

(A) Purpose

To promote health and well-being through participation in social, creative, intellectual and physical activities.

(B) Unit of Service

A unit of service is one scheduled hour (billable in 15 minute increments) of structured group activity with two or more consumers in attendance, not including the activity leader.

(C) Activities

Priority activities

COA encourages providers to utilize this funding for:

- (a) evidence-based disease prevention programs,
- (b) exercise classes and other physical activities,
- (c) health screenings,
- (d) facilitated programs aimed at reducing stress and fostering socialization

(D) Documentation Requirements

For each unit of service billed documentation must include:

- (1) The number of seniors in attendance
- (2) The name of program/activity
- (3) The name of group facilitator/leader
- (4) The beginning and end time of each activity

(E) Reporting

Billing as required in the specified electronic billing system as outlined in the COA NAPIS Manual.

(F) Consumer Cost Sharing

This service is subject to Rule 173-3-07 Consumer Cost Sharing Policies for most activities. The provider shall have policies and procedures to insure compliance with the rule.

Health promotion and Disease Prevention shall be excluded from cost sharing, but Providers may solicit and accept voluntary contributions for this activity.

Reference the attached sheet for a list of examples of allowable and excluded activities as well as those that do and do not require cost sharing

Allowable Activities

Exempt from Cost-Sharing:

- (a) Exercise
- (b) Strength/balance exercise
- (c) Yoga/Tai Chi
- (d) Walking
- (e) Dancing
- (f) Team sports
- (g) Health screening or testing
- (h) Nutrition
- (i) Health/Disease related lectures
- (j) Health/Disease related book review discussions
- (k) Health/Disease related classes/lessons

Subject to Cost-Sharing:

- (a) Movie viewing (in or out of the center)
- (b) Lunch outings/events other than congregate meals
- (c) Shopping trips
- (d) Red Hat group
- (e) Recreational trips
- (f) Parties
- (g) Memorial service
- (h) Spiritual song or study
- (i) Milestone anniversary celebrations (silver/gold)
- (j) Milestone birthday (100th b-day, etc.)
- (k) Book review discussions
- (l) Computers
- (m) Intellectual or current event discussion
- (n) Cultural enrichment (passively observes performances/programs)
- (o) Classes/lessons

Excluded Activities

- (a) Bingo
- (b) Gambling trips
- (c) Long distance/overnight trips
- (d) Transportation for any trip
- (e) Tax return preparation
- (f) Gatherings of consumers (for example cards and board games) that do not include a facilitator providing instruction

This list is not comprehensive and is subject to change as deemed necessary by the Council on Aging of Southwestern Ohio (COA).