

# Education and Partnerships: Keys to the Expansion of TIME

(Together in Movement and Exercise)

Alda Tee<sup>1</sup>

Jo-Anne Howe<sup>2,3</sup>

Karen Brunton<sup>2,3</sup>

Julie Matthews<sup>4</sup>

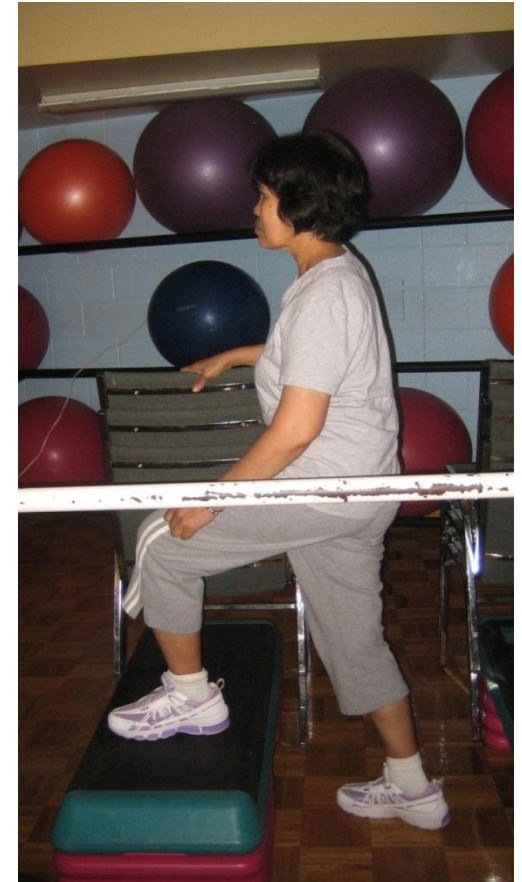
Nancy Salbach<sup>2,3</sup>

<sup>1</sup>Central East Stroke Network, Royal Victoria Regional Health Centre; <sup>2</sup>Toronto Rehab-UHN; <sup>3</sup>Dept of Physical Therapy, U of T; <sup>4</sup>Mackenzie Health, Southlake Regional Health Centre

GTA Rehab Network Best Practices Day, May 5 2014

# What is TIME?

- A community-based exercise program to promote access to exercise for adults with mobility and balance limitations
- A partnership between health care and community recreation centres, each contributing skill sets
- A task-related group exercise class



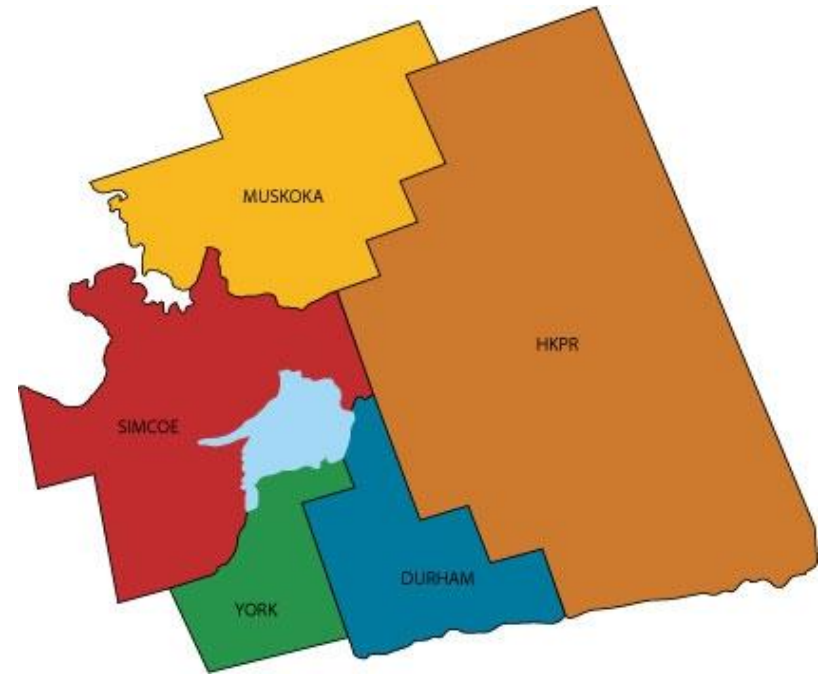
Source: TIME program

# The Toronto Experience

- In 2007, Toronto Rehab collaborated with two community centres of the City of Toronto Parks, Forestry and Recreation
- Pilot study results indicated:
  - program safety and feasibility
  - significant improvement in balance & walking capacity in people with stroke
    - Salbach et al. JPAH PMID: 23676952
- 2011 & 2012, TIME began to grow - 2 more centres added

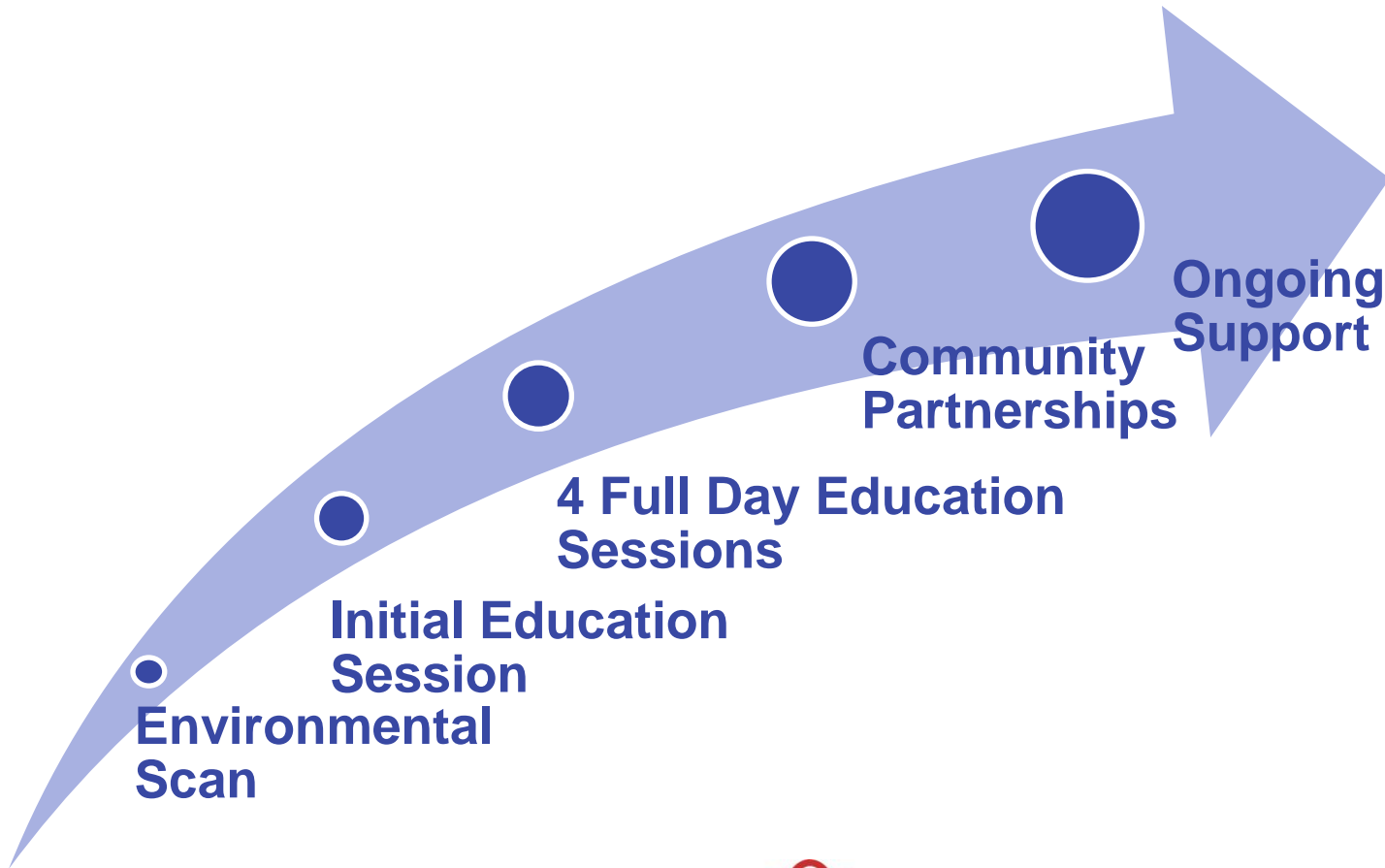
# The CESN Experience

- One of 11 regional stroke networks
- Diverse geography & resources
- Community Exercise Programs were an identified need



Central East Stroke Network

# The Path to Community Exercise



# Education Is Key

- 4 full day training sessions, 169 attendees:
  - fitness instructors, kinesiologists, recreation programmers, & facility managers
- Each session (6 hours):
  - Movement challenges: impairments & disabilities that participants experience
  - Keeping participants safe
  - Practising the TIME exercises
    - Adapted, functional and do-able for the participants

# Ongoing Support & Partnerships

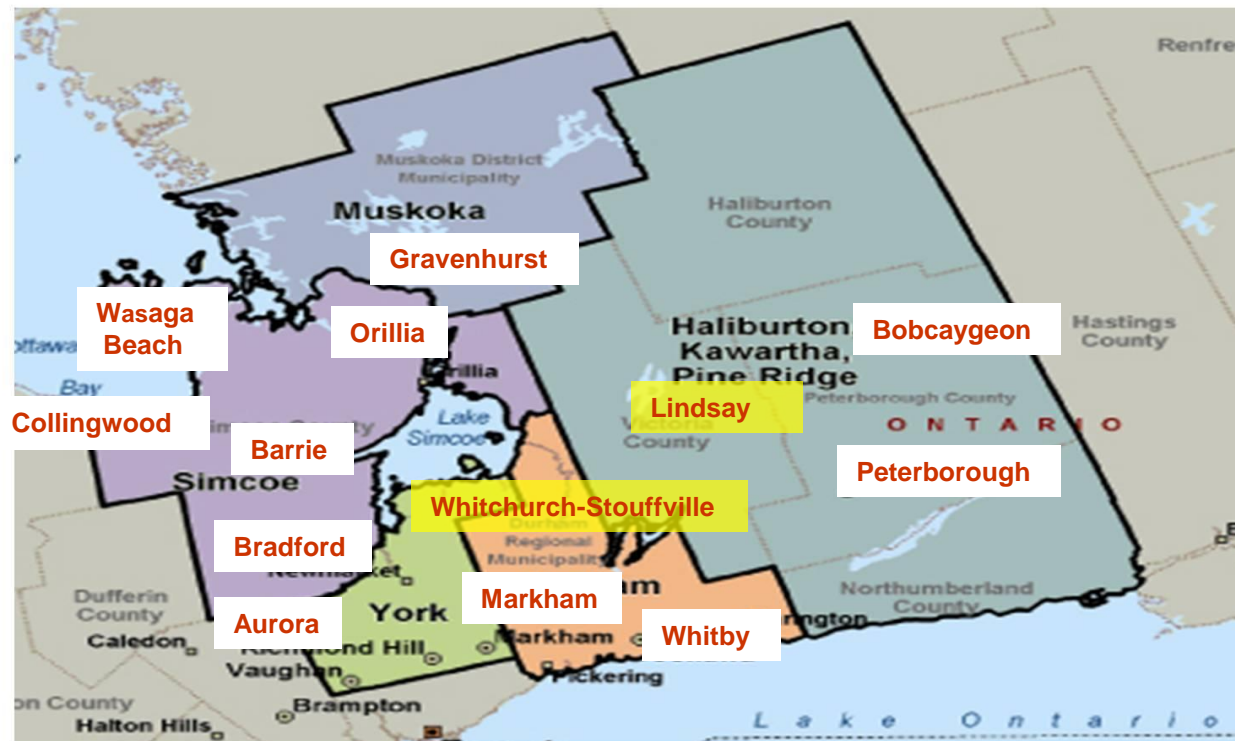
- Follow up with fitness facilities
- Regular visits to TIME programs
- Ongoing education sessions for TIME sites
- Continual relationship building



Source: Microsoft Clipart 2013

# CESN: Current TIME Programs

## Central East Stroke Network





# Feedback

- Fitness Instructors valued:
  - Information related to stroke impairments
  - Specific considerations
  - Opportunity to practice exercises
  - Learning from others
  - Ongoing support
- Caregiver of a TIME Program Participant:
  - “...the TIME program fits into his goals of increasing access to community facilities and programs, ...every little bit helps for people like him who face huge neurological and physical challenges.”



Source: istock photo

## Contact:

- Alda Tee: [teea@rvh.on.ca](mailto:teea@rvh.on.ca)
- Jo-Anne Howe: [Jo-Anne.Howe@uhn.ca](mailto:Jo-Anne.Howe@uhn.ca)
- Karen Brunton: [Karen.Brunton@uhn.ca](mailto:Karen.Brunton@uhn.ca)
- Julie Matthews: [Julie.Matthews@mackenziehealth.ca](mailto:Julie.Matthews@mackenziehealth.ca)
- Nancy Salbach: [nancy.salbach@utoronto.ca](mailto:nancy.salbach@utoronto.ca)