



TAI CHI FOR ARTHRITIS AND FALL PREVENTION

*****This document is designed to guide the grantee of SETRAC funds in completing instructor certification and delivering Tai Chi classes in the community.**

Goal Statement: The goal of certifying instructors in the Tai Chi for Health Institute (TCHI) “Tai Chi for Arthritis and Fall Prevention” (TCA1) is to aid in the delivery of a fall prevention program to the communities within Southeast Texas. Tai Chi is an evidence-based program which has been demonstrated to reduce falls in older adults, the leading cause of traumatic injury seen in trauma centers worldwide.

Suggested Timeline for Success

Action	Timeline
Ensure that your institution/agency has had an opportunity to have legal review and the creation of a legal waiver, if desired/needed. This step can take some time, depending on the institution/agency.	Prior to requesting funds.
Watch the online videos with Dr. Lam (TCHI). This requires a minimum of 40 hours to be fully prepared for the online class.	Prior to taking online instructor course with master trainer.
Schedule your one-on-one testing with master trainer	Do as quickly as possible after completing online instructor course while information is still fresh.
Schedule your first class in the community	Within first 3 months after becoming certified instructor, while information is still fresh. Use the online videos to improve skills and increase confidence. Collaborate with established instructor(s) in the region, if possible/desired.

Deliverables

Deliverable	Due Date
Certification of completion	Within 60 days of completing instructor course.
Copy of flyer/press release used to promote (one) 1 Tai Chi class in community	Within 3 months of starting community class.
Copy of attendance roster for (one) 1 Tai Chi class	Within 30 days of community class completion.