

Evidenced-Based Falls Prevention Program



Stay Active and Independent for Life (SAIL) is an evidence-based strength balance and fitness program for adults 65 and older that meet 2-3 days per week for 1 hour. The class includes warm-up, aerobic, balance, strength and stretching exercises along with education to reduce the participant's risk of falling. The fidelity of the SAIL program is based on these components and leaders will be observed via various formats, to ensure the program is consistently being delivered across the state. In this way participants will experience the same excellent class regardless where they attend or if they attend multiple locations. Classes may be conducted on an ongoing basis or in 12-week increments.

The SAIL program was developed as a result of the Senior Fall Prevention Study funded by the Centers for Disease Control coordinated by Washington State Department of Health and NorthWest Orthopedic Institute. The result of the study showed that seniors who attended this exercise class at least 2-3 times per week for one year decreased their falls by 26%. Additional research shows that 93% of initial program participants reported improved performance of activities of daily living and 92% reported improved strength, balance, fitness or flexibility.

SAIL is public domain, meaning there is not licensing fee or yearly fees to conduct class. SAIL can be implemented in a variety of setting including, but not limited to; senior centers, community centers, recreation centers, faith-based organizations, physical therapy locations, retirement communities and independent/assisted facilities. We strongly recommend leaders be trained in teams of two to help ensure classes are conducted on a regular basis.

Thank you for your interested in becoming a SAIL leader and helping reduce the risk of falls for older adults in your community. Please complete the enclosed SAIL Leader Application and include copies of your fitness certification or equivalent degree and return to Sidney Schuttrow at Sidney.Schuttrow@tn.gov. We look forward to working with you soon!

Sincerely,

Tennessee SAIL Team

Cynthia Rockey, Rachel Frazier & Terri Stewart – SAIL Master Trainers
Sidney Schuttrow – Fall Grant Coordinator



Application for SAIL Leader Training

Training

Which training dates would you like to attend in 2020? (Select one)

___ March 10th & 11th in Dyersburg

___ June 4th & 5th in Knoxville

___ August 4th & 5th in Cookeville

___ October 20th & 21st in Jonesborough

Contact Information

Name _____

Address _____ City _____ State _____ Zip _____

Phone: _____ E-mail: _____

Location you would like to conduct a SAIL Class _____

Anticipated month you will start your SAIL Class _____

Volunteer Demographics: This information is not mandatory; however, our funding source requires us to recruit and retain a diverse group of in-kind staff and volunteers. This information helps us complete reporting requirements.

Gender _____ Race/Ethnicity _____ Date of Birth _____

Qualifications

CPR Certification Expiration Date (must provide a copy of card) _____

Degree/Certifications (must provide copies)

Other Experience Teaching:

Please indicate how you will use the SAIL instructor Training

You can email or fax your application to Sidney.Schuttrow@tn.gov or 615-741-3309. For more information or questions contact Sidney Schuttrow at Sidney.Schuttrow@tn.gov or 615-741-1585.