



TIME™

Together in Movement
and Exercise



What's next after discharge?

The role of rehabilitation professionals in increasing access to community-based exercise

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Purpose

- **Everyone needs to exercise!!!!**
- Exercise is perhaps even more critical for persons with disabling chronic conditions to mitigate risks for:
 - Decline in functional ability
 - Sedentary lifestyle
 - Reduced overall health and well-being
- Where to go for people with balance and mobility challenges?

The Initiative

- Physiotherapists from UHN-Toronto Rehab developed **TIME**TM (Together in Movement and Exercise)



- Unique healthcare - community partnership
- Evidence-based

Who is TIMETM for?

- For people with balance and mobility limitations resulting from any underlying chronic condition
- Most prevalent group is people with neurological conditions: stroke and multiple sclerosis (MS)
- Inclusion criterion: walk a minimum of 10 metres with/out a walking aid, unassisted



What does TIMETM class look like?



- Task-related exercise:
 - Functional everyday activities
 - Varying levels of difficulty within tasks
 - Group format
 - 1-hour circuit

Roles of the Rehab Professional

- **Advocate:**
 - Supporting healthy activity for discharged patients in the community
- **Collaborator:**
 - Reaching out and forming partnerships with local community centres
- **Educator:**
 - Train community fitness instructors to lead program effectively and safely
- **Mentor:**
 - Periodic visits to class at the community centre

Easily Replicated

- Use the comprehensive toolkit to enable replication of the TIMETM model

Howe J., Brunton K. (2015). Implementing at Community-Based Exercise Program for People with Balance and Mobility Challenges: A Step-By-Step Toolkit Second Edition. ISBN 978-0-9691780-7-1



- Refer to website

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

The TIMETM Program Is Expanding!

- Program has expanded to more than 40 sites across Canada, with 31 sites in Ontario
- Offered through community organizations such as the Y, Parks and Rec, ability centres etc.
- About 20 rehab professionals from healthcare facilities (usually PTs) and networks such as the Ontario Stroke Network support the program

Conclusion

- Provides an “exit point” out of health care and an “entry point” to the community
- Provides physical and psychosocial benefits through safe, effective group exercise for people with disabilities
- Development of TIMETM has created new unique roles for hospital-based rehab professionals to apply their skills in the community

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