

ILPTH Program Quick Reference – FALLS AND CDSME

Workshop Guidelines

Program	# Participants In-person	# Participants Virtual	Cut-off for New Participants to Join	# of Workshop Sessions	Time
Take Charge Suite of Programs (Health, Diabetes, Pain, CTS)	Max: 16 Min: 10 Max Rural: 16 Min Rural: 6	Max: 12 Min: 8 Max Rural: 12 Min Rural: 6	No new participants may join after Session 2	6 Sessions	Meet one day a week for 2.5 hours with a built-in break
A Matter of Balance	Max: 12 Min: 8 Max Rural: 12 Min Rural: 8	Max: 12 Min: 8 Max Rural: 12 Min Rural: 8	No new participants may join after Session 2	8 sessions for in-person workshops 9 sessions for virtual workshops	Meet either one- or two-days week for 2 hours with a built-in break
Bingocize	Max: >20 Min: 8 20 or more requires 2 facilitators Max rural: >20 Min rural: 8	Max: >20 Min: 8 20 or more requires 2 facilitators Max rural: >20 Min rural: 8	No new participants may join after Session 2	20 sessions for both in-person and virtual	Meets twice a week for an hour over 10 weeks
Fit and Strong!	Max: 20 Min: 8-10 Max rural: 20 Min rural: 8	Max: 15 Min: 6 Max rural: 15 Min rural: 6	No new participants may join after Session 4	24 sessions for both in-person and virtual	Meets 2 or 3 times weekly for 90 minutes
Tai Chi for Arthritis (TCA) and Fall Prevention	It is up to the TCA instructor as to the maximum or minimum	It is up to the TCA instructor as to the maximum or minimum	No new participants may join after Session 2	8, 12 or 16 sessions; it is up to the TCA instructor	Meet either one or two days a week for 1 hour

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Leader Certification & Renewal Guidelines

Program	Certification Requirements	Renewal Frequency	Renewal Guidelines
Take Charge Suite of Programs (Health, Diabetes, Pain, CTS)	<ul style="list-style-type: none"> Complete leader training Facilitate at least one 6-week workshop within 12 months of training 	Annually	<ul style="list-style-type: none"> Facilitate at least 1 workshop every 12 months If unable, attend a refresher training (note: refreshers cannot be used during the first 12 months after training, nor consecutively in 2 years) For multiple programs, lead at least 1 workshop per program every 2 years
A Matter of Balance	<ul style="list-style-type: none"> Complete an 8-hour Matter of Balance coach training Facilitate 1 workshop within 12 months 	Annually	<ul style="list-style-type: none"> Must facilitate 1 Matter of Balance workshop every 12 months to remain active
Bingocize	<ul style="list-style-type: none"> Complete online facilitator training modules 	Bi-Annually	<ul style="list-style-type: none"> Recertification is required every two years for facilitators Organizations should renew license every two years (access to materials will be restricted/removed if the organization does not renew 2-year license)
Fit and Strong!	<ul style="list-style-type: none"> Complete an 8-hour instructor training; fitness background or evidence-based program training required 	N/A (Once certified, no renewal required)	<ul style="list-style-type: none"> To keep certification active, at least one full Fit & Strong workshop must be facilitated annually. Facilitators must review modules periodically to ensure program fidelity.
Tai Chi for Arthritis and Fall Prevention	<ul style="list-style-type: none"> Complete self-paced instructor training; Participate in Zoom training with Master Trainer 	Annually	<ul style="list-style-type: none"> Must update training every 2 years with a Master Trainer Annual Board Certification is required (there is a fee)