



Each of the Health and Wellness workshops offered by Direction Home Akron Canton are evidence-based programs. Direction Home receives funding from the Ohio Department of Aging in order to provide free classes in our 4-county region (Portage, Stark, Summit, and Wayne Counties) and leader trainings, and we hold a license to use for each program. As such, there are guidelines and requirements for our Host Sites and Volunteer Leaders. Please read the below information thoroughly and contact Lori Smith, Training Coordinator, at lsmith@dhad.org or 330-899-5255 with any questions or to move forward in becoming a Host Site or Volunteer Leader.

Host Site and Volunteer Leader – REQUIRED:

- Offer the health and wellness workshop(s) of your choice within our 4-county service area (Portage, Stark, Summit, or Wayne Counties)
- 2-year commitment to host/lead workshops with the option to renew at the end of the 2-years
- Agree to hosting/leading a minimum number of workshops during your 2-year contract period
 - 4 Powerful Tools for Caregiver (PTC), Bingocize, or Tai Chi for Arthritis and Fall Prevention workshops
 - PTC: 90-minute classes (co-led by 2 instructors) held once/week over 6 weeks
 - Bingocize (1 instructor): 1-hour classes held twice/week over 6 weeks
 - Tai Chi for Arthritis and Fall Prevention (1 instructor): 1-hour classes held twice/week over 8 weeks
- Ability to connect to Zoom or other online platform for virtual workshops, and training

Additional Host Site Requirements:

- Space that can comfortably hold groups of up to 20 people.
 - Tai Chi is solely movement-based and room should be large enough for 20 people to freely move within an 8'x8' space. Chairs are also needed for people to sit if needed.
 - All other classes will need tables and chairs for participants and leaders.
- Ability to promote workshops and manage registration and attendance of your programs.
- Collect information from participants and report to Direction Home in a timely manner (all participant, leader, or host site information is strictly confidential and not shared for marketing purposes).

Additional Volunteer Leader Requirements:

- Become a certified leader by attending an online training. Different workshops have different training requirements; please click the links below for more details.
- As these are evidence-based workshops, fidelity to the program is required. Classes need to be taught as directed during leader trainings.
- If not associated with a Host Site, the ability to collect information from participants and report to Direction Home (all participant, leader, or host site information is strictly confidential and not shared for marketing purposes).
- Ability to connect to Zoom or other online platforms.
- Reliable transportation.
- Association with a Host Site preferred but not required.

For additional workshop-specific information, please click the class names below.

[Tai Chi for Arthritis and Fall Prevention](#)

[Powerful Tools for Caregivers](#)

[Bingocize](#)

Direction Home Akron Canton Area Agency on Aging and Disabilities Roles and Responsibilities:

DHAD will:

- Provide administrative oversight and support to maintain a successful community model for our Health & Wellness programs serving our 4-county region: Portage, Stark, Summit, and Wayne Counties
- Train leader to use any virtual platforms used to host workshops
- Market Host Site workshops on DHAD website, social media, and ListServe email recipients
- Mail workshop materials to all registered participants prior to the second workshop session
- Provide workshop fidelity checks to ensure all workshop fidelity requirements are being met
- Provide leaders and/or substitute leaders as needed/available
- Collect all needed reporting paperwork and submit to ODA and send upcoming schedule information to ODA to post on their website
- Provide financial compensation based on workshop provided and number of completers

Interested? Contact Lori Smith, Training Coordinator at lsmith@dhad.org or 330-899-5255 for more information.