



North Carolina's Statewide Resource Center for Evidence-Based Self-Management Programs

HEALTHY AGING NC

Established in 2016

HOW TO BECOME A LEADER

Each of the evidence-based community health programs we support have their own requirements for becoming a trained leader and offering the program with fidelity as outlined below. Healthy Aging NC supports leaders throughout their training, offers resources for implementation, and collects data to help guide quality improvement.

GENERAL LEADER REQUIREMENTS

An 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.



LIVING HEALTHY WITH CHRONIC DISEASE SELF-MANAGEMENT EDUCATION SUITE

Led by: 2 trained instructors

Group size: 12-16 participants

Program length: 2.5 hour session/week x 6 weeks

Leader training requirements: Attend an in-person 2-day training or online training through the Self Management Resource Center.

Other requirements: Teach one workshop within the first 12 months after training and 1 workshop per year to maintain certification as lay leader.

Contact: Natasha Vos, nvos@unca.edu



A MATTER OF BALANCE

Led by: 2 trained coaches or 1 Master Trainer

Group size: 8-12 participants

Program length: 8 - 2 hour sessions, 2x/4 weeks or 1x/8 weeks

Leader training requirements: Complete 8 hour coach training led by a Master Trainer.

Other requirements: Virtual implementation requires an additional 4-hour virtual coach training.

Contact: Ellen Bailey, ebailey@unca.edu



TAI CHI FOR ARTHRITIS & FALL PREVENTION

Led by: 1-2 trained instructors

Group size: 6-18 participants

Program length: 20 - 1 hour sessions, 2x/10 weeks or 1x/20 weeks

Leader training requirements: Attend an in-person 2-day training or online/hybrid (15 hour) Tai Chi for Health Institute (TCHI) Instructor Training; CPR and First Aid certification

Other requirements: Maintain annual Tai Chi for Health Board Certification and complete TCA/FP recertification training every two years.

Contact: Ellen Bailey, ebailey@unca.edu



WALK WITH EASE

Led by: 1-2 trained leaders

Group size: 12-15 participants

Program length: 1 hour sessions, 3 times per week, for 6 weeks

Leader training requirements: CPR certification, completion of a 3 hour online training consisting of reading a leader guide, watching webinars, and taking a brief multiple choice test.

Other requirements: all participants must have a Walk with Ease guidebook

Contact: Nadia Z. Mazza, nmazza@unca.edu