Guidance for Implementing Tai Chi for Arthritis as an Ongoing Program

The NCOA National Falls Prevention Resource Center recommends the following practices to implement Tai Chi for Arthritis as an ongoing program.

Administration

- Workshop leaders advertise the program to participants as an ongoing workshop, but administratively the leader must administer the workshop with a set start and end date, in blocks of 8-12 weeks (16-24 hours of classes), so that each workshop has a start and end date in the ACL Falls Database. Under this option:
    - Be sure to collect participant attendance at every class.
    - Workshop leaders should disseminate pre surveys to all participants, even repeat participants, within the first or second class.
    - Workshop leaders should disseminate post surveys to all participants, even repeat participants, at the end of the workshop.
- It's recommended that participants new to the program are encouraged to enroll at the beginning date of the workshop (as opposed to mid-point in a workshop) to accurately track completer rates in the database.
- Add the following question to participant pre-surveys so accurate research data analysis can be conducted in the future: "Have you attended a Tai Chi for Arthritis workshop before? Yes/No"

Participant Count and Completion Tracking

- Under this format, a participant who engages in multiple 8-12 week workshops will be counted as multiple participants toward the grant participant reach goal. For example: Jane and Joe Smith enroll in Tai Chi for Arthritis at their local senior center. Jane participates in two 8 week workshops of Tai Chi for Arthritis; Joe participates in one 8 week workshop of Tai Chi for Arthritis. Altogether, they count as 3 participants towards the grant participant reach total— Jane x2, and Joe x1.
- If workshop leaders allow participants to join a workshop at any time within the workshop (e.g, after the first class), completer rates and outcome reports may not reflect the participants' actual completer rates and program impact compared to if workshop leaders captured participant outcomes at baseline and post-survey.