

## **Together in Movement and Exercise (TIME™) FAQ**

### **What is TIME™?**

- TIME™ is a group exercise program designed by UHN Toronto Rehab physiotherapists and led by fitness instructors at local community centres across Canada.
- The program was developed for adults who have challenges with balance and mobility. Many of the participants in the class have difficulties with balance or moving around in their home or community due to conditions such as stroke, ABI, or MS, but enrollment is open to anyone with balance and mobility issues, regardless of underlying condition or diagnosis.
- Classes incorporate a mix of aerobic training, balance training, functional strengthening, and functional mobility exercises.
- Classes are one hour long, 1-2 times per week, usually 10-12 weeks.

### **Eligibility**

- Participants must be able to walk 10 meters unassisted, with or without a walking aid. They should also be able to balance in standing performing exercises like tap ups, with only the support of a handrail or chair back.
- Upper functional limits for participants are also recommended. If the participant is able to walk longer distances in the community without a walking aid AND have relative ease with environmental barriers such as curbs, ramps, and stairs, then a gentle fitness program may be more appropriate for them.
- There is no age criteria for eligibility. In general participants tend to be over the age of 40, but younger adults are welcome to join should their balance and mobility be at the appropriate level.

### **Finding & Registering for a TIME™ Program**

- Individuals who would like to join TIME™ can self-refer by contacting the community centre coordinator.
- As a healthcare professional, you can facilitate the registration process by providing potential participants with a hard copy of the site listing (available on the TIME website) and helping them select the most convenient sites for them to call in order to inquire about cost and times.
- The dates, times, and frequency for the TIME™ program vary from site to site (and sometimes from session to session). Contact the site directly for this information.
- Some sites also facilitate informal social/coffee clubs immediately before or after the TIME™ program so inquire at your respective site about this opportunity as well.
- Sites tend to run the TIME™ once per season with start dates as follows: fall- September, winter- January, and spring-April. Some sites run through the summer but many take a break to focus on other programming during the summer months.
- Registration tends to open 6 to 8 weeks prior to the session beginning so encourage interested individuals to call their preferred site well ahead of the advertised program start date.

## Screening & Safety

- As the first step in the registration process, the center will complete a telephone pre-screening with them. Participant screening keeps everyone safe and enjoying a program that is appropriate for them.
- The coordinator may inquire if the individual requires assistance when using the washroom, and/or has difficulty understanding instructions or expressing his/her needs. In either of these situations, a caregiver or significant other should attend with the participant to help with these needs.
- The program is run by fitness instructors, and with the help of volunteers.
- Each community site is connected with a local healthcare partner, typically a physiotherapist with experience working with people with balance and mobility issues. This way the fitness instructors feel supported and able to work with these more complex clients, and the healthcare partner helps to maintain the safety & quality of program.
- All fitness instructors will have completed a TIME™ instructor training workshop, led by Toronto Rehab staff (or their local healthcare partner). Instructors are required to adhere to the task-related circuit program described in the Toolkit, which was designed by Toronto Rehab physiotherapists.
- A ratio of 4 participants to 1 instructor/volunteer is followed for all TIME™ programs, with at least two instructors for groups of 10 or greater.
- Hand supports for balance are available for each participant to use while exercising.

## Cost & Funding Options

- Registration fees for the TIME™ program vary from site to site. The price ranges from free to \$12+ per class. Contact the site directly for this information.
- Funding assistance may be available from the community centre and from *Jo's TIME™ Fund*.
- Inquire at your site about discounted rates for seniors OR sliding scale fees for low income households.

**For more information about TIME™ visit our webpage**

[https://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics\\_Tests/TIME](https://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/TIME)

## UHN Toronto Rehab Contacts

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Please reach out to either of them should any issues or concerns arise with referrals, or should you identify the need for a new TIME™ site in a particular neighbourhood.