

**SMART (Seniors
Maintaining Active
Roles Together)®
Exercise and
Education Program**

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Barrie SMART Program Coordinator**



What is SMART?

- SMART (Seniors Maintaining Active Roles Together?) ® Education and Exercise Program
- Evidenced based & accredited by Accreditation Canada
- Fully funded by the NSM LHIN = no cost to the participant



Supported by / Avec le soutien de



Ontario

North Simcoe Muskoka Local
Health Integration Network

Réseau local d'intégration
des services de santé de
Simcoe Nord Muskoka

History of the SMART Program

- First class in 1994 in Middlesex Elgin in partnership with the CCAA
- April 2005 VON Canada received funding from the Ontario Trillium Foundation to implement in-home and group programs province wide
- 2008/2009 VON Simcoe County received funding from the NSM LHIN to start the in-home and group exercise program throughout the region

Cont'd

- 2013 VON Simcoe County received additional funding from the LHIN to expand exercise and education classes into retirement homes and additional community locations
- SMART is now in 6 provinces:
 - Alberta, Manitoba, Newfoundland, Nova Scotia, New Brunswick and Ontario

In-Home Program

- Intended for seniors 55+ who are unable to attend a group class in the community
- Goal is to improve strength and balance while reducing fall risk to help maintain independence
- Consists of 15 gentle, yet beneficial, exercises researched and designed by a partnership with VON, *Philips Lifeline* and SMARTRISK

Cont'd

- Fitness Instructor completes exercises with client once a week. In addition, client must be able to complete exercises at least 2 more times per week on their own.
- Sessions run for 12 weeks and then client is referred to classes if appropriate and/or encouraged to continue exercises on their own
- Waitlist – attend classes where possible

SMART community classes

- Intended for seniors 55+
- Classes are available in retirement homes and community locations
- Routines consist of evidence-based exercises to improve strength, balance and mobility
- Different levels of classes are available in some areas, and exercises within each class can be modified to accommodate individual needs

Cont'd

- Participants are encouraged to work at their own pace
- Apparatus is used for resistance exercises
- Music and fun
- Socialization to decrease isolation
- Classes run continuously through the year
- Classes last for approx. one hour

Specialized Classes

- Acquired Brain Injury – partnership with March of Dimes
- Stroke – partnership with Stroke Recovery Association
- Parkinson Disease – partnership with Parkinson Society
- Deaf Access – partnership with Simcoe Deaf Access

Staffing Model

- Each region is supported by a Program Coordinator and Kinesiologist through the VON and a Physiotherapist through the IRFP
- Fitness Instructors consist of both volunteers and paid employees
- All Fitness Instructors are trained to lead exercise classes with the senior population

How to Refer

Contact your nearest VON office

Muskoka – 705-787-1996

Midland/Penetang/Collingwood/

Wasaga Beach – 705-355-2200

Orillia – 705-326-7021

Barrie/Innisfil – 705-737-5044

ext.221

- **NEW Referral Form**
available at
the VON booth

Healthy Aging Education Classes

- Education is delivered in 2 hour sessions in a period of 12 weeks in both retirement home and community settings across the NSM LHIN
- 12 standardized education modules were developed and are delivered by the IRFP and the VON multidisciplinary team including: PT' s, OT, Pharmacist, RN' s and Kin.
- New agreement with Osteoporosis Canada for nursing staff to deliver full session on Osteoporosis

Topics that are covered include:

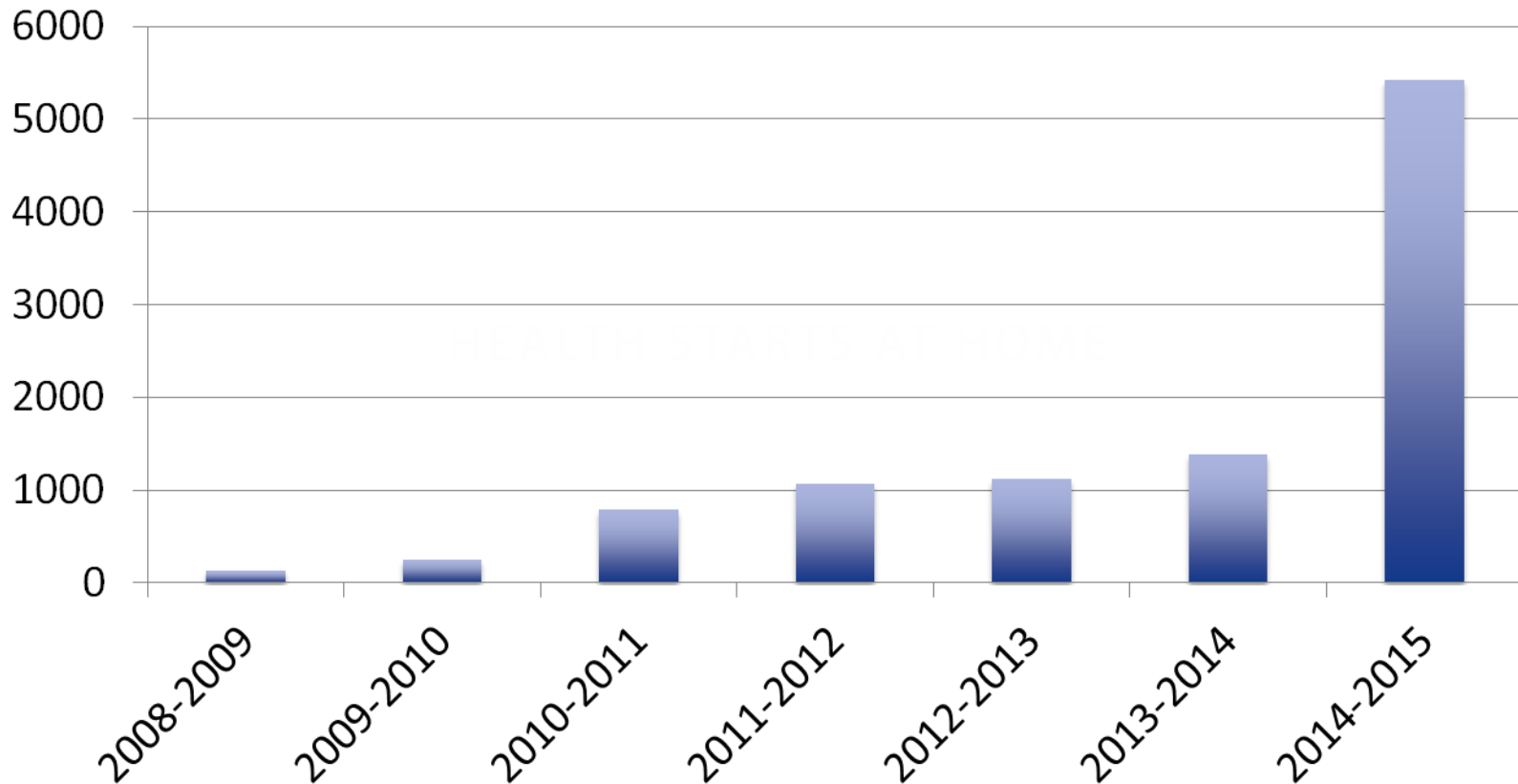
- Medication and Fall Prevention
- Home and Community Safety
- Exercise and Good Posture
- Footwear and Foot Care
- Bone Health
- Nutrition
- Brain Health
- Sleep
- Assistive Devices

Healthy Aging Education Classes

- No pre-registration is required, clients can drop in when they are available
- For more information on specific locations and times the SMART Program Coordinator in your area

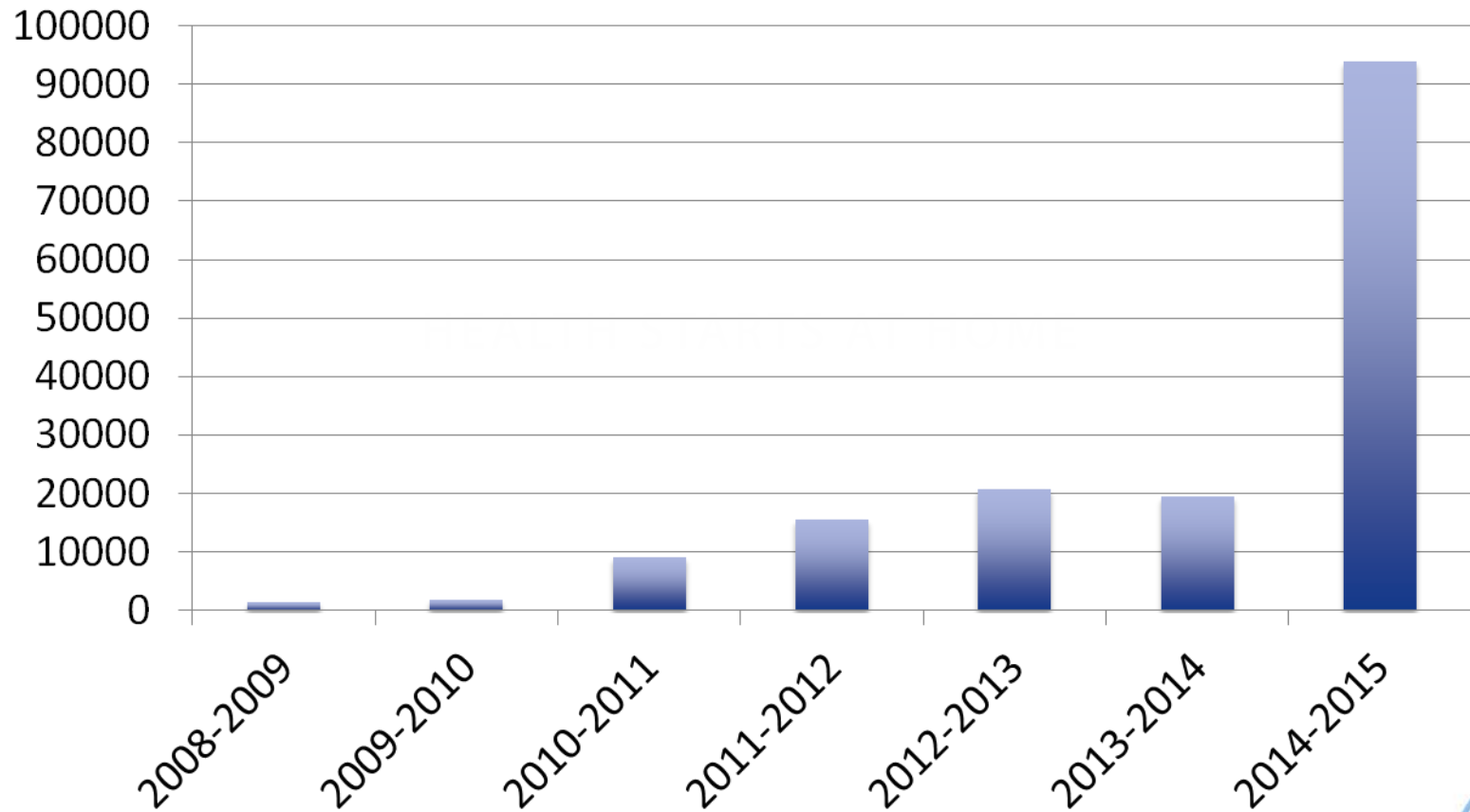
Historical Performance

of Clients



Historical Performance

of Units



2015-2016 Performance Targets:

- Unique Individuals Served = 6,585
(2014-2015 actuals = 5,418)
- Units of Service Provided = 80,000
(2014-2015 actuals = 93,816)

Current Classes in the NSM LHIN

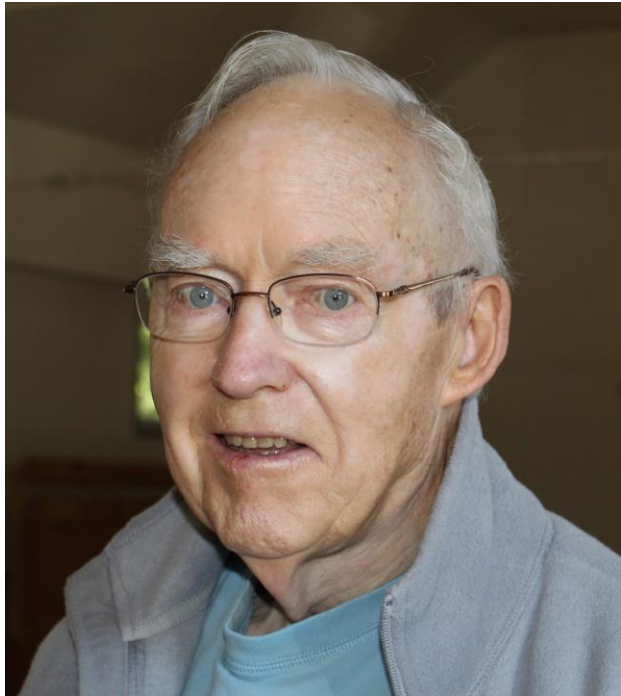
- Orillia – 59 classes per week at 26 different sites
- Midland/Penetang/Wasaga Beach/Collingwood - 79 Classes per week at 35 different sites
- Muskoka - 55 classes per week at 25 different sites
- Barrie/Innisfil – 100 classes per week at 39 different sites

- Total Classes = 293
- Total Sites= 125

Future State

- More specialized classes
 - Osteoporosis, MS, walking groups
- In-home expansion (eliminate the wait list)
- Research – Ethics approval has been received to evaluate SMART. It is funded by The Quebec Intervention Nursing Research Network through the University of McGill. Research is led by Dr. Ariella Lang RN, PhD Nurse Researcher.

Testimonials

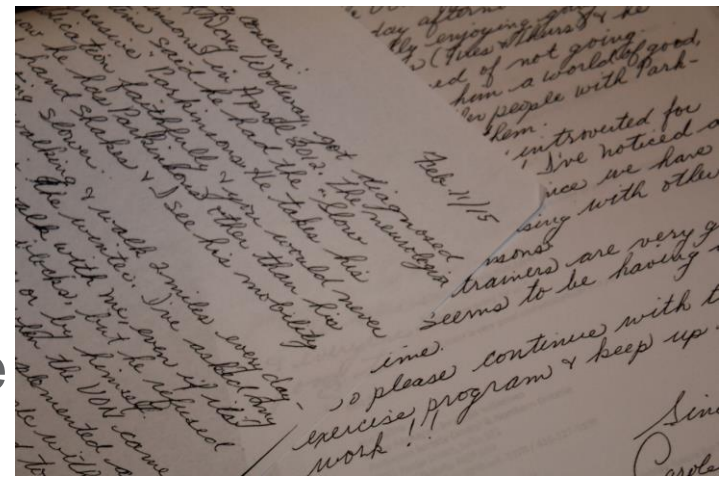


Ron Stone – age 85

“I look forward to going to the class to work on strengthening and stretching. It has helped me keep active. My biggest health issue is my balance and I feel that the classes have helped my balance. If I didn’t come to the classes I feel my balance would be getting worse. I feel my general fitness has improved now even more because I used to go only once a week and now I am going twice a week.”

Testimonials

“My husband was diagnosed with Parkinson Disease in 2012....I see his mobility is getting slower....he refused to walk with me.....VON came....implemented an exercise program for people with Parkinson’s....he came and enjoyed the exercises....I think it’s done him a world of good to get out among other people with Parkinson’s and talk with them. He was depressed and introverted for the longest time, but I’ve noticed a big change in him since we have started going and exercising with other people with Parkinson’s.” - Carole



Testimonials

- *“Very enjoyable, excellent leaders and good music to exercise to.”*
- *”I can reach my upper cupboards better”*
- *”Increased energy after class – feels good”*
- *“The exercises target balance, strength, stretching and agility needed by people with Parkinson’s”*
- *“It has improved my posture and balance.”*
- *“The class helps delay and prevent stiffness that I feel.”*
- *“I hope they keep the exercise class going for us.”*



Stretch Break

