

# ***Tai Chi for Arthritis* Instructor Training**

## **Statement of Understanding**

### **NYS Older Adult Fall Prevention Program**

Thank you for your interest in becoming an instructor with the NYS Older Adult Fall Prevention Program. This invite-only instructor training is for those who are committed to helping older adults prevent falls and stay independent.

Please review the following expectations:

- **I will attend the entire training (multiple days, at least 16 hours).**
- **I am certified in Adult CPR. If not, I will certify within three months of the training.** The Tai Chi for Health Institute (certifying organization) requires adequate CPR certification of all instructors. You will not receive your instructor certificate until you certify in CPR and send a copy of your card to the Master Trainer.
- **Before the training, I will practice ALL the movements on the DVD and review the instructor handbook (2-3 hours/week for ~10 weeks).** Start learning the movements as soon as you can. Strive to learn the general movement rather than perfecting it. Do your best. Inform your supervisor about the necessary time for practice (if applicable). The first lesson is available at:  
[www.youtube.com/watch?v=tAOuEpa0Ij4](http://www.youtube.com/watch?v=tAOuEpa0Ij4)
- **I will teach my first *Tai Chi for Arthritis* class within 6 months of the training.** My organization and supervisor will help me get my class started. This includes securing a place to teach classes, getting older adults to attend, and collecting evaluation forms.
- **I will teach each *Tai Chi for Arthritis* program twice a week for ~10 weeks.** Research shows this schedule is best to prevent falls in older adults. The grant only supports this schedule.
- **For every class series I teach, I will send the required evaluation forms in a timely manner.** The funder (Administration on Aging) requires this information to improve programs and measure success.

## Implementation Details

Review information from the Tai Chi for Health Institute:

<https://taichiforhealthinstitute.org/how-to-become-an-instructor-of-dr-lams-program-3/>

## Certification

You must plan to attend all parts of the certification. You will receive a DVD and Teaching Book in advance. You must learn all the movements BEFORE the certification. You will also be assigned certain chapters in the book to read through. The goal will be for you to understand the safe and effective teaching style for this program. The certification will go get you more comfortable with the safe and effective teaching style.

The current requirements for Virtual certifications in the Institute programs include:

- reading Teaching Tai Chi Effectively
- working through the DVD, Tai Chi for Arthritis, OR using the TCA [onlinetaichilessons.com](http://onlinetaichilessons.com) lessons
- preparing a Zoom (or MP3/4) recording of their attempt at the whole TCA routine (this is usually due about 2 weeks before the training begins)
- attending all segments of the 2-day equivalent for the training (can be 4 Zoom segments - each the equivalent of a half day training)
- attending two 1-on-1 one-hour follow-up sessions with the Master Trainer to refine their program (if a person has not prepared well for the training, the MT may require additional assignments and videos during this phase to ensure the person's capability to deliver the program)

You are welcome to join the Stony Brook Zoom classes to learn/practice prior to certification. You are also welcome to join these classes after your certification to practice your teaching with another experienced instructor. Zoom workshops are offered every 2-3 months through the website: [https://trauma.stonybrookmedicine.edu/falls\\_programs](https://trauma.stonybrookmedicine.edu/falls_programs)

## Fidelity

Each workshop should consist of at least 20 one-hour classes, usually twice/week for 10 weeks.\* You need to learn the movements, but you are not expected to be a tai chi expert to teach. You are expected to teach following Dr. Lam's teaching methods that you will learn from his book and in the certification. Essentially, you will learn a stepwise method to teach the moves (show, teach, do). You will also learn how to safely deliver the program. This teaching style is what makes the program so successful. There are no requirements on class size, but general recommendations will be discussed during your certification. You only need 1 instructor to teach a class. If you have a large class or virtual class, you may need to consider additional support.

*\*A "completer" is a person who attends 16 classes. So, that usually requires a schedule of 20 to 22 classes. "Completers" are important to anyone who keeps stats about the TCA program - particularly if you have any ACL/NCOA funding.*

**Paperwork/Data**

As part of the NYSDOH grant requirements, they need to collect data on each workshop. This includes participant attendance and pre/post surveys. Once you complete a workshop, you should send your data to the Grantee Coordinator or your Regional Coordinator. These are the same forms used for A Matter of Balance and Stepping On, if you were also certified for those programs under the NYSDOH grant.

**Costs**

The NYSDOH will cover the cost of your certification. They will not offer any funding to cover liability insurance coverage and/or pay instructors for teaching workshops. There is no restriction on whether or not you, as an instructor, choose to charge participants to take the class. There are no restrictions or requirements on how/if you find any payments and/or reimbursements for teaching workshops. This could mean you charge participants, charge the host location, offer workshops free as community service, or secure time from your employer to offer the workshops during your work time. This is completely up to you to decide (with your employer if applicable).

**Other Considerations**

You need to be CPR certified within 3 months of being certified as an instructor. You should also consider liability insurance as any fitness instructor would. You may already be covered from your employer based on your job title.

Please sign below.

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***Print Name of Prospective Instructor***

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***Date***

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***Signature***

If you will be implementing the program during work hours, your supervisor should also review the above information and sign off to confirm their agreement in supporting your program implementation.

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***Print Name of Prospective Instructor's Supervisor***

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***Date***

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***Signature***