

Evidenced-Based Falls Prevention Program



Stay Active & Independent for Life (SAIL)

A Strength, Balance, and Fitness Class

January 11, 2019

8:00AM – 1:00PM

Leader Application Form

Training held by: Regional Training Office (RTO) at Marymount University
Sponsored by: The Northern Virginia Falls Prevention Alliance



www.novafallsprevention.com

Applications Due by January 5, 2019

Stay Active & Independent for Life (SAIL) Leader Training on January 11, 2019 located at
Goodwin House, Baileys Crossroads, Alexandria, Va

Studies indicate that up to 30% of community dwelling adults fall each year. About 20% of falls cause physical injury. Falls are a leading cause of injury and death for older adults. However, a large portion of falls are preventable!



Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for community dwelling older adults that meets two to three times per week for 55 minutes. Performing exercises that improve strength, balance, and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the *Stay Active and Independent for Life (SAIL)* program can help improve strength and balance, if done regularly.

The *SAIL* program is easy to implement in a variety of setting, such as senior centers, community centers, fitness organizations, parks and recreation facilities, churches, retirement communities, independent and assisted living residential facilities, and community colleges. Some sites offer the *SAIL* Program as one of many benefits of being a member of that community. *SAIL* is a public-domain program, which means there are no initial site license fees and no yearly renewal fees for conducting *SAIL* classes. *SAIL* has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.

The *Stay Active and Independent for Life (SAIL)* leader training is supported by grant number 90FP0031-01-00, financed solely by Prevention and Public Health Funds, from the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201.

Request for Partners

Please join us in the effort to curb the growing epidemic of falls among older adults in Northern Virginia. **With funding from the U.S. Department of Health and Human Services, the Northern Virginia Falls Prevention Alliance is sponsoring the *Stay Active & Independent for Life (SAIL)* Leader Training on January 5, 2019.**

Our goal is to recruit as many as leaders as we can for each training from organizations across northern Virginia that are interested in implementing the *Stay Active & Independent for Life (SAIL)* program. After successfully completing the training, leaders will be able to provide the *Stay Active & Independent for Life (SAIL)* strength, balance and fitness program to older adults in our community.

If you are interested, please complete the *SAIL* Leader Application and the Leader Commitment Form. All parts of the completed application must be sent to the Regional Training Office (rto@marymount.edu) by January 5, 2019 (no exceptions please). Approved applicants will receive the 5-hour *Stay Active & Independent for Life* Leader training, *Stay Active & Independent for Life* Leader Training Manual, *Stay Active & Independent for Life* Toolkit, recruitment and program planning assistance, and communication and marketing material templates. Technical support will be provided by the Regional Training Office (RTO) at Marymount University.

Organizations sponsoring the selected leader will be expected to offer at least two *Stay Active & Independent for Life* programs within one year of certification date.

Stay Active & Independent for Life

Event information is as follows:

Date: January 11, 2019

Time: 8:00AM – 1:00PM

Location: Goodwin House Baileys Crossroads, Alexandria, VA

Parking: Parking will be available on site

Sign In: The event will begin promptly at 8:00AM. Please arrive early to sign in and get seated.

Expenses covered at training:

- 5-hour *Stay Active & Independent for Life* training fee (\$600 value)
- *Stay Active & Independent for Life* Course Materials, including a Leader Training Manual, *Stay Active and Independent for Life* Toolkit, and relevant recruitment and support materials (\$100 value).
- Fidelity review of one of your *Stay Active & Independent for Life* classes, conducted by a Master Trainer

Expenses participants will be responsible for:

- Registration fee of \$40
- Transportation
- Lodging and any snacks/water

Thank you for your consideration of this request. We look forward to working with you in this very important endeavor. Feel free to contact us at rto@marymount.edu or 703-908-7680 with any questions.

Sincerely,

Jennifer Tripken
Regional Training Office at Marymount University



The Research

The *Stay Active and Independent for Life (SAIL)* program is a community-based fall prevention program model that was originally designed in 2005 with funding from the Centers for Disease Control and Prevention. Developed from a multidisciplinary collaboration between nursing, physical therapy, and public health, the *SAIL* program's goals are to reduce and prevent falls in older adults with fall prevention education and long-term structured exercise classes to improve strength, balance, fitness, and flexibility. Studies have shown that the *SAIL* program reduces falls by 25% and significantly improves physical functioning.

Program Overview

The *SAIL* exercise class is a strength, balance and fitness program for community dwelling older adults that meets two to three times per week for 55 minutes. Performing exercises that improve strength, balance, and fitness is the single most important activity adults can do to stay active and reduce their chances of falling.

The *SAIL* program is easy to implement in a variety of settings, such as senior centers, community centers, fitness organizations, parks and recreation facilities, churches, retirement communities, independent and assisted living residential facilities, and community colleges. *SAIL* is a public domain program, which means there are no initial site license fees and no yearly renewal fees for conducting *SAIL* classes.

The *SAIL* program is suitable for diverse participants (e.g., age, gender, functional status). The *SAIL* program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users). There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, stretching exercises, and education on falls prevention. Classes are led by certified leaders who have attended training specific to leading *SAIL* classes for older adults.

Qualifications to Become *Stay Active & Independent for Life* Leader

The *SAIL* program is led by a certified *SAIL* Leader who has completed *SAIL* training. Becoming a *SAIL* Leader is easy. *SAIL* Leader training is available to any community member or fitness, exercise science and healthcare professional who is interested in leading a *SAIL* class. The training session provides an overview of the *SAIL* program, and provides the attendees with a plan for setting up a *SAIL* program at their organization and community. Attendees will be ready to establish and lead a *SAIL* program upon successful completion of this class. Additionally, attendees will have the opportunity to participate in a live demonstration of the *SAIL* fitness class.

Overview of *Stay Active & Independent for Life* Classes

- Warm Up 3-5 min
- Aerobics 18- 20 min
- Balance exercises 10 min
- Strength exercises 15- 18 min
- Stretching/education 8-10 min

For motivation and assessment, the class participants undergo baseline Fitness Checks when they start the exercise class. The checks are repeated at 12-week intervals. The Fitness Checks include:

- 8-Foot Up & Go
- Biceps Curl with 5lb (women) or 8lb (men) weight
- Chair Stand

Core Elements to Maintaining Fidelity to the Stay Active & Independent for Life Program

- **Leader attends a 5-hour training and earns a certificate of completion.**
- **When leading the sessions**
 - **Follow curriculum**
 - **Lead exercises as outlined**
- **Classes offered 2-3 times a week for 55 minutes**
- **Master Trainers observe newly-trained Leaders once during the first 12 weeks.**
- **Class size = up to 20 participants**
- **Attend a 2.5 hour leader update annually**
- **Participate in Grant Reporting**

Stay Active & Independent for Life Leader Application

Selection Criteria

The 5-hour *Leader* training opportunity is limited to 30 people at the Marymount University Training on January 11, 2019. The following selection criteria will be used to determine participants (representing their supporting organization site) to be invited to the training:

Stay Active & Independent for Life Leaders should have:

- A desire to work with older adults and improve their lives through reducing falls risk
- Previous experience of teaching an exercise class to older adults is preferred
- Current or willingness to earn CPR certification
- Sufficient health and fitness to teach a 55 minute fitness class, using up to 5lbs of weights
- Ability and commitment to maintain program fidelity

Selected Stay Active & Independent for Life Leaders will:

- Submit completed application materials, including a signed Commitment Form by deadline
- Agree to participate in Falls Prevention Grant data collection on program participants
- Agree to serve as a contact for the *SAIL* program as part of a network of Virginia coaches
- Agree to facilitate two *SAIL* programs within one year of certification
- Pay the \$40 registration fee if selected for the training

Preferences:

- Geographic location to facilitate regional representation
- Demonstrate collaboration between health care providers and/or community service organizations
- Commitment to training individuals who will lead the *Stay Active and Independent for Life* program
- Experience in offering programming for older adults and adults with disabilities

Required Attachments

- Signed **Stay Active & Independent for Life Leader Commitment Form**
- Signed **Leader Application Form**

All completed application documents *must be submitted at the same time* via mail or email by January 5, 2019 to:

Jennifer Tripken
Marymount University
2034 Caruthers Hall
2807 N. Glebe Rd, Arlington, VA 22207
Email: rto@marymount.edu
Phone: 703-284-4988 Fax: 703-284-3819

Stay Active & Independent for Life Leader Application

Name of Potential <i>SAIL</i> Leader		Title	
Organization			
Address: Street		City	State
			Zip
Email		Phone	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____			
Ethnicity: <input type="checkbox"/> African American <input type="checkbox"/> Asian <input type="checkbox"/> Hispanic <input type="checkbox"/> Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Other _____			
Age: <input type="checkbox"/> 18-24 <input type="checkbox"/> 25-34 <input type="checkbox"/> 35-44 <input type="checkbox"/> 45-54 <input type="checkbox"/> 55-64 <input type="checkbox"/> 65 or older			
Any Credentials I hold:			
Organization at which you will offer the SAIL Program.:			
Manager/Director or Point of Contact who will be overseeing the SAIL Program. Name: Title: Email: Phone Number:			

Stay Active & Independent for Life Leader Application Continued

Training Capacity – Describe your plans to facilitate at least two Stay Active and Independent for Life exercise classes for older adults within one year of certification:

Sustainability – Describe your agency's commitment to support this initiative and the type of in-kind support it will provide (e.g., staff time, training space, office supplies, etc.).

If accepted, would you be interested in volunteering and leading Stay Active and Independent for Life classes at other organizations in your community?

- Yes
- No
- Possibly

Signature of applicant

Date

Stay Active & Independent for Life Leader Commitment Form

The following section must be completed by Leaders applying to train for the *Leader* training on January 11, 2019. By initialing each item below, I am agreeing to the specific responsibilities involved in becoming *Stay Active & Independent for Life* Workshop *Leader*. I agree to:

- ___ Attend the entire 5- hour training course and earn *Stay Active & Independent for Life* certification

- ___ Work with my Sponsoring Organization to complete an *Engagement Agreement* and submit prior to the training (Can be completed online <https://novafallsprevention.com/the-sail-program>)

- ___ Agree to facilitate two *Stay Active & Independent for Life* programs within one year of certification.

- ___ Provide up-to-date contact information to the RTO; and maintain communication with the RTO on any programs you intend to run. Keep up to date with new program materials and protocols.

- ___ Participate in Falls Prevention Grant data by collecting pre- and post-program surveys and fitness checks and returning them to the RTO

- ___ Attend 2.5 hours of updates for Leaders annually.

SIGNATURE

DATE

Our organization agrees to be the Sponsoring Organization for this *Stay Active & Independent for Life Leader*

SIGNATURE, SPONSORING ORGANIZATION REPRESENTATIVE

DATE

- Submit all application materials by mail or email prior to January 5, 2019:

Jennifer Tripken
Marymount University
2034 Caruthers Hall
2807 N. Glebe Rd, Arlington, VA 22207
Email: rto@marymount.edu Phone: 703-284-4988 Fax: 703-284-3819

Before Training

- Sponsoring Organization identifies appropriate individuals to be trained as Leaders, or individuals who have an interest in being trained as Leaders identify an organization to serve as sponsor.
- Review the www.novafallsprevention.com website.
- Sponsoring Organization and potential Leaders discuss and review implementation tasks (see below) and make preliminary agreement on the division of tasks.
- Sponsoring Organization and potential leader fill out the engagement agreement found on www.novafallsprevention.com

Training

- Potential Leader(s) attend 5- hours of training
- The RTO issues *Stay Active & Independent for Life* certificates after Leaders successfully complete *SAIL* Leader Training.

Implementation Tasks

Preparation

With the Sponsoring Organization, the Leader plans the first program, and agree upon division of tasks below:

- Decide about fees (if any)
- Select dates and location for the program
- Market program
- Recruit and screen potential participants
- Take registrations
- Prepare needed materials for class participants:
 - Armless Chair for each Participant
 - Sound System
 - Adjustable Ankle weights for each participant
 - Make copies of the Information Guide (provided at training)