

(A) Purpose

To promote health and well-being through participation in social, creative, intellectual and physical activities. Activities that foster the health and social well-being of individuals through social interaction and constructive use of time. In determining and developing recreational activities, the needs and interests of the seniors should be the primary consideration.

(B) Unit of Service

A unit of service is one scheduled hour (billable in 15 minute increments) of structured group activity with two (2) or more consumers in attendance. The facilitator/activity leader is not included in the count.

(C) Service 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 Contributions

Services subject to Rule 173-3-07 Consumer Contributions Section (C) - Cost Sharing are outlined in the chart below. The Provider shall have in place policies and procedures that verify compliance with this rule. The provider may solicit and accept voluntary contributions as outlined in Rule 173-3-07 Consumer Contributions: Section (B) - Voluntary Contributions for Health promotion and Disease Prevention.

Allowable Activities - Exempt from Cost Sharing	
(a) Exercise	(g) Health screening or testing
(b) Strength/balance exercise	(h) Nutrition
(c) Yoga/Tai Chi	(i) Health/Disease related Activities
(d) Walking	- Book review discussions
(e) Dancing	- Classes/lessons
(f) Team sports	- Lessons
Allowable Activities - Subject to Cost Sharing	
(a) Movie viewing (in or out of the center)	(i) Milestone anniversary celebrations
(b) Lunch outings/events other than congregate meals	(j) Milestone birthday (100th b-day, etc.)
(c) Shopping trips	(k) Book review discussions
(d) Red Hat group	(l) Computers
(e) Recreational trips	(m) Intellectual or current event discussion
(f) Parties	(n) Classes/lessons
(g) Memorial service	(o) Cultural enrichment (passively observes performances/programs)
(h) Spiritual song or study	
Excluded Activities	
(a) Bingo	(e) Transportation for any trip
(b) Gambling trips	(f) Tax return preparation
(c) Long distance/overnight trips	
(d) 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).