**Senior Fitness Advisory Meeting – May 3, 2017**

In attendance:

* Joe Ratcliff, LATTC Health and Exercise Sciences Department Chair
* David London, American Caregivers, CEO
* Katheryn Howell, Partners in Care, Program Director
* Linda Delzeit, LATTC Instructor
* Alan Wagenbach, LATTC Instructor

**1. Agreement to serve on the Advisory Council.**

David London and Katheryn Howell agreed to serve on the LATTC Senior Fitness Activity Leader Advisory Council along with Joe Ratcliff, Linda Delzeit and Alan Wagenbach.

**2. Review of the Senior Fitness Activity Leader curriculum and certificate.**

Everyone had been sent the two new KIN MAJ course outlines and the new certificate program application form for the Senior Fitness Activity Leader certificate.

Questions regarding Arthritis Foundation Walk With Ease (WWE) program costs for the instructor certificate. The student will be prepared to sign up and pass the course as a result of participation in the courses. Students will cover the instructor certification cost on their own.

Discussion on HLTHOCC Dementia course outline being written by Joe. The curriculum is coming from the Alzheimer’s Association and will be a 3-unit course. It will become part of the Senior Care certificate, replacing the Psychology course and it will become part of the Senior Fitness Activity Leader certificate. It can also be offered as a stand-alone course.

Agreement that the Senior Fitness Activity Leader certificate program is a good idea.

**3. Recommendations from the Advisory Council regarding the curriculum**

Curriculum to industry alignment in regards to specific content. Examples include:

* Dementia course – align with specific training industry wants and needs for employees.
* Walk with Ease by Arthritis Association – specific class needing trained & certified instructors
* Fitness centers at senior facilities -> need our students
* Joe asked about curriculum we already have including mental health – cognition
* Joe asked David – dementia class – weekend training offered for employees in industry to meet state requirements. David’s response – 5 hours of initial training and 5 hours of continuing education training must be completed within first year for home health care agency.
* Joe – does this need to be approved by the state first?
  + David – NO – state is looking for outside trainers to help meet the requirement. California Community Colleges will likely have a better chance of being approved during an audit. There will need to be an agreement reached regarding the course hours and the state requirement for hours.
  + Comfort Keepers – sending employees to outside agency charging around $250/person to complete this.
  + David will try to get a letter stating desire for training and numbers of people they plan to send.
* Digital Badges – there needs to be agreed upon industry competencies and how those will be assessed. This could be of some benefit to industry. David can pull training requirement for initial certification of caregiver and their registration with the state to be eligible to work with the state agency. This can use as a framework for one digital badge. Then get additional training after that.
* Partners in Care (PIC) – more national outreach – homecare workers – frail older adults who would not be a good candidate for WWE. Very simple exercises that can be done in seated position. UIC doing some pilot studies and doing some work with ADDIS. The new LATTC Senior Fitness Activity Leader has some time devoted to seated chair exercises and also to working specifically with frail seniors.

**4. Discussion of the industry need for the graduates of the program and job potential and placement.**

* David London - Industry starting to see need for exercise to maintain mental cognitive health. Cities are starting to include this in offerings. Seniors centers need trained candidates. Los Angeles County has 8-10 centers run by the county and they serve over 88,000 seniors and are wanted to do more exercise and fitness integrations. They are discussing the creation of a county position. This would be a staff position at the centers. San Gabriel Valley center received a grant to create a fitness center. Affordable living centers are building on-site gyms and need some class offerings.
* Activity Leader is starting around $14-15/hour. The smaller 6-bed facility has a need for rolling activities where a person could go from site to site during a day. They can outsource to an individual with their own business.
* PIC could hire some of our graduates. Our training can help standardize and maintain quality of instructors hired. Want to create pathways where additional exercise options are available for people to go from lower to higher and a variety of activities.

**Meeting started:** 12:05 pm on May 3, 2017

**Meeting ended:** 12:36 pm on May 3, 2017