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Seniors' Fitness Instructors Course (SFIC)

The SFIC was developed to address a need for training and information about appropriate physical activity programs for the community-dwelling, well older adult. The course consists of 36 hours of in-class training including class observation, practice teaching and guest speakers. Following the course 16-hours of field experience, a take-home assignment and a successful practical evaluation are required to become certified.

TRAINING OPPORTUNITIES

London, Ontario

Date: March 20-22 and 27-28

Contact: Anne Van Durmen

E: vandurmenyogauto@aol.com

P: 519.661.2500 x2486

Orangeville, Ontario

Date: March 21-22, April 4-5

Contact: Susan Haughton

E: seniors.advocate@sympatico.ca

P: 905.880.4217

Oshawa, Ontario

Date: April 17-19, May 2-3

Contact: Toni Johnston

E: dastones@rogers.com

P: 905.579.4135

For SFIC courses in Vancouver and Victoria BC, Calgary, AB and Windsor, ON contact Sarah Merkel at smerkel2@uwo.ca or 1.866.661.1603

Course Fee: \$250.00

Activity Guidelines for Care Facilities to be Launched

The Canadian Centre for Activity and Aging (CCAA) currently leads the Activity and Aging Community of Practice (CoP) facilitated by the Seniors Health Research Transfer Network (SHRTN) with funding from the Ministry of Health and LTC. Through this CoP, the CCAA along with its members and several other stakeholders have developed a set of practice guidelines for activity programming in care facilities.

These guidelines are designed to support outcome-based physical activity programming in care settings. The guidelines will ensure that appropriate activity programming is offered in care facilities for older adults of a variety of functional abilities. The new guidelines are based on the acronym A.C.T.I.V.E. and they outline specific requirements for:

- **A**ssessments
- **C**are Planning
- **T**eam Commitment
- **I**mplementation
- **V**erification of Approach
- **E**valuation of Outcomes

By following the guidelines, staff in care facilities will be better equipped to meet the needs of the resident by ensuring there is appropriate activity programming for a variety of functional abilities. Fostering potential plays a vital role in activity programming and this can be facilitated

by taking into account the performance of the individual, the environment, the design, the organization and follow through opportunities for the older adult.

The A.C.T.I.V.E. guidelines will be launched through a SHRTN CoP WEBINAR on February 25, 2009 and they will be available to the public after the launch. Please contact Clara Fitzgerald - CCAA, cfitzge4@uwo.ca or Terry Kirkpatrick - SHRTN, tekirkp@sympatico.ca to join the Activity and Aging CoP. More information about the A.C.T.I.V.E. guidelines, communities of practice and activity and aging can be found on www.uwo.ca/actage or www.shrtn.on.ca

Activity and Aging
A.C.T.I.V.E Practice Guidelines WEBINAR
February 25th, 2009
1:30pm – 3:30pm

To Register contact: Terry Kirkpatrick -
SHRTN, tekirkp@sympatico.ca

Functional Fitness for Adult Day Programs (FF-ADP)

The Functional Fitness for Adult Day Programs (FF-ADP) workshop is based on research conducted by the CCAA with frail, older adults and adult day centre staff. The goal of the exercises presented in the workshop is to improve the functional abilities of older adults in adult day programs and to promote their independence for activities of daily living. *Read about the real benefits of the FF-ADP on the next page.*

TRAINING OPPORTUNITIES

London, Ontario
Date: March 4
Contact: Leslie McAdam
E: lbrown59@uwo.ca
P: 519.661.1607
Course Fee: \$200.00

Post Rehab Exercise for Stroke (PRES)

On completion of this 6-hour workshop you will be able to offer a community-based, exercise program for stroke survivors. Learn assessment tools to measure specific, functional gains of stroke participants as well as a variety of exercises with progressions that are suitable for this population. In order to take this workshop, training in the CCAA's FFOA, RCET, FF-ADP or SFIC is highly recommended.

This program incorporates the Fitness and Mobility Exercise Program (FAME), a community-based, exercise program for people living with stroke.

TRAINING OPPORTUNITIES

London, Ontario
Date: May 27
Contact: Leslie McAdam
E: lbrown59@uwo.ca
P: 519.661.1607
Course Fee: \$200.00



What is the Restorative Care Education Training (RCET)?

This workshop covers walking, exercise, feeding/eating programs and optimal communication and social interaction between staff and long-term care facility residents. Upon completion of the RCET, you will be able to provide the residents in your facility with the best quality of life possible.

Individuals who want to promote the highest possible level of functioning for very frail older adults who require assistance with ADL's or mobility will benefit from this training.

The Philosophy

Restorative Care is a philosophy that should be supported by the entire organization. This training provides the tools and strategies required for the design and implementation of a "restorative philosophy of care" within any long-term care facility.

RCET Modules Include:

- Physical Activity and Aging
- Communication
- Positioning, Mobility and Transfers
- Safe and Effective Eating
- Assessment and Evaluation

Real Life: RCET

Restorative care is successfully being implemented in many long-term care facilities throughout Canada. The most beneficial programs for residents are those in which the entire staff promotes the philosophy of restorative care. In these instances the staff members come together from each of their respective departments to devise strategies to facilitate and encourage the physical potential of each individual resident in the program.

Facilities often have residents who participate in more than one restorative program at a time. Each individual program is tailored to a specific functional, physical goal identified by the resident and the restorative care team. These goals are as individualised as the residents themselves and may include anything from safe transfers in a variety of settings to an outing with family or friends.

Restorative programs at facilities across the country give hope to frail seniors and teach them that accomplishing goals and living life to its fullest is possible and preferable to a life of sedentary helplessness.

Do You Work With Frail Older Adults?

Why not learn to improve their quality of life and make your job easier too?

TRAINING OPPORTUNITIES

Cambridge, Ontario
Date: March 7-8, 26-27
Contact: Jolanta Rooyakkers
E: rcet@rogers.com
P: 519.895.2747

Oshawa, Ontario
Date: March 23-26
Contact: Leslie McAdam
E: lbrown59@uwo.ca
P: 519.661.1607

Parry Sound, Ontario
Date: April 8-9, 15-16
Contact: Chelsie Free
E: cfree2@uwo.ca
P: 519.661.2059

Kirkland Lake, Ontario
Date: May 5-8
Contact: Leslie McAdam
E: lbrown59@uwo.ca
P: 519.661.1607

Barrie, Ontario
Date: May 14-15, 21-22
Contact: Chelsie Free
E: cfree2@uwo.ca
P: 519.661.2059

CCAA London, Ontario
Date: June 2-3, 16-17
Contact: Leslie McAdam
E: lbrown59@uwo.ca
P: 519.661.1607

RCET Course Fee: \$450

Functional Fitness for Older Adults (FFOA)

The goal of the exercises presented in the FFOA is to improve the functional abilities of older adults and to promote their independence for activities of daily living. The exercises presented in this workshop apply to those leading programs in long-term care and residential homes through optimal communication and social interaction between staff and residents.

TRAINING OPPORTUNITIES

Hamilton, Ontario

Date: February 4-5

Contact: Leslie McAdam

E: lbrown59@uwo.ca

P: 519.661.1607

Oshawa, Ontario

Date: March 23-24

Contact: Leslie McAdam

E: lbrown59@uwo.ca

P: 519.661.1607

Parry Sound, Ontario

Date: April 8-9

Contact: Chelsie Free

E: cfree2@uwo.ca

P: 519.661.2059

Kirkland Lake, Ontario

Date: May 5-6

Contact: Leslie McAdam

E: lbrown59@uwo.ca

P: 519.661.1607

Barrie, Ontario

Date: May 14-15

Contact: Chelsie Free

E: cfree2@uwo.ca

P: 519.661.2059

CCAA London, Ontario

Date: June 2-3

Contact: Leslie McAdam

E: lbrown59@uwo.ca

P: 519.661.1607

FFOA Course Fee: \$250.00



CCAA Receives Funding to Help Support Conference

Mark your calendars!

July 17 and 18 the CCAA will host the first **Research to Action: Activity and Aging Continuing Education Conference for CCAA trained individuals and other stakeholders** involved in physical activity for the older adult population. This two-day conference at the University of Western Ontario in London, Ontario is partially supported by funding from the Canadian Institutes of Health Research (CIHR).

Here's what to expect:

Friday, July 17 – Get Inspired!
– You will hear an inspirational keynote address from a leading personality in physical activity in Canada. You will also learn about the latest advances in the field

from top researchers and those working at the forefront in the field of physical activity and aging. Other highlights of day 1 include marketing and communication workshops from professionals in the industry so you can learn to work with the media and start increasing enrolment in your exercise classes and leadership training courses.

Saturday, July 18 – Get Ready to Work! – Today you put the research to action! First you get to choose one of three active workshops, then cap off your day and conference experience with your choice of a high or a low functioning senior fitness class lead by one of the CCAA's top senior fitness instructors.

Register!

The early bird registration fee (sign up before April 30) is \$150 for two days and \$100 for one day. Sign up early so you are not disappointed.

Accommodations

A block of rooms have been reserved on campus at UWO. The special conference rate is just \$45/night and includes a free hot breakfast!

For more information check our website www.uwo.ca/actage



Real Life: No Excuse!

Recently, a Canadian Centre for Activity and Aging community fitness class participant, who also attends an adult day program twice a week, inquired about the training that the day program staff had received from the CCAA. The staff members had participated in the Functional Fitness for Adult Day Programs training and put what they learned at the course into action immediately.

The CCAA participant stated "I know that the program is now more difficult but there is no excuse for my friends at the adult day program not to try to stand up during the fitness class."

This participant is now benefiting from the community exercise classes and the new and improved adult day program exercise classes for a total of 5 days of physical activity a week! Way to go!

To learn more about the Functional Fitness for Adult Day Programs and how day program participants can benefit from a regular outcome-based physical activity class contact Leslie McAdam at lbrown59@uwo.ca or Chelsie Free at cfree2@uwo.ca or call 1.866.661.1603.



Want to Become a CCAA Facilitator?

If you are a motivated individual with experience working with older adults, you could become a Get Fit for Active Living (GFAL) or Home Support Exercise Program (HSEP) Facilitator.

As a CCAA Facilitator, you represent the CCAA while teaching the GFAL and HSEP to individuals in your community.

HOST A COURSE

Don't see a course in your area? Learn about the benefits of hosting a course at your facility, no matter where you live in Canada!

Contact:
Leslie Brown
lbrown59@uwo.ca
519.661.1607 or

Chelsie Free
cfree2@uwo.ca
519.661.1609

Facilitator Training Workshops

Get Fit for Active Living (GFAL-F)

The Get Fit for Active Living is an 8-week exercise and education program for sedentary older adults. As a GFAL Facilitator you will help community-dwelling, older adults get started on a regular exercise program. You will educate your participants about the importance of leading a healthy, active lifestyle so that they can maintain their functional mobility and independence. Pre-requisite: SFIC.

The next Get Fit for Active Living Facilitator training will take place on April 17 from 9:00 am to 4:00 pm at the CCAA in London, Ontario. The course fee is \$300.00. Contact Leslie McAdam at lbrown59@uwo.ca or 519.661.1607 for more information or to register.

Home Support Exercise Program (HSEP-F)

The Home Support Exercise Program is a series of ten simple, yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and ultimately the independence of home-bound older adults. As a HSEP Facilitator you can teach the HSEP to those working on the frontlines with home-bound, older adults.

The next Home Support Exercise Program Facilitator training will take place on March 10 from 9:00 am to 4:00 pm at the Canadian Centre for Activity and Aging in London, Ontario. The course fee is \$300.00. This fee includes two manuals, a DVD, a facilitator CD and permission to copy the HSEP picture package which is available in thirteen different languages. Contact Leslie McAdam at lbrown59@uwo.ca or 519-661-1607 for more information or to register.

About the Canadian Centre for Activity and Aging

"In 1998 I had a serious fall. I am now 78, and at that time I was concerned that the damage done by the fall would result in my inability to function in my own home without support. I contacted the Canadian Centre for Activity and Aging about their exercise programs. I am now fitter than I was before the fall. That fall was the best thing that ever happened to me, as I am now committed to exercise for life. I only wish I had started exercising 15 years sooner!" - CCAA Participant

The Canadian Centre for Activity and Aging (CCAA) is a national education and research organization with the mission to develop, encourage, and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process. Our mandate is: to investigate the interrelationship of physical activity and aging, to develop strategies based on research, to promote the independence of older adults. The CCAA is a research centre within the Faculty of Health Sciences at The University of Western Ontario.



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London, Ontario N6G 2M3
Toll-free phone: 1.866.661.1603
On the web: www.uwo.ca/actage

