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

**FALL PREVENTION: MATTER OF BALANCE (MOB), TAI-CHI FOR ARTHRITIS (TCA), AND BINGOCIZE 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 Matter of Balance (MOB), Tai Chi for Arthritis (TCA), and Bingocize Programs.

The MOB, TCA, and Bingocize 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 off-site training and expenses (up to 2 instructors per center 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), one 8 to 16 week (TCA), and 10 weeks, twice per week Bingocize classes/sessions. A minimum of two (2), and a maximum of four (4) reimbursements per year for MOB and TCA, and up to 5 reimbursements are allowed for Bingocize.

Research has shown that these programs are 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.

***Bingocize*** incorporates fun and educational activities with regular bingo games. The 10 week, twice per week sessions promote active and healthy life style games led by trained instructors for 60 and older participants.

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

Providers enrolled in Title III-D MOB, TCA, and Bingocize 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, one 8 to 16 week sessions of TCA, or the twice per week for ten weeks Bingocize classes,
* Recruit participants (10 to 15) participants is recommended), and
* Provide meeting space for the minimum 2 consecutive sessions of MOB (8 weeks), one TCA (8 - 16 weeks), or Bingocize (twice a week for 10 weeks).

To participate in the MOB/TCA and Bingocize Programs, Senior Centers shall complete the following:

1. Submit MOB/TCA, and Bingocize Programs enrollment form to AD, CLS via regular mail, before starting III-D Program services.
2. Submit all MOB/TCA, and Bingocize program agreements and reports to the Injury Prevention Program, and CLS as required.
3. Provide certified trainers to host the required classes/sessions.
4. Enter client information into A & D for services/classes provided in the prior month, within 15 days of the month.
5. Submit Program Invoice for payment/reimbursement within 15 days after completion of Instructor’s Training or the required sessions of MOB/TCA and Bingocize Classes, following service provision.

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

Classes/sessions carried over from one fiscal year to another fiscal year will be reimbursed on a prorated basis.

\*\*Final FFY 2021 invoice, for services ending by 9/30/2021, must be submitted no later than 10/15/2021.

**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 Representative: | **Date:** |
| AD/CLS Authorize Person Signature: | **Date:** |
| Requested Amount (for CLS agency use only): |  |