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

**FALL PREVENTION: TAI-CHI FOR ARTHRITIS (TCA) PROGRAMS ENROLLMENT FORM – AGREEMENT FFY2022**

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 Tai Chi for Arthritis (TCA) Program. 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.

The TCA program is an evidence-based exercise programs that reduce fall risk among adults aged 60 and older. Subsidies are available for Title III-D Evidence-based Programs of up to $600.00 for each instructor’s off-site training and expenses (up to 2 instructors per center per year) not to exceed Federal reimbursement rate. A stipend of $1,200.00 for the implementation of sixteen classes/sessions, i.e. one 8, two classes per week, or 16, one class per week of TCA. A maximum of four (4) reimbursements per year for TCA are allowed.

**Senior Center:**

***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 and agreements with Injury Prevention Program and CLS before providing any TCA services to qualify for reimbursement.

Providers enrolled in Title III-D TCA Program 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.

To participate in the TCA Program, Senior Centers shall complete the following:

1. Submit TCA Program enrollment form to AD, CLS via regular mail, before starting III-D Program services.
2. Submit all TCA Program agreements and required reports to the Injury Prevention Program, and CLS reimbursement form as required.
3. Provide certified trainers to host the required classes/sessions. Recruit participants (10 to 15) participants is recommended), and provide meeting space for the consecutive sessions of TCA (8 or 16 weeks 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 TCA classes, following service provision.

Project duration: October 1, 2021 through September 30, 2022, **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 2022 invoice, for services ending by 9/30/2022, must be submitted no later than 10/15/2022.

**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): |   |