

SAIL (Stay Active & Independent for Life) Program Leader Application Process



Program Overview

The “Stay Active and Independent for Life” (SAIL) Program is an evidence-based intervention for prevention of falls in older adults. The SAIL Program includes a fitness class designed especially for older adults, as well as educational materials and self-assessments. The program is typically offered in one hour sessions three times a week.

SAIL Target Audience

SAIL is intended for older adults who live in their own homes or apartments, including independent apartments in senior housing complexes, assisted living facilities or retirement communities. Individuals taking SAIL classes can sit or stand when doing exercises.

Why become a Program Leader

Persons who complete the SAIL Program Leader training will be ready to lead this evidence-based fall prevention program in their community. The SAIL Program empowers older adults to make changes in their health behaviors to reduce the risk of falls. SAIL Program Leaders may be retired or current health professionals and/or other professional who provide services to older adults (e.g. fitness instructors, senior center activity director, etc.)

Program Leader Training

The Washington State Department of Health (DOH) and Washington State Department of Social and Health Services (DSHS) Aging and Long Term Support Administration (AL TSA) is hosting this workshop to expand SAIL classes in Washington State. Individuals who successfully complete this training will be able to conduct classes for older adults in local communities.

There is no registration fee for this training. Prospective program leaders should complete the application process outlined below. Applications are reviewed as they are received and applicants are notified within a few days of their status. A limited number of spaces are available. Acceptance to the training is on a “first-come, first-served” basis; it is important to submit your application materials as quickly as possible.

Application Procedure for SAIL Program Leader Training

- Complete the application form.
- Write a statement (100 words or less) how you plan to implement the SAIL Program Leader training.
- Obtain a written letter of support from the administrator of the facility where the SAIL Program will take place.

Send your completed application to:

Laurie Swan
703 26th Avenue SW
Puyallup, WA 98373
Email address: laurie@synapticseminars.com
Or FAX application to: 253-268-0127

If you have any questions, please contact Laurie Swan at 253-209-7837