

## **A Matter of Balance**

A Matter of Balance is a fall prevention program known to be highly effective in reducing the fear of falling among older adults.

### **Objectives:**

The program enables participants to:

- View falls as controllable
- Set goals for increasing activity levels
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

**Setting:** Community/Group based sessions

**Suggested Class Size:** Between 8 – 12 participants

**Duration:** Participants meet for 8 two-hour sessions either once per week for 8 weeks or twice per week for 4 weeks.

**Program Requirements:** Sessions must be led by a Matter of Balance Coach that has received required training. Training is provided by program Master trainers.

**Cost:** Contact Maine Health through website email contact or 207-661-7120 for current training cost.

### **Website:**

[PFHA@mainehealth.org](mailto:PFHA@mainehealth.org)

## Bingocize

Bingocize® is an evidence-based program (EBP) that meets the highest-level criteria for evidence-based disease prevention and health promotion programs, as established by the Active Community Living/ Administration on Aging (ACL/AoA) Evidence-Based Programs Review Committee.

### Objectives:

The overall goals of the program are to help older adults:

- Improve and/or maintain mobility and independence
- Learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors
- Engage older adults in social settings

**Setting:** Community/Group-based workshop.

### Duration:

Participants play Bingocize® for one hour 2 times per week for 10 weeks OR The program can be even more beneficial if played on an ongoing basis.

### Cost:

You can begin implementing Bingocize® for around \$30/month, and it's definitely a fun way to bring exercise and important health information to older adults.

- Licensing cost: A 2-year license fee is \$250.00 per organization, per county. This allows the licensed organization to use the program in an unlimited number of facilities (as long as the facilities are normally serviced/operated in by the licensed organization) within one county. If the organization plans to use the program in more than one county, an additional license is required for each additional county.
- Training cost: Training cost for initial 2-year license term: Online training is \$150.00 per person. Training includes online access to targeted educational and marketing materials for participants, as well as a manual for leaders. At least one person must be trained as a facilitator to implement Bingocize® in your organization. Groups of more than 20 participants require two trained leaders. Additional online trainings can be purchased after the initial licensing period begins at a cost of \$150.00 if purchased anytime before the end of the first year of the term. After the first year, each new online training will cost \$75.00.  
Training cost after initial 2-year license term: Online training renewal is required at the time of initial licensing renewal or the trained facilitator is prohibited from continuing to offer the Bingocize® program. Online trainings purchased anytime during the initial 2-year license term can be renewed for a reduced price of \$75.00. Any *new* online trainings added at the time of license renewal will cost \$150.00. The process for purchasing new additional online trainings is the same as during the initial 2-year terms. New online trainings purchased after the beginning of the licensing period will be purchased at a cost of \$150.00, if purchased any time before

the end of the first year of the term. After the first year, each new online training will cost \$75.00.

- Equipment cost: “*Bingocize® in a Box*” is \$350 (plus shipping and handling). The durable and reusable box contains equipment for up to 20 participants, but the box does NOT include a bingo game set. The box includes resistance bands, therapy balls, an official Bingocize® t-shirt for one leader, a leader's attendance binder, and small nutrition themed prizes for one 10-week workshop (20 sessions)...[view a sample of included prizes](#) (actual prizes may change slightly based on availability). Purchase of *at least* 1 box is required with a license, but we suggest purchasing a box for each leader to take to the sites they serve.
- Optional Add-Ons:
  - Bingocize® Web App: The Bingocize® web app is available as a great add-on option for a fee of \$350 per organization for the first county and then \$100 for each additional county after that. This adds a fun, interactive technology component to the original game for facilities that are more technology savvy, while the original game may still be more appropriate in other facilities. This also makes remote delivery more manageable through the use of a "hybrid" method.
  - Prizes: We offer optional curriculum reinforcements that can be used as prizes to award to winners during Bingocize® play. We include enough of these in the *Bingocize® in a Box* for one 10-week unit, but we encourage you to purchase extras either at the time of original purchase or down the road for future Bingocize® units.
  - Apparel: We encourage facilities to consider purchasing Bingocize® licensed apparel for additional leaders (as only 1 shirt is included in the *Bingocize® in a Box*, and often multiple leaders are trained). The leader shirts are black cotton t-shirts with the Bingocize® logo on the front. We also offer a participant shirt, which is a white cotton t-shirt with the Bingocize® logo on the front and “I’m a Bingocizer™ ” on the back. These make a great prize for participants to win!!
- To begin your purchase, [contact our client management team at Fresh Baby](#) to obtain a quote.

**Website:**

<https://www.wku.edu/bingocize/>

## Chronic Disease Self-Management Program (CSDMP)

The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. It focuses on disease management skills including decision making, problem-solving, and action planning.

### Objectives:

This interactive program aims to increase:

- Confidence.
- Physical and psychological well-being.
- Knowledge of ways to manage chronic conditions.
- Motivation to manage challenges associated with chronic diseases.

### Target Audience:

- Adults with arthritis.
- Adults with one or more chronic conditions.
- Older adults.

### Key Activities:

- Interactive educational activities like discussions, brain storming, practice of action-planning and feedback, behavior modeling, problem-solving techniques, and decision making.
- Also includes symptom management activities like exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

**Setting:** Community/Group-based workshop.

**Suggested class size:** Between 10 and 16 participants.

**Duration:** Participants meet for two hours once a week, for six weeks.

### Costs:

- Participant costs: Varies, but rarely more than \$50 per participant.
- Leader/ Host Costs:
  - License costs for the host organization for between \$500 and \$12,000 depending on the organization's needs. Get more information about [licensing costs and policies](#).
  - Leader training at between \$200 and \$400 per [leader training](#).

### Program Requirements:

- Two leaders per workshop. These leaders can either be two peer health leaders or one health professional and one peer leader. At least one of the leaders should have a chronic condition.
- Leaders must be trained by the Self-Management Resource Center either in the San Francisco Bay Area or locally by a certified master trainer. Each training is four and a half days and taught in English or Spanish.
- A license purchased from the [Self-Management Resource Center](#) renewed every three years.

- A community space that's Americans with Disabilities Act (ADA) accessible, with enough space for leaders, participants, flip charts, a white board, and comfortable chairs.
- Equipment: flip charts, markers, and a music player.

**Website:**

<https://selfmanagementresource.com/programs/small-group/chronic-disease-self-management-small-group/>

Training instructions:

<https://selfmanagementresource.com/training/>

Training costs:

<https://selfmanagementresource.com/training/training-fees/>

**More Information**

- For more information, visit the Self-Management Resource Center's [CDSMP webpage](#).
- Find a CDSMP program in your area on the Evidence-Based Leadership Council's [Map of Programs](#).

## **Drums Alive**

Drums Alive® harnesses the power of rhythm, movement and music to deliver engaging, evidence-based programs that improve physical, cognitive, and emotional health. Our unique approach blends aerobic exercise with the mental and social benefits of drumming, making health and wellness fun, accessible, and transformative for people of all ages and abilities.

### **Objectives:**

- Improve cardiovascular fitness, coordination, and rhythm
- Enhance mental health and cognitive skills
- Foster social engagement through music and movement
- Encourage creativity and fun while promoting overall well-being

**Setting:** Community/Group-based sessions

**Duration:** Typically, 2 half hour (or hour) exercise periods a week for 30 days. Flexible. Can be ongoing. Can be adapted based on the group's wants and needs.

**Cost:** Various pricing options based on the program's scope.

- **Training**

Training is essential to becoming a certified Drums Alive instructor. Training workshops are available both in-person and online. Online training typically costs \$285 for the Drums Alive Basic course, \$315 for the Drums Alive Golden Beats course and \$540 for the bundle of both courses per person. In-person workshops vary in cost depending on location and facilitator.

- **Licensing**

Pricing starts at \$150 annually for individual instructors for access to the Drums Alive Membership. The membership extends the instructors drums Alive license and provides access to a video library, instructor forum, workshop access and instructor discounts. A license year is included with each course an instructor completes.

- **Equipment**

Drums Alive requires basic equipment like exercise balls, drumsticks, and stability ball stands. Starter kits are available for purchase ranging from \$55 for a single set to \$2050 for a set of 30 participant sets.

### **Website:**

[www.drumsalive.com](http://www.drumsalive.com)

## **Tai Chi for Arthritis for Falls Prevention**

An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

### **Objectives:**

The goals of Tai Chi for Arthritis and Fall Prevention (also known as Tai Chi for Arthritis): 1) Improve movement, balance, strength, flexibility, immunity and relaxation; 2) Decrease pain and falls; 3) socialization and sustainability.

**Setting:** Community/ Group-based workshop.

### **Suggested Class Size:**

### **Duration:**

Attend a minimum of 16 hours of Tai Chi for Arthritis (One hour per week for 16 weeks or 2 hours per week for 8 weeks)

Participants must attend at least one in-person or virtual class per week

**Costs:** \$250 per instructor

### **Program Requirements:**

Online, in-person, contact a master trainer to schedule an instructor training workshop, recertification training every 2 years (one-day training), CPR certified.

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

### **Website:**

<https://ncoa.org/article/evidence-based-program-tai-chi-for-arthritis-and-falls-prevention>

## **Tai Ji Quan: Moving for Better Balance® (TJQMBB)**

Tai Ji Quan: Moving for Better Balance® (TJQMBB; formally known as Tai Chi: Moving for Better Balance®) is an evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tye gee chuwan). TJQMBB consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan - Mini Therapeutic Movements®, which, collectively, comprise a set of functional Tai Ji Quan exercises. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan training and performance as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, lower-extremity muscle strength, and global cognitive function. TJQMBB is an Approved Provider for the American College of Sports Medicine.

### **Objectives:**

- Improved balance
- Improved lower-extremity strength
- Improved physical performance
- Preventing falls and injurious falls

**Setting:** Group

**Suggested Class Size:** 8-15 people

**Duration:** 24 weeks, two 1-hour session per week

**Costs:** \$200/yearly

### **Program Requirements:**

Background requirement: Experience working with and teaching physical activity to older adults is preferred. Knowledge or previous experience in Tai Ji Quan is not required. Training requirement: All TJQMBB instructors need to be trained by attending a 2 day community instructor workshop conducted by an authorized TJQMBB trainer, either in person or online. Training content: The workshop covers program objectives, core training protocols, and implementation topics. In addition, a 1-day follow-up Enhanced Training course 3-5 months following the 2-day workshop is highly recommended. Teaching Classes: At the end of the 2-day training workshop, trainees will have a full understanding of the TJQMBB training and exercise components, class teaching emphases, and fidelity criteria. The trainees are expected to starting teaching classes as soon as possible

following the instructor workshop to reinforce the knowledge and skills learned during the training program. Certification: A certificate of completion is awarded to trainees to indicate successful completion of the training program. The program also offers Level-1 and Level-2 certifications for instructors who have completed certification requirements.

**Website:**

<https://ncoa.org/article/evidence-based-program-tai-ji-quan-moving-for-better-balance>

<https://tjqmbb.org/>

[https://tjqmbb.org/wp-content/uploads/2022/01/TJQMBB-Program-Information-1.7\\_2022.pdf](https://tjqmbb.org/wp-content/uploads/2022/01/TJQMBB-Program-Information-1.7_2022.pdf)

## **Walk With Ease**

The Arthritis Foundation's program that is proven to reduce the pain of arthritis and improve your overall health no matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

### **Objectives:**

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

**Setting:** Community/Group-based workshop.

### **Suggested Class Size:**

### **Duration:**

Walk With Ease group sessions meet three times per week for 6 weeks. Trained group exercise leaders begin each session with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down.

**Costs:** \$89

<https://www.afa.com/courses/arthritis-foundation-walk-with-ease>

### **Program Requirements:**

Arthritis Foundation certification; CPR certified. Walk with Ease training is a one time course, no recertification required.

### **Website:**

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>