



Lead Fun, Weekly SAIL Classes at Senior Facilities

VOLUNTEER OPPORTUNITY: SAIL Instructor

TIME COMMITMENT: Weekly commitment for a minimum of 6 months

OPPORTUNITY DESCRIPTION: Volunteer to provide learning opportunities for older adults in community settings throughout the Greater Sacramento region. We will provide training for you to lead Stay Active and Independent for Life (SAIL), an evidence-based program that focuses on fall prevention for older adults.

INSTRUCTOR TRAINING:

Through Zoom, 2 consecutive days, 4 hours each day, you will learn the development of SAIL, experience a SAIL Class, all the mandatory exercises, talk about Evidence Based Programs, our Fitness Checks, age-related changes, marketing your classes, managing and sustaining your program and strategies for success. SAIL focuses on Fall Prevention; there is a mandatory Fall Risk education component during a SAIL class that is extremely important. This will be discussed during the training. After the two-day sessions an additional 1 hour one-on-one zoom appointment is required for your final certification. Your certification is good for 5 years. When you complete the certification process, you will be prepared to find a location and start to lead classes.

WHO SHOULD ATTEND THE INSTRUCTOR TRAINING:

- Community members
- Retirement Community Activity Directors
- Senior Fitness Instructors
- Physical and Occupational Therapists
- Nurses

EXPECTATIONS:

- Commit to co-leading two (2-3) 1-hour in-person SAIL class sessions each week for at least 6 months
- Good communication skills
- Complete the 8-hour, online SAIL training and show proof of completion certificate
- Commute to and from class location
- Take class supplies to and from the class sessions, as needed
- Collect paperwork, such as sign-in sheets from Site Coordinator, if applicable, and deliver it to AAA4's Health Promotion Coordinator.

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- Collect and report data to AAA4 Health Promotion Coordinator in a timely manner: The number of sessions (classes) held each month and the number of unduplicated individuals who participated, due by the 10th day the following month.

REQUIREMENTS:

- Completion of online SAIL Instructor training
- Current Adult CPS Certification
- Ensure fidelity to the program guidelines
- Minimum of one-year related experience working with older adults
- Complete AAA4 Volunteer Orientation
- Good interpersonal communication skills
- Familiarity with issues related to aging
- Upbeat and friendly manner
- Interest in supporting elder health

PROGRAM: Health Promotion

SERVICE AREA: Greater Sacramento Region

BACKGROUND CHECK REQUIRED: Yes

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