department of Health (WDH) Aging Division (AD), Community Living Section (CLS), in meeting the Department of Health and Human Services 45 CFR Part 75, and Administration for Community Living, Older Americans Act Title III-D, CFDA# 93.043, Disease Prevention and Health Promotion, Evidence-Based Program requirements, collaborates with WDH, Injury Prevention Program to offer subsidies for Senior Center(s) to participate in either of both Matter of Balance (MOB) or Tai Chi for Arthritis (TCA), which are evidence-based exercise programs that reduces fall risk among adults aged 60 and older. Subsidies are available for up to $800.00 for instructor’s training and expenses (up to 2 instructors per center, one (1) reimbursement per trainer per year) and $800.00 for each 6-8 week classes/series offered (minimum of 2 per year, and a maximum of 4 classes per year).

Research has shown that this program is effective in improving balance, and in reducing the risk of falling and fear of falling among older adults.

*Matter of Balance (MOB)* this 8 session class can be taught 1-2 times per week and each session is two hours. The class is led by trained MOB instructors and is intended for people 60 years and older who have a fear of falling. *Tai Chi for Arthritis (TCA)* involve low impact exercise. The 16-week session is offered for three hours per week (two one-hour classes plus one hour of participant self-practice) and is led by a trained TCA instructor. It is intended for people aged 60 and older. Participants will learn and perform eight Tai Chi forms that progress from easy to more difficult. The program can accommodate persons with various physical conditions.

Participating sites will be required to sign a letter of agreement to:

* Provide a certified trainer/staff,
* Host the required two 8 session MOB classes, or two 16 week TCA classes
* Recruit participants (10 to 15 participants is recommended), and
* Provide meeting space for classes (2 classes for 8 (MOB) or 6 (for TCA) consecutive weeks).

To participate in the MOB/TCA Project, Senior Centers shall complete the following:

1. MOB or TCA Program enrollment form.
2. All MOB or TCA project agreement and report forms to WDH, Injury Prevention Program as required.
3. Enter client information into SAMS by the eighth (8) working day for services/classes provided in the prior month.
4. Submit Program Income and Expenditure reports for payment/reimbursement by the tenth (10) business day of completion of Instructor’s Training and MOB or TCA Classes following service provision.

Project duration: October 1, 2018 through September 30, 2020, **based on funding availability**.

**The above terms are accepted by:**

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| --- | --- |
| Senior Center Name: |  |
| Address: |  |
| Senior Center Director: |  |
| Phone #: |  |
| Email: |  |
| Trainer’s Name(s): |  |
| Signature of Authorized Senior Center Rep: |  **Date:** |
| AD Authorize Person Signature: |  **Date:** |