

## Role of the *TIME™ at Home* Community Partner

### Bringing *TIME™ at Home* (virtual program) to your organization

*Together In Movement and Exercise* (*TIME™*) is a group-exercise program, designed by physiotherapists at *University Health Network* (UHN) for people with mobility challenges. *TIME™* participants may use a cane or walker to get around and often find it difficult to walk longer distances in the community. *TIME™ at Home* is the virtual arm of our program, in which a live facilitator hosts a group of participants to exercise along to a pre-recorded video. Participants enjoy the physical and social benefit of expertly designed yet low-cost functional exercise, led by trained facilitators. Without *TIME™*, participants typically can't access group exercise, as most recreational fitness programs, online or in-person, cannot accommodate their mobility needs.

### Virtual Delivery Model

*TIME™ at Home* is delivered using a hybrid model of asynchronous instructional video with a synchronous facilitator (i.e. pre-recorded video with live facilitator). Advantages of this model include:

- The scheduled class time increases adherence to the program as participants look forward to joining up with friendly and familiar participants and facilitators at each class. This increases motivation as compared to doing on-demand videos alone at home. It also provides a meaningful social outlet for participants who are otherwise staying home.
- The pre-recorded videos ensures that exercises remain consistent from class to class, to allow for the benefit of repeated practice. And participants can self pace according to their energy levels that day. Facilitators are not required to demonstrate the exercises and can therefore focus on cueing for safety and encouraging positive group dynamics. They are also not required to coach individual participants, which allows for volunteers to take on this role as no exercise background is needed.

### Your Role as a *TIME™* Community Partner

When you enter a license agreement with UHN Toronto Rehab, your organization gains the right to offer *TIME™ at Home* for as long as your license remains in effect. You are responsible for:

- Assigning a team of facilitators (and any volunteers) to deliver the program
- Securing the technology needed to deliver the program
- Participant registration and associated administration
- Promoting the program



### Next Steps for Program Implementation

#### 1. Purchase a *TIME™ at Home* License

- \$200 initial fee, renewal fee \$100 (every year) which gives you access to:
  - The Safety Information and Set Up Video, for participants to view ahead of joining
  - The *TIME™ at Home* Exercise videos, 3 sets (option A, B, C) of the Level 1 and Level 2 videos
  - 90-minute virtual facilitator/healthcare partner training by the UHN *TIME™* team

## 2. Secure the technology and facilitator team

- While only one facilitator is required, we have received feedback that facilitators enjoy having a co-facilitator to host the class. You are welcome to invite as many facilitators as you wish to the training session.
- Facilitators do not need any particular background but we recommend that they have:
  - Experience facilitating group classes and comfort managing group dynamics
  - Feel confident managing basic technology, such as hosting online meetings and troubleshooting when participants require tech support
  - An interest in adapted fitness and in working with people with disability
- Technology needs are minimal and include: a videoconferencing platform (e.g. Zoom); computer with mic and camera, with space to download video files; reliable and fast internet connection.

## 3. Identify a local Healthcare Partner (HCP)

- Given that participants may require some additional support given their mobility-related impairments, TIME™ uses a collaborative framework that partners healthcare and community organizations. Community partners must establish a relationship with a local healthcare partner (HCP) who helps your TIME™ facilitators confidently work with people with mobility issues. This is a local registered clinician with a strong understanding of mobility issues and exercise training. Historically physiotherapist, kinesiologist, and chiropractors are well suited to the role. They do not receive compensation for this role but rather take it on to support their community. They receive training from the UHN TIME™ Team to succeed in this role. This framework ensures the success of your TIME™ program, as well as maximum benefit and safety for TIME™ participants.
- This HCP will promote your TIME™ program to their clinical network so that potential participants know about your program. They will also be available to attend up to 2 classes per session (approx. 12-16 class registration block) to help guide facilitators and participants as needed. They may also host a wellness-related social time discussion at the classes they attend.
- It is up to you to identify a local HCP. Please reach out to our team with any questions.

## 4. Program planning and registration

- To maximize participant benefit, it is recommended that the program be offered twice a week for 6+ weeks, for a minimum of 12 classes per registration block. This includes 60 mins of exercise with 10-15 minutes of unstructured social time before exercise starts. Additional social time can also be added at the end of the video at the discretion of the organization.
- A maximum number of 10 participants is recommended to allow participants to get to know each other for the social benefit. If you anticipate that attendance will never be at 100%, you can register up to 12 participants to allow for some absences.
- When registering participants, it is your responsibility to screen them for eligibility. This is a self-reported questionnaire that can be administered over the phone, by email, or online.
- At registration, participants must also sign the mandatory TIME™ Participant Waiver and Release Form, in which the participant agrees that they have viewed the Safety Information and Set Up video, which you can share the link to when sending the Waiver Form.
- *TIME™ at Home* should be offered under a cost-recovery model. If you cannot afford to offer the program for free under your existing budget, you can offset the operational costs to participants. The cost of the program should not exceed \$3 per class, per person.

## 5. Facilitator (and volunteer) training

- Reach out to us at [TIME@uhn.ca](mailto:TIME@uhn.ca) to schedule your 90-minute facilitator/healthcare partner training. This is done online via MS Teams. We recommend that training occurs no more than 2 weeks prior to your program start date.

## What Community Partners and Facilitators are saying about TIME™

- It was great to be part of program that was so important to the participants. You just knew that this was something that they looked forward to every week and it was great to be there for them.
- The group dynamic encourages and motivates participants to stay active, as they are not alone.
- TIME™ is much more than an exercise class. The social connection of being with others who can relate to your situation, reduces isolation and important friendships form.
- Participants love the program so much that they often re-register for TIME™ session after session.

## Impact on Participants

Below are a few *TIME™ at Home* participant testimonials we'd like to share with you.

- I just wanted to express my gratitude for this program and to tell you how it is benefiting me. In June I had surgery which worsened my MS symptoms. The first and second TIME at Home class were extremely difficult for me but I practiced in between classes and the movements became easier. In the next class I noticed elements in the instruction that I have previously overlooked, like the prompts to breathe. I can feel that I am stronger now. Working through Zoom is excellent for me because it eliminates travel so I am confident that I can continue exercising and getting stronger.
- I wanted to tell you how grateful I am to have been a part of the virtual exercise classes. I love everything about the program. As soon as I turn on Zoom and we begin, I relax and calmly spend an hour focusing on the movements. I may be tired if it's scheduled at the end of a busy day but I always feel so much better. My walking, balance, strength and even mood have improved dramatically. Not only do I feel more confident but people have noticed these positive changes.
- The program is very well designed and I am happy to adopt it to be part of my weekly schedule. I know I don't always have to move fast and furious to be fit. A steady, calm movement series like we've been doing is a perfect fit. This has been such a huge bonus. Thank you so much!

If you have any questions about becoming a *TIME™ at Home* community partner, please reach out the TIME™ team at [TIME@uhn.ca](mailto:TIME@uhn.ca). We are here to support.

**Thank you for becoming part of the TIME™ community and making this possible!**