



Arthritis Council

Arthritis Council Strategy 1 Workgroup

Partnerships and Strategies to Sustain and Disseminate AAEBIs

Thursday, January 11, 2024, 2:00 P.M. ET

Workgroup Charge: The NACDD Arthritis Council's Strategy 1 Workgroup aims to provide a platform for national and state partners to engage in discussion about all aspects of AAEBI capacity building, delivery, and sustainability including but not limited to partnerships, planning, promotion, implementation, coupling, referrals, and evaluation.

Facilitator: Nadia Mazza, MPH, North Carolina Center for Health and Wellness at UNC

Call Summary

Presentation

Dawna M. Pidgeon, PT, Falls Prevention Specialist, Dartmouth Health, spoke about Tai Ji Quan: Moving for Better Balance (TJQMBB)

- View Dawna's presentation [HERE](#)
- The presentation covered an overview of the TJQMBB program, building capacity, funding and cost effectiveness, and TJQMBB leader training
- TJQMBB can be delivered in person or remote (live), is a 24 week program with 1 hour classes two times per week; there are a maximum of 15 participants per class
- TJQMBB has been successfully implemented in a variety of sites including YMCAs, AAAs, senior residential facilities, community centers and more
- Physical therapy student programs have also been great delivery partners
- Dawna provided several examples of potential funding strategies including Title IID, ACL, Silver Sneakers Flex, to name a few
- For information on TJQMBB leader training and a list of authorized trainers visit <https://tjqmbb.org/index.php/training/>
 - Also visit the [Engage Arthritis Community](#) for information on upcoming trainings

Peer Sharing and Q&A

- TJQMBB is also an approved fall prevention program; NH shared that connecting with your state fall prevention program or falls prevention task force is beneficial and a great partnership opportunity
- NACDD has several TJQMBB tools and resources posted on [Action on Arthritis](#) including a fact sheet and link to the recorded June 2022 TJQMBB virtual session that provides additional details on the program and an interactive demonstration of a few of the TJQMBB forms/movements

Announcements and Sharing

- February 8th call has been cancelled
- Next call is scheduled for March 14th at 2pm ET