

Why was this forum important?

Long-term balance and mobility limitations resulting from chronic disabling conditions contribute to physical inactivity. Exercise programs appropriate for people with persistent balance and mobility deficits can help to maintain activity levels and promote health and independence in community living.

To facilitate access to exercise participation, physical therapists at the Toronto Rehabilitation Institute-University Health Network (TRI-UHN) led by Jo-Anne Howe developed a group, task-oriented exercise program called “**Together in Movement and Exercise**” or TIME. Physical therapists train and provide ongoing support to fitness instructors who deliver the TIME program in community centres. Champions from TRI-UHN, stroke and regional healthcare networks have facilitated partnerships and implementation of the TIME program in at least 25 centres run by not-for-profit recreation providers such as the City of Toronto Parks, Forestry and Recreation Division, YMCA, and Abilities Centre. Similar programs are offered in Thunder Bay, ON (Keep Moving With Stroke), Hamilton, ON (Fit for Function) and St. John’s, NL (NeuroFit).

Our goal is to enable access to community exercise programs for people with balance and mobility limitations across Canada. To help achieve this goal, a comprehensive understanding of the challenges that stakeholders face when implementing community exercise programs like the TIME program was needed.

Who took part in this forum?

Fifty-three stakeholders, including physical therapists, fitness instructors, recreation and healthcare managers, researchers, educators, health policy experts, stroke network representatives, trainees, and TIME participants and their caregivers, participated in a one-day meeting held May 30, 2014 in Toronto, Ontario.



Recreation coordinators and managers (centre front to left): Kelly McClure, Sherri Wood, Lorene Bodiam, Chris Coombes, Elizabeth Hill, Barb Armstrong, Tara Gregor, and Marilyn Hovius



Researchers Dr. Ruth Barclay and Dr. Michelle Ploughman

What took place during this forum?

- We reviewed the **research literature** supporting the physical, social and cognitive benefits of group, task-oriented community-based exercise programs for people with balance and mobility limitations.
- Attendees shared their experiences implementing community exercise programs to begin to develop a **community of practice**.
- **TIME participants and family members** described their experiences seeking out and participating in exercise programs and the perceived benefits.
- Expert panel members **Dr. Mark Bayley** and **Dr. Samir Sinha** shared expert advice on strategies to obtain funding for TIME implementation.
- We held round-table discussions and voting activities to brainstorm and prioritize challenges to implementing community exercise programs and strategies to address them.

Enhancing Health Outcomes and Well-Being of People with Balance and Mobility Limitations by Expanding the Implementation of Community Task-Oriented Exercise Programs: A Knowledge Mobilization Workshop

What did we find?

We identified seven major challenges and prioritized strategies to address them.

Challenge #1: Insufficient funding for recreation providers to run exercise programs and for healthcare providers to offer training and support

Strategy: Submit a proposal to regional health authorities (e.g., Local Health Integration Networks) to fund exercise programs in the region

√ 74% rated this strategy as a high priority

Strategy: Obtain support from hospital managers for physical therapists to partner with recreation providers to deliver programs as an investment in public health

√ 50% rated this strategy as a high priority

Strategy: Leverage existing resources of the Canadian Stroke Strategy

√ 50% rated this strategy as a high priority

Challenge #2: Maintenance of program integrity: delivering exercise programs as intended both at start up and over time

Strategy: Consistent use of existing training materials (e.g., toolkit slides for instructor training and task-related exercise program guidelines)

√ 71% rated this strategy as a high priority

Strategy: Exercise program/facility certification (similar to Heart Wise certification)

√ 57% rated this strategy as a high priority

Challenge #3: Sustainability of exercise programs (i.e., continued provision of programs over time)

Strategy: Ongoing inter-professional communication and collaboration between rehabilitation and recreation providers

√ 88% rated this strategy as a high priority

Strategy: Availability of ongoing training of new fitness instructors

√ 71% rated this strategy as a high priority

Challenge #4: Marketing of the exercise program

Strategy: Establish links with physicians and healthcare providers to promote program referral

√ 67% rated this strategy as a high priority

Strategy: Establish links with key stakeholder groups such as peer support groups, condition-specific groups, and homecare services

√ 64% rated this strategy as a high priority

Challenge #5: Challenge of training fitness instructors to have multiple skills required to deliver programs

Strategy: Consult key people (e.g., TIME educators at TRI-UHN) as problems arise

√ 68% rated this strategy as a high priority

Strategy: Regular meetings with fitness instructors across sites to share issues and problem solve (e.g., skype, conference call)

√ 43% rated this strategy as a high priority

Challenge #6: Lack of access to recruit exercise participants directly from rehabilitation hospitals

Strategy: Form links between rehabilitation and recreation providers through network meetings and promotional visits

√ 88% rated this strategy as a high priority

Strategy: Bridge with other community-based programs (e.g., joint advertisements or accreditation for Heart Wise & TIME)

√ 49% rated this strategy as a high priority

Challenge #7: Exercise programs full and not open to new registrants

Strategy: Offer additional programs at same or other locations

√ 69% rated this strategy as a high priority

Strategy: Offer programs at various levels (e.g., for graduates (maintenance program) and people with severe deficits)

√ 62% rated this strategy as a high priority

Enhancing Health Outcomes and Well-Being of People with Balance and Mobility Limitations by Expanding the Implementation of Community Task-Oriented Exercise Programs: A Knowledge Mobilization Workshop

Most significant accomplishments of the workshop described by participants:

1. Collaboration and networking
2. Sharing information about implementation challenges and how to overcome them
3. Problem solving and prioritizing efforts for next steps/action

Next Steps

Advisory Group: Sixteen meeting participants have formed an advisory group to guide action plans for education, practice, research, and health policy.

TIME Toolkit: The 2nd edition will soon be released. Please contact **Jo-Anne Howe** to obtain the toolkit at jo-anne.howe@uhn.ca.

Publications: An abstract describing meeting results was submitted for presentation at the World Confederation for Physical Therapy Congress (Singapore, May 2015). A manuscript will be submitted to a scientific journal.

Contact Information

If you have questions or are interested in being involved with the TIME program, please contact **Nancy Salbach** at nancy.salbach@utoronto.ca or **Jo-Anne Howe** at jo-anne.howe@uhn.ca.



Meeting organizers (from left to right): Saira Merali, Diem Baldry, Jo-Anne Howe, and Nancy Salbach

TIME Program Resources

Website: http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/TIME

List of Programs: http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/TIME/Pages/health_care_professionals.aspx

Pilot study: Salbach et al. Journal of Physical Activity and Health 2014; 11, 838-845.

CTV Video: <http://toronto.ctvnews.ca/video?playlistId=1.1385879>



Acknowledgements



Funding was provided by a Canadian Institutes of Health Research Health Services and Systems for an Aging Population planning grant.

TIME Participants & Families: We wish to thank the TIME participants and family members for attending and sharing their inspirational experiences.

Expert Panel Members: We wish to thank our expert panellists for sharing their expertise on the role of healthcare policy and funding in the implementation of community exercise programs.



Dr. Mark Bayley, Medical Director, Brain and Spinal Cord Rehab Program, TRI-UHN



Dr. Samir Sinha, Director of Geriatrics, Mount Sinai, UHN, Provincial Lead, Ontario's Seniors Strategy

Enhancing Health Outcomes and Well-Being of People with Balance and Mobility Limitations by Expanding the Implementation of Community Task-Oriented Exercise Programs: A Knowledge Mobilization Workshop

Meeting Participants

Researchers and Trainees

Nancy Salbach, Principal Investigator and Associate Professor, University of Toronto

Ruth Barclay, Assistant Professor, University of Manitoba

Michelle Ploughman, Assistant Professor, Memorial University

Ada Tang, Assistant Professor, McMaster University

Saira Merali, MSc candidate, University of Toronto

Pam Takhar, Research Assistant to Dr. Salbach

Healthcare Professionals

Karen Brunton, Clinical Educator, Physiotherapy, Toronto Rehabilitation Institute-University Health Network (TRI-UHN)

Jo-Anne Howe, Clinical Educator, Physiotherapy, TRI-UHN, Lecturer, University of Toronto

Melissa Lang, Physical Therapist, Orillia Soliders' Memorial Hospital

Bessy Megoudis, Physical Therapist, Cavendish Health & Social Services Centre

Alison McDonald, Physical Therapist, Nova Scotia Rehabilitation Centre

Jason Moller, Clinical Supervisor, British Columbia Fraser Health Authority

Jennifer Neirinckx, Physical Therapist, TRI-UHN

Healthcare System

Esmé French, Regional Rehabilitation Coordinator, Northwestern Ontario Regional Stroke Network

Rebecca Bowes, Regional Coordinator, Independence Centre and Network and Health Sciences North (ICAN)

Nancy Cox, Chef d'administration de programme, Cavendish Health & Social Services Centre

Cathy Irwin, Senior Manager, Business Management, TRI-UHN

Julie Matthews, Community Liaison, District Stroke Centre, Mackenzie Health Richmond Hill Hospital

Judy Murray, Coordinator, District Stroke Centre, Mackenzie Health Richmond Hill Hospital

Joy Parsons, Interim Program Director, British Columbia Fraser Health Authority

Kevin Petersen, Project Coordinator, Central LHIN

Alda Tee, Regional Community and Long Term Care Coordinator, Central East Stroke Network, Royal Victoria Regional Health Centre

Maggie Traetto, Regional Community & Long Term Care Coordinator, West GTA Stroke Network, Trillium Health Partners, Queensway Health Centre

Fitness Instructors/Volunteers

Catarina Freire, Former Fitness Supervisor, Bradford West Gwillimbury Leisure Centre

Linda Gilmore, Personal Trainer/Wellness Coach, Wasaga Beach YMCA of Simcoe/Muskoka

Gord Haugh, TIME Volunteer, Gravenhurst YMCA of Simcoe/Muskoka

George Hojbota, TIME Program Instructor and Coordinator, Harbourfront Community Centre
Bill Joyce, Wellness Coach, Wasaga Beach YMCA of Simcoe/Muskoka

Josh Kahn, Personal Trainer, Wallace Emerson Community Centre, City of Toronto Parks, Forestry & Recreation

Theresa Matthews, Wellness Coach Fitness Instructor, Barrie YMCA of Simcoe/Muskoka

Enrico Mazzone, Fitness Programmer, Bradford West Gwillimbury Leisure Centre

Susan Mueller, TIME Program Lead, Collingwood YMCA of Simcoe/Muskoka

Patti O'Neill, Certified Group Fitness Instructor and TIME Instructor, Aurora Family Leisure Centre

Alison Wilson, Lead, Health and Wellness Transition, Abilities Centre

Recreation Coordinators and Managers

Barb Armstrong, Fitness Supervisor, Whitchurch-Stouffville Leisure Centre

Lorene Bodiam, Advocate for People with Disabilities, City of Toronto Parks, Forestry & Recreation

Chris Coombes, Community Recreation Programmer, East York Civic Centre, City of Toronto Parks, Forestry & Recreation

Valerie Dickson, General Manager, Wasaga Beach YMCA of Simcoe/Muskoka

Tara Gregor, General Manager, Gravenhurst YMCA of Simcoe/Muskoka

Elizabeth Hill, Community Recreation Programmer: Active Living, Wallace Emerson Community Centre, City of Toronto Parks, Forestry & Recreation

Marilyn Hovius, Supervisor, Adult Fitness and Individual Conditioning, Gravenhurst and Orillia of YMCA of Simcoe/Muskoka

Kelly McClure, Assistant Executive Director, Harbourfront Community Centre

Karen Pulla, VP of Health & Wellness, Barrie YMCA of Simcoe/Muskoka

Sherri Wood, Coordinator, Rehabilitation to Community and Education, Variety Village

Dorothea Pitt, Active Living Fitness Coordinator, City of Toronto Edithvale Community Centre

TIME Participants and Caregivers

Edgar Allin

Connie & Danny Cardoso

Elizabeth Flavelle

Doreen and Jan Fraser

Sybil Geller

David Windeyer

Facilitator

Diem Baldry, Physical Therapist, CBI Physiotherapy and Rehabilitation