



## Tai Chi for Arthritis & Fall Prevention Instructor Expectations

### **Expectations:**

- Successfully complete the 2-day Tai Chi for Arthritis & Fall Prevention (TCA/FP) certification training and *know the TCA/FP form well. To successfully complete the certification training, candidates are expected to review the training materials prior to attending the training and to practice the warm-ups and basic 6 movements shown on the DVD.*
- Attend tai chi skill builder trainings as needed to develop and maintain knowledge and understanding of the TCA/FP program.
- Maintain annual Tai Chi for Health Board Certification and complete TCA/FP recertification training every two years.
- Annually, offer the TCA/FP program a minimum of 20, hour-long sessions.
- Maintain careful adherence to the TCA/FP program fidelity as set forth by Tai Chi for Health Institute and the National Council on Aging – including maintaining a current CPR & First Aid certification.
- Maintain adherence to reporting requirements as set forth by NC Center for Health and Wellness.
- Ensure evaluation materials, including Participant Information Forms and Attendance Sheets, are collected in a timely manner, kept in a secure location, and given to the appropriate contact.
- Serve as a role model to the community and participants.
- Work cohesively with workshop coordinators and as appropriate, co-leader/s, to ensure that the TCA/FP programs are successful.

### **Qualifications include:**

- Interest in serving participants in your community, including underserved adults, older adults, and adults with disabilities.
- Ability to work with a group of people, to include displaying good communication and listening skills and a non-judgmental approach.
- Ability to be a positive role model to others.
- Respect for participant confidentiality.
- Experience maintaining required paperwork, collaborating successfully, and overseeing group logistics.

### **Training Value:**

The TCA/FP certification, including the training, materials, and technical support, is valued at \$500. For this reason, we ask you to seriously consider your ability to meet the expectations and qualifications.

Thank you for your consideration and commitment to reducing falls in North Carolina!

**Please visit [www.healthyagingnc.com](http://www.healthyagingnc.com) for more information.**



## **Guidelines for Engagement** **AAA Tai Chi for Arthritis and Fall Prevention (TCA/FP) Instructors**

### **Federal Funding Background Information:**

NC Area Agencies on Aging (AAAs) offer Tai Chi for Arthritis and Fall Prevention (TCA/FP) with the federal funding support of the Older Americans Act (OAA); therefore, AAAs cannot charge for the classes supported by these funds and there is no charge to the participant. Additionally, the OAA places **no limit** to the number of classes a participant can take.

If a participant asks you if they can take the class again, YES, they can! They can take it as many times as they want without paying a fee. However, priority may be given to those who have not taken the class previously. After 1-2 series, some may be ready for more advanced forms and may want to continue. Keep reading...

### **We value our volunteers!**

We are grateful to the trained leaders who are interested in teaching TCA/FP through the Area Agency on Aging on a volunteer basis. This expands opportunities to potentially underserved individuals who want and need access to these classes without incurring a fee.

We value our volunteers and know that many volunteer instructors may also teach private classes. Experienced instructors are great mentors to new instructors and also good ambassadors for generating interest in tai chi.

If your instructor training was supported by the Administration for Community Living grant, we ask that you teach a minimum of one series per year for the AAA on a volunteer basis.

### **Volunteer instructors are expected to adhere to the following guidelines:**

Sites are chosen in partnership between the Area Agency on Aging staff liaison and the instructor, prioritizing the need for accessibility for those who may not be able to pay for a class. These classes are not meant to serve as recruitment opportunities for private classes. Please do not ask your AAA liaison to recruit for your private classes because it creates a conflict of interest for the AAA.

If you have a participant who would like to move on to more advanced forms through private instruction and you or someone you know offers private classes, you may announce this at the end of the AAA-sponsored class, or when requested by participants.

Please be sensitive to those who may not have the financial means to attend, but who may like to continue their tai chi practice by taking additional AAA-sponsored classes.

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