

**TITLE III-D DISEASE PREVENTION AND HEALTH PROMOTION
FALL PREVENTION: MATTER OF BALANCE (MOB) AND TAI-CHI FOR
ARTHRITIS (TCA) PROGRAMS ENROLLMENT FORM – AGREEMENT 2021**

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 or both Matter of Balance (MOB), and Tai Chi for Arthritis (TCA).

The MOB and TCA programs are evidence-based health education and exercise programs that reduce 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) not to exceed Federal reimbursement rate. Payment of \$1,200.00 for the implementation of sixteen classes/sessions, i.e. the two consecutive 8 week (MOB), and one 8 to 16 week (TCA) classes/session per year. A minimum of two (2), and a maximum of four (4) reimbursements, per year, are allowed for MOB or TCA participations.

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) the 8 week classes/session 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 8 (two classes per week) -16 (one class per week) week classes/session 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 progressing from easy to more difficult. The program can accommodate persons with various physical conditions.

Provider must complete the enrollment forms with Injury Prevention Program and CLS before providing any MOB and TCA services to qualify for reimbursement.

Providers enrolled in Title III-D MOB and TCA Programs must start program implementation (classes) within three months of enrollment date.

If a provider signs the agreement to participate in III-D and does not deliver service, provider may not be considered for future application.

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

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

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

1. Submit MOB/TCA Program enrollment form to AD, CLS via regular mail, before starting III-D Program services.
2. Submit all MOB/TCA project agreement and report forms to WDH, Injury Prevention Program as required.
3. Enter client information into SAMS for services/classes provided in the prior month, within 15 days of the month.
4. Submit Program Invoice for payment/reimbursement after completion of Instructor's Training or the two required consecutive sessions of MOB/TCA Classes following service provision.

Project duration: **October 1, 2020 through September 30, 2021, based on funding availability.**

The above terms are accepted by:

Senior Center Name:	
Address:	
Senior Center Director:	
Phone #:	
Email:	
Trainer's Name(s):	
Signature of Authorized Senior Center Representative:	Date:
AD/CLS Authorize Person Signature:	Date:
Requested Amount (for CLS agency use only):	