

## **Volunteer Position Description**

### **Tai Chi for Arthritis & Fall Prevention**

#### **Position Title: Tai Chi Instructor**

#### **Purpose:**

To assist the Health Promotion Team of Salt Lake County Aging & Adult Services provide health education classes both in-person and virtually to older adults in Salt Lake County. Tai Chi Leaders help older adults stay physically and mentally active and independent. Tai Chi has been proven to improve balance and is an important component for fall prevention in older adults.

#### **Program Description:**

Dr Paul Lam's Tai Chi for Arthritis and Fall Prevention is a practice of slow, continuous whole-body movements, strung together in a form. Like dance, the movements are learned and follow one after the other.

Classes meet for 1 hour for 16 sessions – once or twice a week. Classes can be done seated or standing.

#### **Key Responsibilities:**

- Lead 16 sessions of 1 hour Tai classes
- Greets the students and learns their names
- Keep track of the attendance
- Ensures that the pre/post surveys are completed by class participants
- Call class participants who miss class

**Reports to:** Health Promotion Manager, Marianne Christensen for Salt Lake County Aging & Adult Services

**Length of appointment:** Minimum of 1 year commitment

**Time Commitment:** Teach (2) 16 session cohorts of Tai Chi for Arthritis and Fall Prevention in one year. Classes meet for 1 hour each session.

**Qualifications:** Become certified in the Dr Paul Lam's Tai Chi for Arthritis and Fall Prevention, enjoy working with older adults, dependable and consistent, have reliable transportation to and from workshop site, friendly, good listening skills, problem solving ability, complete CPR certification.

**Support:** Tai Chi for Arthritis 3-day training and practice teaching, Salt Lake County new volunteer training, and quarterly trainings. Leader manual and other materials will be provided. The program coordinator will be available for assistance and questions.

**Benefits:** A Tai Chi instructor leaves class knowing that they are part of an experience that made a positive difference to those involved. By being part of an older adult's opportunity to move their body in a friendly and safe social setting, you can change someone's life for the better.