

APPENDIX

Profiles of Community-Based Exercise Programs for Persons with Disabilities



Accompanying Toolkit:
**"Strategies for Fostering
Quality Participation Among
Persons with Disabilities in
Community-Based Exercise
Programs"**



Canadian Disability Participation Project
Le projet canadien sur la participation sociale
des personnes en situation de handicap

TABLE OF CONTENTS

OVERVIEW	3
Canucks Autism Network	4
ICAN CERD	8
Harmony In Action	14
Level Up Fitness Academy	16
LiveWell Programs at YMCA: Neuro Fit	19
MacWheelers	25
Power Cord	31
Revved Up	38
TIME at Abilities Centre	45
Walk It Off Recovery	50

OVERVIEW

The Appendix for the “Strategies for Fostering Quality Participation Among Persons with Disabilities in Community-Based Exercise Programs” Tool contains comprehensive profiles of the community-based exercise programs that contributed to the strategies and examples provided in the tool. For each program, there are 5 main sections: (1) quick facts; (2) community partnerships; (3) staff structure; (4) development and history, and (5) core practices.

The program information in the Appendix was initially collected as part of a research study that explored how quality participation is fostered by community-based exercise program providers (Man et al., 2017). The representatives of each program were asked to complete a preliminary survey to provide brief descriptions of their respective program. Representatives from each program subsequently nominated up to two individuals (i.e., the program director, the program manager, etc.) to participate in a semi-structured interview. Interviews were guided by an evidence-based implementation research framework and were conducted to further shed light on how each community-based physical activity program operated.

The information provided in the program profiles was accurate prior to the COVID-19 pandemic. The contact information for each program has since been updated.



Canucks Autism Network

British Columbia

A. Mission

To provide year-round sports and recreation programs for individuals and families living with autism, while increasing awareness and providing training in communities across British Columbia.

B. Quick Facts

Location: British Columbia

Sites:

1. Lower Mainland and Fraser Valley
2. Vancouver Island
 - a. Victoria, Nanaimo, Duncan and the Cowichan Valley
3. Northern British Columbia
 - a. Fort St. John, Dawson Creek, Tumbler Ridge, Burns Lake, Smithers and Prince Rupert
4. Interior British Columbia
 - a. Kamloops and Kelowna

Launch Year: 2007

C. Contact Information and Social Media

Phone: 604-685-4049

Website: <https://www.canucksautism.ca>

Facebook: <https://www.facebook.com/CanucksAutismNetwork/>

Twitter: <https://twitter.com/canucksautism>

Instagram: <https://www.instagram.com/canucksautism/>

YouTube: <https://www.youtube.com/user/CanucksAutism>

D. Community Partnerships

Partner	Description	Role
Provincial Sports Organizations (Lacrosse, Tennis, Curling, Golf, Canoe/Kayak etc.)	Sport Organization	Training, Try It Days, Programs
Recreation Centres	Community Group	Program and Training
ViaSport	Sport Organization	Resource Development and Training

D. Community Partnerships (Cont'd)

Partner	Description	Role
Coaching Association of Canada	Community Organization	Resource Development and Training
Sport for Life	Community Group	Resource Development and Training
Special Olympics	Community Group	Resource Development
Canadian Adaptive Snow Sports	Community Group	Resource Development
Red Cross	Charitable Organization	Programs
Pacific Institute for Sports Excellence (PISE)	Fitness Centre	Programs and Training
Regional Hubs (Pacific Sport)	Sport Organization	Programs and Training

E. Staff Structure

VP Programs, Training & Community Engagement (PhD, BCBA)	<ul style="list-style-type: none"> Provides strategic direction of programs, training, and community engagement
Manager of Programs	<ul style="list-style-type: none"> Oversees programs, regional coordinators, and program coordinators. Leads program partnerships, staff satisfaction, and processes
Manager of Training (MA, BCBA)	<ul style="list-style-type: none"> Coordinates training and oversees training programs
Regional Coordinator (4)	<ul style="list-style-type: none"> Oversees programs in regional markets (Kelowna, Kamloops, Nanaimo, Victoria)
Program Coordinator (3)	<ul style="list-style-type: none"> Books facilities, develops curriculum/partners, and promotes the program
Support Team (15-20)	<ul style="list-style-type: none"> Provides liaison between the facility parents or guardians, mentors staff, develops individualized behaviour support plan where required, and undertakes sessional reporting/transfer of knowledge to program coordinators

E. Staff Structure (Cont'd)

Part-Time Program Staff --Support Workers (350)	<ul style="list-style-type: none"> Provides support to participants, implements behaviour support plans (when applicable), collaborates on development of behaviour support plans, and encourages social interaction
Volunteers (200+)	<ul style="list-style-type: none"> Support program

F. Core Practices

Program Component	Current Practices
Participants	
Population Served	Autism Spectrum Disorder
Participants Per Session	10
Staff-to-Participant Ratio	1:1
Cost Structure	
Membership/Program Fee	<p>Cost depends on the program, but there is a \$25 fee for the program membership.</p> <p>Programs supported by robust funding through events, sponsorship, donor relations, and assistance from Canucks for Kids Fund.</p> <p>Some programs are free or highly subsidized (cost ranges from free to \$65 for 6 to 8 weeks). Fee assistance and bursaries are available.</p>
Program Scheduling	
Schedule	Programming occurs after school, and on evenings and weekends in the various communities. Program sessions run in the fall, winter, spring, and as summer camps. This works well for staff who work at schools and for families who are able to bring their kids after school and on weekends.

F. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Program Focus	<p>For children, the focus is offering 'first involvement,' awareness, active start and FUNdamentals experiences with the goal to bridge participants into community-based sports and recreation. For youth and young adults, the focus is 'Active and Fit for Life.'</p> <p>Includes: Skating, Basic Swimming, Physical Literacy, Multi-sport Programs, Biking, Fitness Programs and more.</p>
Volunteers	
Volunteer Eligibility and Training	<p>In-Person Training</p> <p>All new recruits are trained by staff and volunteers onsite</p> <ul style="list-style-type: none"> • Offered by location • Onsite program mentorship • Hosted by senior staff • Focus on autism and strategies to support participants • Coaches/activity leaders require activity-specific qualification/experience • Criminal reference checks – vulnerable sector

ICAN CERD

Sudbury, Ontario

A. Mission

To help persons with physical disabilities live independently and inclusively in the community through individualized support and rehabilitation services. The program uses a multi-disciplinary team approach to create a safe, high quality physical activity experience. The fundamental goal is to maintain or improve clients' physical functioning and help them transition to live independently in the community.

B. Quick Facts

Location: Sudbury, Ontario

Site: Independence Centre and Network (ICAN)

Launch Year: 1984

Key Stakeholders in Initiation:

- The Committee of the Local Parent Association for Cerebral Palsy and Other Physical Disabilities

C. Contact Information and Social Media

Phone: (705) 673-0655

Website: <http://www.ican-cerd.com/index.php>

Facebook: <https://www.facebook.com/ICAN.CERD/>

Email: info@ican-cerd.com

D. Community Partnerships

Partner	Description	Role
Heart and Stroke Foundation	Community Group	Source of information about stroke, heart disease, surgeries and treatments, and works alongside ICAN to provide advisement services
University Health Network and Toronto Rehab	Community healthcare provider	Leading rehabilitation sciences centre, which aims to help people overcome injuries and recover from illness and age-related health conditions to live independently, and works alongside ICAN to provide advisement services

D. Community Partnerships (Cont'd)

Partner	Description	Role
Health Sciences North	Community healthcare provider	Network of integrated facilities and programs that work to provide high quality patient care, research, programs, and services in the areas of cardiac care, oncology, nephrology, trauma, and rehabilitation
North East Local Health Integration Network	Community healthcare provider	Connects individuals with necessary health care at home and in the community, and they communicate with ICAN to ensure that the services that are offered are meeting the needs of the community
Lifemark Physiotherapy Services	Community healthcare provider	Physiotherapists from Lifemark Physiotherapy Services are hired through contracts to work at ICAN

E. Staff Structure

Manager of Client Services (1)	<ul style="list-style-type: none"> • Oversees the Physical Activity Program (PAP) at ICAN • Administrative tasks
Scheduling Supervisor (1) (MA)	<ul style="list-style-type: none"> • Develops the schedule for the Physiotherapists (PTs), Occupational therapists (OTs), rehabilitation support workers, and independent living assistants • Administrative tasks
Independence Training Centre Supervisor (1)	<ul style="list-style-type: none"> • Monitors participant progress • Conducts community presentations about the program • Administrative tasks
Physiotherapist (1) MSc PT (1)	<ul style="list-style-type: none"> • Develops exercise routine for participants • Monitors participant progress

E. Staff Structure (Cont'd)

Occupational Therapist MSc OT (1)	<ul style="list-style-type: none"> • Develops range of motion routine for participant • Monitors participant progress
Rehabilitation Support Workers Diploma in Health Services (7)	<ul style="list-style-type: none"> • Reviews caseloads of participants in the program • Facilitates the PAP of individual participants • Follow the instructions from the PT and OT routines • Equipment set-up and take-down
Independent Living Assistant Diploma in Health Services (60)	<ul style="list-style-type: none"> • Facilitates the PAP of individual participants • Follows instructions of the PT and OT routines • Equipment set-up and take-down
Volunteers	<ul style="list-style-type: none"> • Facilitate educational sessions for participants on the benefits of exercise

F. Development and History

1. Identification of community need for a housing and training resource for individuals with cerebral palsy
2. Formation of the Committee of the Local Parent Association for Cerebral Palsy and Other Physical Disabilities
3. Development of ICAN as a housing program for individuals with cerebral palsy and other physical disabilities
4. Addition of the Physical Activities Program to the ICAN
5. Acquisition of community physiotherapists and occupational therapists to facilitate the Physical Activity Program
6. Receipt of seed grants to fund the evolution of ICAN into a multi-disciplinary care centre
7. Addition of an outpatient program for the Physical Activity Program

G. Core Practices

Program Component	Current Practices
Participants	
Population Served	Spinal cord injury, stroke, multiple sclerosis, cerebral palsy, and/or limited mobility participate in the Physical Activities Program
Inclusion Criteria	Participants must have a mobility impairment
Staff-to-Participant Ratio	1:1
Total number of program participants	Fluctuates consistently
Cost Structure	
Membership/Program Fee	The community-members who get referred to ICAN do not have to pay fees to participate in the Physical Activities Program
Program Scheduling	
Program Duration	Weekly sessions run until the initial contract is up, where a reassessment dictates if the participant will transition to a new program
Session Times	2 sessions between Monday to Friday 9:15 AM – 5:00 pm <ul style="list-style-type: none"> Weekly sessions run until the initial contract is up, at which point a reassessment dictates if the participant will transition to a new program, or will remain in the PAP
Locations	Independence Centre and Network
Typical Program Structure	
Program Focus	The physiotherapists and occupational therapists perform assessments on the abilities of the client, and identify the exercises that are needed to improve mobility and function
Individual/Group Session	one-on-one

G. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Typical Exercises Available	<p>Passive and active range of motion</p> <ul style="list-style-type: none"> • After a client’s agreement finishes, they may transition to TIME, FAME, or aqua fitness • Equipment includes: weight bars, stands, Ergostand sit to stand lift, bungee mobility trainer, parallel bars, easy turn disc, wheeled weight stands, pulleys, treadmill, Wynne 1:3R, Schwinn Windjammer, Midland standing table, elevating portable plinth, Nu-step, arm and leg ergometer, ceiling mounted screen slings and pulleys, Ex Flex, easy cycle
Volunteers	
Volunteer Roles	The roles that could be fulfilled by community volunteers are completed by paid rehab support workers
Education Component	
Formal Participant Education	“Life Skills” training is offered by the Rehabilitation support workers, which helps clients identify what potential challenges they may encounter, and provides types of activities that would improve their skill level
Informal Participant Education	Rehabilitation support workers also facilitate educational sessions where they explain the value and benefits of regular exercise to clients
Recruitment	
Recruitment Sources	<p>ICAN also works closely with surrounding colleges and attends their health fairs, at which the Independence Training Centre can be promoted</p> <ul style="list-style-type: none"> • No formal advertisement campaign for the program
Referral Sources	Increased enrolment of new clients to the Independence Training Centre is largely due to word of mouth and referrals from Health Sciences North
Enrolment Process	Referrals to the Physical Activities Program can come from a number of places, including the NorthEast Local Health Integration Network, Health Sciences North, and community doctors

H. Future Directions

- To ensure that all staff receive training by physiotherapists in order to make certain they have the basics in providing individuals with support in doing their exercises
- To reduce the waiting list to participate in the physical activities program at ICAN

Harmony In Action

Windsor, Ontario

A. Mission

To enrich the lives of adults with developmental and/or physical disabilities by providing opportunities to succeed, through positive social inclusion, individual choice, independence, and rights. Our values are the core beliefs and convictions of the organization, guiding all activities, behaviour, relationships and decisions. The fundamental values of Harmony in Action are accountability, partnership, voluntarism, creativity, integrity, excellence, and diversity.

B. Quick Facts

Location: Windsor, Ontario

Site: Harmony in Action

Launch Year: 2017

C. Contact Information and Social Media

Phone: (519) 252-1207

Website: <http://harmonyinaction.com>

Facebook: <https://www.facebook.com/Harmony-In-Action-237047699651250/>

Email: executivedirector@harmonyinaction.com

D. Community Partnerships

No community partnerships.

E. Staff Structure

Child and Youth Workers & Personal Support Workers (8)	<ul style="list-style-type: none">• Support participants in completing their workout programs
Kinesiologist	<ul style="list-style-type: none">• Assesses participants and creates customized programs• Oversees programming twice a week

F. Core Practices

Program Component	Current Practices
Participants	
Population Served	Participants must be 21 years of age or older and have a developmental and/or physical disability
Participants Per Session	10
Staff-to-Participant Ratio	1:4
Cost Structure	
Membership/Program Fee	<p>Participants pay a user fee</p> <ul style="list-style-type: none"> • Base funding by Ministry of Community and Social Services • Fundraising and donations required to ensure the operations of the agency
Program Scheduling	
Schedule	Day program runs 8am-3pm Monday to Friday, and the after-hours program runs 3pm-6pm.
Typical Program Structure	
Program Focus	<p>Gaining strength on different types of mobility</p> <ul style="list-style-type: none"> • Participants who are new to Harmony in Action meet with a Kinesiologist to discuss an appropriate exercise plan • Kinesiologist works twice a week – hoping to receive additional funding to increase services • Additional educational component to teach participants about diet and the effects of exercise
Individual/Group Session	Group-based
Typical Exercise Available	<ul style="list-style-type: none"> • Specialized exercise equipment • Newly constructed outdoor exercise facility allows for specialized activities for adults with disabilities

G. Future Directions

- To increase the amount of physical activity provided to participants through increased funding

Level Up Fitness Academy

Toronto, Ontario

A. Mission

Building healthier bodies, minds, and lives by bringing fitness to adults and youth with special needs.

B. Quick Facts

Location: Toronto, Ontario

Site: Level Up Fitness Academy

Launch Year: 2015

C. Contact Information and Social Media

Website: <https://levelupfitness.ca/>

Phone: (416) 648-0136

Email: info@levelupfitness.ca

Twitter: @levelup_spc_fit

D. Community Partnerships

No community partnerships.

E. Staff Structure

Director	<ul style="list-style-type: none">Oversees the operations of the facility
Trainer (2+1 in training)	<ul style="list-style-type: none">Delivers 1:1 and small session programming for participants

F. Core Practices

Program Component	Current Practices
Participants	
Population Served	Autism spectrum disorder, Down syndrome, brain injury, Pervasive developmental disorder <ul style="list-style-type: none">Striking the right balance of participants near the same function levels can be difficult but it is typically easy to modify training and lessons with regressions and progressions

F. Core Practices (Cont'd)

Program Component	Current Practices
Participants (cont'd)	
Participants Per Session	Private session: 1-3 Small session: 5-8
Staff-to-Participant Ratio	Private session: 1:3 Small session: 2-3:5-8
Cost Structure	
Membership/Program Fee	<p>Private session: Clients purchase a number of sessions and pricing is based on volume</p> <p>Small session: In partnership with Kerry's Autism Services as part of their ABA[KM1] [AS2] services, small sessions are free of charge to the client. Funded by the ministry of Children and Youth Services</p> <p>Additional Notes</p> <ul style="list-style-type: none"> • Clients may receive reimbursements from either Passport Funding (Ministry of Community and Social Services) or Special Services at Home (Ministry of Children and Youth Services)
Program Scheduling	
Schedule	Private session: Standing weekly appointments Small session: Runs weekly during after school hours or on weekends for 8-10 weeks
Typical Program Structure	
Program Focus	<p>Strength, weight loss, balance, mobility</p> <p>Additional Notes</p> <p>Programs are developed based on client's goals and needs</p> <ul style="list-style-type: none"> • Small sessions have a curriculum which covers a new aspect of exercise and physical activity each week (ranges from bodyweight exercise to stretching to resistance training) • Small session features a simple nutrition lesson each week
Typical Exercises Available	<ul style="list-style-type: none"> • Strength Training (Weights) • Functional Training (Sled pulls, sandbag carry)

F. Future Directions

- Small session: To have a more formal follow up process where the impact of our group on the lives of the participants can be measured (i.e. what effect was there post-group, how intense was it, how transient was it).

LiveWell Programs at YMCA: Neuro Fit

Kitchener and Cambridge, Ontario

A. Mission

To provide a customized exercise program in a supportive environment for individuals who have neurological conditions such as Multiple Sclerosis, Parkinson's Disease, stroke, spinal cord injury, and/or limited mobility. The community-based programming and support provided at YMCAs will increase access to physical activity for potential participants, as well as strengthen the continuum of care from the health care setting to the community. The program works to aid in the maintenance or improvement of functional abilities and/or fitness levels while providing support from professional staff, volunteers and peers experiencing similar challenges. A secondary objective of Neuro Fit is to promote the long-term benefits of the program, such as the independence of participants and social connections between them.

B. Quick Facts

Location: Kitchener, Ontario & Cambridge, Ontario

Site: A.R. Kaufman Family YMCA & Chaplin Family YMCA

Launch Year: 2013

Key Stakeholders in Initiation

- A.R.K. Family YMCA Wellness Programs leadership team
- Grand River Hospital
- Centre for Family Medicine

C. Contact Information and Social Media

Phone:

- **A.R. Kaufman Family YMCA** - 519-743-5201 x 2113
- **Chaplin Family YMCA** - (519) 623-9622 x 2214

Website: <https://www.ymcathreerivers.ca/health-management>

Email:

- **A.R. Kaufman Family YMCA** - wellness@ckw.ymca.ca
- **Chaplin Family YMCA** - katelyn.corke@ytr.ymca

D. Community Partnerships

Partner	Description	Role
Grand River Hospital	Local hospital	Physiotherapists approached the YMCA with the concept of developing a community-based physical activity program for individuals with stroke
Centre for Family Medicine	Family Health Team (family physicians, inter-disciplinary healthcare providers, support staff)	Physiotherapist from the Centre for Family Medicine led training for staff members and volunteers who were involved in the pilot program Representative is a member of the advisory board
Multiple Sclerosis Society of Canada (Grand River Chapter)	Community Group	Representative is a member of the advisory board
Stroke Recovery Association	Community Group	Representative is a member of the advisory board
Spinal Cord Injury Ontario	Community Group	Representative is a member of the advisory board
Parkinson's Society Southwestern Ontario	Community Group	Representative is a member of the advisory board
Care Partners	Community Group	Representative is a member of the advisory board
Program Graduates	Community Group	Representative is a member of the advisory board
March of Dimes	Community Group	Representative is a member of the advisory board
University of Waterloo	University	Representative is a member of the advisory board

E. Staff Structure

Wellness Director (1)	<ul style="list-style-type: none"> • Manages and evaluates the program • Organizes community partnerships • Completes grant applications and searches for additional funding sources
Program Supervisor R. Kin (1)	<ul style="list-style-type: none"> • Screens potential participants and completes the initial fitness assessment • Develops exercise routine for participants • Monitors participant progress • Performs administrative tasks • Trains program instructors and volunteers
Program Instructors	<ul style="list-style-type: none"> • Screens participants and completes pre/post assessments • Develops exercise routines for participants • Monitors participant progress • Conducts community presentations about the program
Program Volunteers	<ul style="list-style-type: none"> • Deliver the exercise program in conjunction with program supervisor
General Volunteers	<ul style="list-style-type: none"> • Help support the delivery of the program • Assist participants with their exercise routine

F. Development and History

1. Identification of community need for Neuro Fit
2. Partnership with Grand River Hospital and the YMCA
3. Development of a 12-member advisory board to plan Neuro Fit
4. Observation of existing programs (Revved Up (see page 38), MacWheelers (see page 25))
5. Needs assessment of the surrounding community completed
6. Pilot program commences at the A.R.K. Family YMCA

G. Core Practices

Program Component	Current Practices
Participants	
Population Served	Stroke, spinal cord injury, Parkinson's disease, Multiple Sclerosis, and/or limited mobility
Inclusion Criteria	Individual must be able to ambulate 10 meters with or without a gait aid
Participants Per Session	8 – 12 participants at each session
Staff-to-Participant Ratio	1:4
Total number of program participants	12
Cost Structure	
Membership/Program Fee	Program is free for YMCA members <ul style="list-style-type: none"> Subsidized program fee available
Alternative Payment Options	Membership assistance available
Community Support/Funding	
External Grants	<p>Recipient of seed grants from Green Shields Community Giving Program, United Way, the Kitchener Waterloo Community Foundation, and the Ontario Trillium Foundation</p> <p>Government of Ontario Senior Community Grant</p> <p>The cost to run Neuro Fit exceeds the income that is brought in through the program's membership fees</p>
Schedule	
Program Duration	8 weeks <ul style="list-style-type: none"> The membership fees cover 3 sessions each week, on Monday, Wednesday, and Friday
Session Times	2 sessions per week in fitness studio, 1 session mid-week social and gym session
Locations	A.R.K. Family YMCA & Chaplin Family YMCA

G. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Program Focus	Neuro Fit focuses specifically on strength, balance, and mobility through a circuit based program
Individual/Group Session	<ul style="list-style-type: none"> • A group warm up occurs to target general range of motion and coordination for 15 minutes. Small groups of 4 rotate to each station The instructor leads ~15min of: <ol style="list-style-type: none"> 1. Balance 2. Strength 3. Mobility • Individualized workout session • A group cool down for 10 minutes concludes the session
Volunteer	
Volunteer Backgrounds	University students in Health, Kinesiology or Physical Health Education programs, physiotherapists, health professionals, general public interested in providing help
Volunteer Eligibility and Training	<p>A standardized volunteer training program is offered by the YMCA for their collection of wellness programs and is delivered to the volunteers by the program supervisor. Training includes information on a wide range of neurological conditions, typical exercises, program policy, and general professional conduct; a follow up quiz assesses the volunteer's understanding of the content</p> <ul style="list-style-type: none"> • Onsite training session includes a review of emergency procedures and set up and take down, and a tour of the facility • Ongoing training is delivered to volunteers by program supervisor
Volunteer Roles	Volunteer roles include, but are not limited to, being present during warm up, throughout the class, and during the cool down to assist participants, set up equipment and help participants mobilize from station to station

G. Core Practices (Cont'd)

Program Component	Current Practices
Education Component	
Informal Participant Education	Informal education occurs on a daily basis, where efforts are made to help participants understand why they are performing certain exercises and how the benefits will translate into their daily functioning
Recruitment	
Recruitment Sources	<p>There are monthly outreach events where the YMCA staff present information about physical activity and they promote other programs or community events (Parkinson's Walk, MS Society meetings, support groups)</p> <ul style="list-style-type: none"> • Other sources: word of mouth, outpatient rehabilitation clinics, physiotherapists, staff and family members
Referral Sources	<p>A regional online platform is used for referring community members to Neuro Fit (Caredove.ca).</p> <p>Health care providers can connect individuals to local health and community services and send referrals via online forms</p>
Enrolment Process	A preliminary meeting between the potential participant and YMCA staff is scheduled, and entails: discussion of goals, appropriate fit, scheduling, and the performance of the initial assessment

H. Future Directions

- Increase participant engagement in physical activity, through offering new or different types of physical activity
- Work to improve participant's general understanding of exercise principles
- Enhance social networking during the midweek session in order to increase sense of belongingness
- Healthy snacks are being incorporated after the gym session to facilitate an informal gathering time in the café

MacWheelers

Hamilton, Ontario

A. Mission

The McMaster Physical Activity Centre of Excellence (PACE) is a state-of-the-art exercise research and training centre. The scientists, students, and staff who work at the PACE are devoted to studying and improving health and wellbeing among older adults and people with chronic disease or disability. PACE activities focus on excellence and leadership in research, education, community engagement, and knowledge translation. Multiple physical activity programs are offered at PACE, including MacMSFITT for adults with multiple sclerosis, MacWarriors for cancer survivors, MacCardiac Rehabilitation program for individuals with heart disease, MacSeniors for older adults, and MacWheelers for adults with spinal cord injury (SCI). MacWheelers is an adapted exercise and wellness program that provides an inclusive and accessible opportunity to engage in regular community exercise for individuals living with spinal cord injuries.

B. Quick Facts

Location: Hamilton, Ontario

Site: McMaster Physical Activity Centre of Excellence (PACE)

Launch Year: 2001

Key Stakeholders in Initiation

- McMaster PACE
- Director of PACE
- Director of Experiential Learning and Business Development
- Associate Director of PACE
- PACE program manager

C. Contact Information and Social Media

Website: <https://pace.mcmaster.ca/>

Phone: 905-525-9140 x 27223

Facebook: <https://www.facebook.com/mcmaster.pace/>

Twitter: @McMaster_PACE

D. Community Partnerships

Partner	Description	Role
McMaster University	University	Faculty Members Involved <ul style="list-style-type: none">• Faculty member Dr. Stuart Phillips is the director of PACE. Faculty members Drs. Audrey Hicks, Jennifer Heisz, and Steven R. Bray, are associate directors of PACE.

D. Community Partnerships (Cont'd)

Partner	Description	Role
McMaster University (cont'd)	University	<p>Research Opportunities</p> <ul style="list-style-type: none"> All of the PACE programs evolved from randomized controlled trials at McMaster, and program participants continue to be recruited for studies. <p>Undergraduate Course Offerings</p> <ul style="list-style-type: none"> Placement students from Kinesiology and Science at McMaster assist staff members and supervise the program. <p>Space Offerings</p> <ul style="list-style-type: none"> McMaster University permits the MacWheelers program to use their space at the PACE, free-of-charge.

E. Staff Structure

<p>PACE Director PhD, ACSM, ACN (1)</p>	<ul style="list-style-type: none"> Provides vision and leadership Develops the strategic business plans Consults with the academic advisory committee Manages all aspects of PACE administration
<p>PACE Director of Experiential Learning and Business Development MKin., MSc, PT, MCPA (1)</p>	<ul style="list-style-type: none"> Defines objectives aligned with PACE strategic goals Leads and directs expansion of services Identifies and refines experiential learning opportunities at PACE
<p>PACE Program Coordinator MRSc, R.Kin., ACSM (1)</p>	<ul style="list-style-type: none"> Recruits, trains, supervises, and evaluates the staff, student volunteers, and placement students Coordinates PACE staff schedules and events Administration: Human Resources, Finance Liaise with community referral sources, McMaster departments, community partners
<p>Registered Physiotherapist MSc PT (1)</p>	<ul style="list-style-type: none"> Performs the initial intake assessment for new participants Develops exercise routine for participants Provides ongoing physiotherapy services

E. Staff Structure (Cont'd)

Registered Kinesiologist R Kin (1)	<ul style="list-style-type: none"> • Develops, implements, and evaluates exercise rehabilitation programs • Collaborates with the physiotherapist to create a treatment plan • Documents and completes participant charts
Program Assistants BSc (Kin), CSEP (2)	<ul style="list-style-type: none"> • Provide ongoing daily exercise supervision and prescription • Assist with record keeping • Respond to emergencies
Student Program Assistant Undergraduate students in Kinesiology (5)	<ul style="list-style-type: none"> • Supervise the participants and facilitate all patient transfers • Set up technical equipment • Assist with participant care and record keeping
General Volunteers (McMaster Students) (150)	<ul style="list-style-type: none"> • Assist participants in completing their prescribed exercise • Monitor participants' responses to exercise

F. Development and History

1. Research of specialized populations and exercise at McMaster University
2. Ontario Heart Study prompting the creation of the cardiac rehabilitation program at McMaster University
3. Research expanded to encompass older adults, multiple sclerosis, cancer, spinal cord injury, and other populations
4. Development of the PACE Programs
5. MacWheelers was created as per the request of the first 10 study participants in a research project on physical activity and spinal cord injury

G. Core Practices

Program Component	Current Practices
Participants	
Population Served	Spinal Cord Injury <ul style="list-style-type: none"> • Most participants are over 50 years old
Participant Per Session	20 – 30 participants at each session
Staff-to-Participant Ratio	1:4
Total number of program participants	The program has approximately 90 active members
Cost Structure	
Membership/Program Fee	Basic Membership (2 drop in exercise sessions/week): \$55/month Modality Membership (2 drop-in sessions/week and 1 specialized modality session/month): \$75/month. Additional modality sessions can be purchased in packages <ul style="list-style-type: none"> • As of 2018, IMPACT Project in place to facilitate access to rehabilitation technology for clients who demonstrate financial need • Participants can also self-fundraise through the use of sponsorship forms
Community Support/Funding	
Internal Grants	The Department of Kinesiology and Faculty of Science contribute the space (including utilities and facilities maintenance), as well as subsidies for on-floor student staff Subsidies for student-staff provided by McMaster's Work Study Program
External Grants	The program does not receive regular external funding or University funding for the costs of equipment maintenance and staff salaries
Schedule	
Program Duration	Drop-in sessions (2.5 hours in duration for each group)
Session Times	Monday & Wednesday: 10:30am-1:00pm; 1:00pm-3:30pm Tuesday & Thursday: 1:00pm-3:30pm; 4:30pm-7:00pm

G. Core Practices (Cont'd)

Program Component	Current Practices
Schedule	
Locations	McMaster Physical Activity Centre of Excellence (PACE), Ivor Wynne Centre
Typical Program Structure	
Program Focus	Focus is to increase strength and aerobic capacity
Individual/Group Session	A registered physiotherapist, registered kinesiologist, and a certified exercise physiologist work together with the participant to create an individualized exercise program based on their goals
Typical Exercises Available	<ul style="list-style-type: none"> • Cardio machine (NuStep, Vita Glides, Arm cycle ergometer) and Theratrainer • Resistance exercise (the pulley machines, equalizer machines for chest press, seated row, pectoral flies, etc., lat pulldown machine, free weight exercises, and body weight exercises) • The program is well equipped with a variety of equipment, including a Lokomat, ZeroG, and three body weight support treadmills, along with aerobic and resistance training equipment • Variety of exercise rehabilitative technology
Volunteer	
Volunteer Backgrounds	Students in the Kinesiology program at McMaster are able to apply to be student program assistants General students can also become program volunteers
Volunteer Eligibility and Training	General volunteers are accepted at 4 times in the year: December, April, June, and August Repeat volunteers receive training and must be certified annually Must have up to date Standard First Aid, CPR-C, AED Certifications Mandatory volunteer training provided at the beginning of each semester, which involves exercise equipment set-up and take-down, transfers, policies, safety precautions, site-specific orientation, etc.

G. Core Practices (Cont'd)

Program Component	Current Practices
Volunteer	
Volunteer Roles	Volunteers help by guiding the participant through their program, setting up and taking down equipment, providing support for the participant, etc.
Educational Component	
Formal Participant Education	Initial education included: health benefits and importance of exercise, self-monitoring of symptoms, exercise prescription review There is a knowledge translation series that participants are invited to attend, on topics ranging from bone density, nutrition, etc.
Recruitment	
Recruitment Sources	No formal advertisement campaign for the program
Referral Sources	Physician referrals are frequent and ongoing
Enrolment Process	There are application forms available to the public on the PACE website, but physical clearance by a physician is required to be able to exercise Once referred, a potential participant will come in and undergo an initial assessment with a physiotherapist

H. Future Directions

- The Registered Physiotherapist plans to become more involved with the community exercise program in the upcoming year, which will ensure clients are being challenged appropriately
- The Program Assistants plan to implement scheduled progress updates, starting in November, which will enhance mastery and provide more comprehensive feedback
- As a whole, MacWheelers and the other PACE programs are continually working to create a sustainable program, while keeping program costs low for participants

Power Cord

St. Catharine's, Ontario

A. Mission

To offer wheelchair accessible exercise programming to individuals with SCI, MS, and lower limb amputations. Their goal is to improve physical fitness, functional independence and psychosocial well-being, through exercise in an inclusive, supportive and dynamic environment. Power Cord is a part of the Brock-Niagara Centre for Health and Well-Being at Brock University, which is a community-use exercise centre and a research facility that advances knowledge in exercise and diet, as well as development of technology for persons with neuromuscular disability.

B. Quick Facts

Location: St. Catharines, Ontario

Site: Brock-Niagara Centre for Health and Well-Being at Brock University

Launch Year: 2006

Key Stakeholders in Initiation

- Faculty members at Brock University

C. Contact Information and Social Media

Website: <https://brocku.ca/health-well-being/community-programs/power-cord/>

Phone: (905) 688-5550

Email: HealthyNiagara@brocku.ca

Facebook: <https://www.facebook.com/healthyniagara/>

D. Community Partnerships

Partner	Description	Role
Brock University	University	Faculty Members Involved <ul style="list-style-type: none">• Faculty member, Dr. David Ditor is the program creator Research Opportunities <ul style="list-style-type: none">• Some students complete research in Power Cord as part of a Graduate or Undergraduate thesis Undergraduate Course Offerings <ul style="list-style-type: none">• KINE 4F16 and 3P92 are courses taught by Dr. David Ditor which address topics such as exercise rehabilitation for neurological populations and the physiological consequence of spinal cord injuries and suggested rehabilitation techniques. KINE 4F16 also requires students to complete 90-100 placement hours at Power Cord. Additionally, the University provided start-up funding for Power Cord and housed the program on campus in its initial years, from 2006 – 2013

D. Community Partnerships (Cont'd)

Partner	Description	Role
Hotel Dieu Shaver Hospital	Local hospital	The outpatient physiotherapy clinic at Hotel Dieu Shaver Hospital refers people with spinal cord injury (SCI), multiple sclerosis (MS), and lower limb amputations
Restorative Therapies (partnered at program launch)	Producer of Functional Electrical Stimulation systems	A company in Baltimore that donated two pieces of exercising equipment to Power Cord
Senior Fit and Heart Strong Exercise Programs at the Brock-Niagara Centre for Health and Well-Being	Other community-based physical activity programs in the shared facility of Power Cord	These two programs, along with Power Cord, are all located at the Brock- Niagara Centre for Health and Well- Being and share resources. They act as a source of revenue for the whole centre, supporting the operations of Power Cord
Niagara Amputee Association	Community group	Community group that offers support for those who have gone through pre- amputation or amputation, who approached Power Cord with the proposal to create a physical activity program for lower limb amputees. The Niagara Amputee Association subsidizes 75% of the membership fees for participants who partake in Power Cord
Better Motion Group	Community group	Company supported development of a patented invention at Power Cord (an attachment to a wheelchair to help elevate a person's legs)

E. Staff Structure

Director of the Brock- Niagara Centre for Health and Well-Being PhD (1)	<ul style="list-style-type: none"> • Liaison between the Centre and the university • Oversees all operations in the Centre • Director of Heart Strong
---	--

E. Staff Structure (Cont'd)

Program Director PhD (1)	<ul style="list-style-type: none"> • Developer of the Power Cord program and continues to find funding and support • Supervises all research projects with Power Cord • Promotes Power Cord in the community
Program Coordinator MSc, R. Kin. (1)	<ul style="list-style-type: none"> • Developed and oversees the financial model • Website development and maintenance • Develops the exercise routines for participants
Program Manager MA, R. Kin. (1)	<ul style="list-style-type: none"> • Oversees the day-to-day operations in the Centre
Part-time staff BSc (4)	<ul style="list-style-type: none"> • Oversee the day-to-day operations of the Centre when full-time staff are off hours
Paid Summer Student (2)	<ul style="list-style-type: none"> • Oversee the student volunteers • Exercise supervision and program development
KINE 4F16 Students	<ul style="list-style-type: none"> • Fourth year students complete placement hours at Power Cord
General Volunteers	<ul style="list-style-type: none"> • Undergraduate students in Health Sciences

F. Development and History

1. Inspiration drawn from MacWheelers at McMaster University (2006)
2. Identification of the community need for Power Cord (2006)
3. Development of partnership with Brock University (2006)
4. Collaboration with directors of similar programs (Heart Strong, Senior Fit) (2008)
5. Completion of successful seed grant applications (2010)
6. Program becomes housed in the Brock- Niagara Centre for Health and Well-Being (2013)
7. Addition of individuals with multiple sclerosis and lower limb amputations to Power Cord (2013)

Program Component	Current Practices
Participants	
Population Served	Spinal Cord Injury, Multiple Sclerosis, and lower limb amputations <ul style="list-style-type: none"> Attendance of participants is more spread out during the day time in comparison to Heart Strong or Senior Fit
Participant Per Session	Varied
Staff-to-Participant Ratio	1:1
Total number of program participants	In total, there are 60 participants (32 with SCI, 23 with MS, and 5 with amputations)
Cost Structure	
Membership/Program Fee	<p>There is a membership fee which can be paid using a debit or credit card</p> <p>Four membership options are offered: month by month (\$45/month), 3-month membership (\$39/month), 6-month membership (\$37/month), 12-month membership (\$33.25/month)</p> <p>Family members can join for a discounted rate (25% off)</p> <p>Additional Notes Upon arrival to the facility, members must scan their barcode on their membership key tag. This software will also provide a reminder if a payment is needed</p> <p>Memberships can be put on hold for a minimum amount of two weeks, and no maximum (i.e. you can't put a membership on hold for 1 week, but there is no expiry)</p> <p>Payment tracking and attendance is monitored using the Zen Planner software</p>
Community Support/Funding	
Internal Grants	Awarded the Brock University Transdisciplinary Grant for a five- year period

G. Core Practices (Cont'd)

Program Component	Current Practices
Community Support/Funding	
External Grants	<p>Recipient of the profits from community fundraising events (Pearl Glove Boxing Tournament: 2016, 2017, 2018)</p> <p>Recipient of external grants (Rick Hansen Foundation, Ontario Neurotrauma Foundation, SCI Solutions Network)</p> <p>The federal and the provincial government provides funds to employ summer students</p>
Fundraising	Internal fundraising events (Walk of Life)
Other	In the Brock-Niagara Centre for Health and Well-Being, there are spaces available for offices, and the money acquired from collecting rent is donated to the exercise programs
Schedule	
Program Duration	Ongoing, drop-in basis
Session Times	<p>Monday to Thursday 9:00 AM - 5:00 PM</p> <p>Friday 9:00 AM - 3:00 PM</p>
Locations	Brock-Niagara Centre for Health and Well-Being
Typical Program Structure	
Program Focus	Operates as an open gym; participants can choose what to focus on
Individual/Group Session	Individual session
Typical Exercises Available	<p>Suggested exercise programs are developed for participants based on their goals and provide guidance for their exercise sessions</p> <p>Common types of training that are suggested are: aerobic exercise, resistance exercise, circuit training, locomotor training, functional electrical stimulation, hand cycle exercise, stretching, balance, tilt table, and standing frame training</p>

G. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Typical Exercises Available (Cont'd)	<p>Equipment includes: arm ergometer, Sci-Fit recumbent bike, Equalizer accessible resistance machines, dumbbells, medicine balls, resistance bands, SYNRGY 360 XS mixed package machine, body weight support treadmill, parallel bars, functional electrical stimulation (RT300, RT200, and X-CITE machines, Restorative Therapies, Baltimore, MD), ski-ergometer, accessible rowing machine</p>
Volunteer	
Volunteer Backgrounds	<p>There is one course at Brock University (KINE 4F16) that requires students to complete placement hours at Power Cord</p> <ul style="list-style-type: none"> • Most volunteers remain at Power Cord for 1 or 2 years before they graduate and move on
Volunteer Eligibility and Training	<ul style="list-style-type: none"> • Mandatory for volunteers to have standard First Aid and CPR certification • Orientation training for Power Cord must be completed prior to the first shift • Training involves discussing expectations of volunteers, such as conducting themselves with professionalism, while supporting the personable atmosphere established at Power Cord • Educational component regarding contraindications to exercise and other possible risks for participants • A tour of the gym includes a review of the equipment, what each piece is used for and how to make manual adjustments
Education Component	
Formal Participant Education	<p>No formal information sessions are put in place for the participants</p> <ul style="list-style-type: none"> • The results of relevant research studies at Brock University are shared with the participants
Informal Participant Education	<p>Some student volunteers are completing research in Power Cord as part of Graduate or Undergraduate theses</p> <p>Participants are encouraged and welcomed to attend student presentations which are a part of the students' course work</p>

G. Core Practices (Cont'd)

Program Component	Current Practices
Recruitment	
Recruitment Sources	Word of mouth, collaborating with other community groups <ul style="list-style-type: none"> • No formal advertisement campaign for the program
Referral Sources	Hotel Dieu Shaver Hospital outpatient physiotherapy clinic refers potential participants to Power Cord Hamilton General Hospital outpatient physiotherapy clinic refers people who move from Hamilton to Niagara
Enrolment Process	Contact Power Cord, set up an initial meeting, fill in necessary forms

H. Future Directions

- Sustainability is the central goal of Power Cord
 - The program is exploring several non-membership based sources of revenue to try and ensure this
- Another goal is to expand the population of participants to include individuals with Parkinson's disease
- Power Cord is also looking to develop a nutrition program for its members
- The Brock-Niagara Centre for Health and Well-Being hopes to move to a new facility in the following 3-5 years, to be able to accommodate as many members as possible

Revved Up

Kingston, Ontario

A. Mission

To offer community-based exercise programming that fosters healthy living and quality of life among people living with mobility impairment, intellectual disability, and cancer. Revved Up strives to set the standard for quality and sustainable physical activity programming for this population in Canada. In addition, the program aims to create generations of health professionals who are sensitive to, and educated about the fitness and lifestyle considerations for persons with disability and/or chronic disease.

B. Quick Facts

Location: Kingston, Ontario

Site:

1. School of Kinesiology and Health Studies (SKHS) at Queen's University
2. Providence Care Hospital
3. YMCA Kingston

Launch Year: 2008

C. Contact Information and Social Media

Website: <https://revvedupgroup.ca/>

Phone: (613) 533-6000

Email: revvedup@queensu.ca

Facebook: <https://www.facebook.com/revvedup1/>

D. Community Partnerships

Partner	Description	Role
Providence Care Hospital	Local hospital	The physiotherapy gym space is used for the Mobility programs that take place on Tuesday and Thursday nights from 5:00 - 8:00pm
Community Living Kingston (partnered following development of Circuit program)	Community Group	Resource for community services and support for individuals with intellectual disabilities. Connects community members to Revved Up for the Circuit program
Ongwanada Kingston partnered following development of Circuit program)	Community Group	Ongwanada Kingston is a support centre for people with developmental disabilities. It brings small groups of participants into the program

D. Community Partnerships (Cont'd)

Partner	Description	Role
Queen's University	School of Kinesiology and Health Studies (SKHS)	<p>Faculty Members Involved</p> <ul style="list-style-type: none"> • Dr. Amy Latimer-Cheung and Dr. Jennifer Tomasone are members of the advisory board <p>Research Opportunities</p> <ul style="list-style-type: none"> • Participants may take part in research studies conducted at the university <p>Undergraduate Course Offerings</p> <ul style="list-style-type: none"> • Students at Queen's can enrol in the Certificate in Disability and Physical Activity, which involves taking 5 courses around physical activity and disability, 2 of which are internship courses where they complete placement hours at the program <p>Space Offerings</p> <ul style="list-style-type: none"> • The Revved Up lab and gym are located in the SKHS at Queen's University

E. Staff Structure

<p>Co-Directors PhD (2)</p>	<ul style="list-style-type: none"> • Oversee the program • Develop strategic plan • Oversee courses (KNPE 436/336) that support program
<p>Program Coordinator BSc, BPHE, Bed (1)</p>	<ul style="list-style-type: none"> • Oversees the day-to-day operations of program • Intake new participants • Collection of membership fees • Administrative work • Oversee the internship students • Liaise with the trainers to coordinate the training of student supervisors
<p>Certified Trainers PhD & MSC Candidates CSEP-CPT (2+)</p>	<ul style="list-style-type: none"> • Design programs for participants • Reassessment of current member programs • Perform new participant assessments
<p>Volunteer Trainer Bsc Kin (1)</p>	<ul style="list-style-type: none"> • Train new volunteers for the program, school year only

E. Staff Structure (Cont'd)

Student Supervisors KNPE 436 Students (~35)	<ul style="list-style-type: none"> • Supervise and facilitate the sessions • Oversee the volunteers and internship students • Complete undergraduate courses relevant to physical activity and disability
Internship Volunteers KNPE 336 Students (~35-40)	<ul style="list-style-type: none"> • Volunteer with the participants and provide physical and social support • Complete undergraduate courses relevant to physical activity and disability
General Volunteers Queen's University Students (~150)	<ul style="list-style-type: none"> • Volunteer with the participants and provide physical and social support

F. Development and History

1. Identification of community need for Revved Up (inspiration from MacWheelers, see page 25) (2008)
2. Development of a program advisory board (2008)
3. Receipt of Christopher and Dana Reeve Foundation Quality of Life grant (2008)
4. Development of Revved Up Mobility at St. Mary's of the Lake Hospital (2008)
5. Development of Revved Up Mobility at the SKHS (2010)
6. Addition of the Circuit Program to Revved Up (2011)
7. Creation of the internship program for Kinesiology, Physical Health Education, and Health students at Queen's University (2012)
8. Addition of Healthy Heartbeats at the Kingston YMCA to Revved Up (2014)
9. Program moved from St. Mary's Hospital to Providence Care Hospital (2017)
10. Development of the exercise program for Breast Cancer Survivors (2019)

Program Component	Current Practices
Participants	
Population Served	<p>Mobility program: Individuals with spinal cord injuries, brain injuries, Parkinson’s Disease, Multiple Sclerosis, Polio, stroke, nerve disorders, osteoarthritis, osteoporosis, spasticity</p> <p>Circuit program: Individuals with attention Deficit Hyperactivity Disorder, seizure disorder, autism spectrum disorder, Down Syndrome, and developmental delay</p> <p>Breast Cancer program: Individuals who are breast cancer survivors</p> <p>Additional Notes:</p> <ul style="list-style-type: none"> • The Circuit sessions are usually much smaller in comparison to the Mobility sessions • There are typically no more than 10 participants in a Circuit session, and no more than 17 participants in a Mobility session • Healthy Heartbeats is one of the Circuit programs that runs weekly at YMCA Kingston.
Inclusion Criteria	The eligibility of the potential participant is determined by the Physical activity readiness questionnaire (PAR-Q+)
Participants Per Session	3-15
Staff-to-participants Ratio	<p>School year: 1:1</p> <p>Summer: aim for 1:1 although sometimes participants must share volunteers</p>
Total number of program participants	There is a total of 200 participants (110 mobility, 80 circuit, 10 breast cancer)
Cost Structure	
Membership/Program Fee	<p>Payment is administered in 3 blocks throughout the year: January - April; May - August; September - December</p> <p>Each block costs \$80, and this fee is collected at the beginning of a block</p> <p>This is a \$5 increase from the previous cost structure</p>

G. Core Practices (Cont'd)

Program Component	Current Practices
Cost Structure	
Membership/Program Fee (cont'd)	<p>Additional Notes Alternative payment schedules can be organized for participants requiring accommodations Originally, a baseline \$45 fee was charged to participants for the first 3 months of participation Following this baseline fee, the program fee was \$15 each month, and fees had not increased between 2007 and 2016</p>
Community Support Funding	
Internal Grants	Program sites allow Revved Up to use their space free of cost
External Grants	Receipt of: Christopher and Dana Reeve Foundation Quality of Life Grant The City of Kingston funding United Way Grant Trillium Foundation Grant
Fundraising	Students often hold fundraisers to contribute to Revved Up
Schedule	
Program Duration	Ongoing
Session Times	Mobility <ul style="list-style-type: none"> • Mon/Wed: 1:00 - 3:00 PM and 5:00 - 7:00 PM • Tues/Thurs: 5:00 - 8:00 PM Circuit <ul style="list-style-type: none"> • Mon – Fri: 10:00 - 11:00 AM • Mon/Wed: 7:00 - 8:00 PM • Thurs: 1:00 - 2:00 PM Healthy Heartbeats <ul style="list-style-type: none"> • Mon/Thurs: 1:00 - 2:00 PM
Location	<ul style="list-style-type: none"> • School of Kinesiology and Health Studies, Queen's University • Providence Care Hospital • YMCA

G. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Program Focus	Strength, balance, and mobility <ul style="list-style-type: none"> The athletic trainers create two exercise routines (day 1 and day 2) tailored to the individual and their goals
Individual/Group Session	Individual session
Typical Exercises Available	Cardio training (Nu-Step, bike, adapted elliptical, arm ergometers, or treadmill) Strength training (leg press/extension, chest press/row, lat pulldown, use of free weights) The athletic trainers create two exercise routines (day 1 and day 2) tailored to the individual and their goals Internship students are trained to be supervisors and to conduct program reassessments whereby they alter weights and sets or reps
Volunteer	
Volunteer Backgrounds	General volunteers are university students in Science or Health Sciences Two courses at Queen’s University in third and fourth year require the internship students to complete placement hours at Revved Up
Volunteer Eligibility and Training	Online Training Modules <ul style="list-style-type: none"> Procedures Exercise adaption Tips for communicating and motivating participants Basics of strength training Principles *After completion of the modules, a minimum grade on an online quiz must be achieved to move on In-person Training <ul style="list-style-type: none"> Orientation to the space Learning how to read programs How to set up and use machines Fire procedure training

G. Core Practices (Cont'd)

Program Component	Current Practices
Volunteer	
Volunteer Eligibility and Training (cont'd)	<p>Additional Notes: The previous general volunteer training was completed using 2 different training manuals (one targeted to the mobility program and one targeted to the circuit program)</p> <p>This format of training general volunteers was changed in September 2016, to enhance the specificity, effectiveness, and quality of training</p>
Volunteer Roles	Roles include guiding participants through their exercise routine, monitoring contraindications, setting up and taking down equipment, adjusting weights, correcting technique of the participant, and providing cues on how to do the exercise
Education Component	
Informal Participant Education	Posters around the gym identify the importance of physical activity
Recruitment	
Referral Sources	Physiotherapy program at Providence Care
Enrolment Process	<p>Physicians must complete a form that confirms that the individual is medically cleared to participate in an exercise program</p> <p>The program coordinator meets with potential participants to view their waiver forms, and discuss the structure of the program, scheduling, cost, etc.</p>

H. Future Directions

- Improve volunteer and student training in order to be able to better assist participants
- Identify administrative inefficiencies and work towards streamlining these processes, perhaps to an online cloud setting where they can be accessed by the remote (non-Queen’s University) locations
- Improve the quality of the exercise experience by purchasing new equipment for the Queen’s University SKHS gym

TIME at the Abilities Centre

Whitby, Ontario

A. Mission

To enhance the quality of life and citizenship for people of all ages and abilities by providing inclusive programs and services of the highest quality and value. The centre gives people the power to achieve their goals through sports, arts, life-skills programs and research and provides a welcoming, positive, energized environment in a state-of-the-art facility. The Together in Movement and Exercise (TIME) program was created by the Toronto Rehabilitation Institute at the University Health Network. TIME was developed to be administered by community and health care organizations to make exercise more accessible. Physiotherapists at the Toronto Rehabilitation Institute initially designed the program in 2007, with the support of Toronto Parks, Forestry, and Recreation to create an exercise program that was evidence-based and task-related.

B. Quick Facts

Location: Whitby, Ontario

Site: The Abilities Centre

Launch Year: 2012

Key Stakeholders in Initiation:

- The Abilities Centre
- The University Health Network Toronto Rehab Institute

C. Contact Information and Social Media

Website: www.abilitiescentre.org

Phone: (905) 665-8500

Twitter: <https://twitter.com/AbilitiesCentre>

Facebook: <https://www.facebook.com/AbilitiesCentre>

D. Community Partnerships

Partner	Description	Role
Stroke Rehab Network	Community Group	Representative serves on an advisory board
The University Health Network Toronto Rehabilitation Institute	Community health care provider	Developed the TIME program to be administered by community and health care organizations to make exercise more accessible for individuals with mobility impairments. The program instructors received training from the Toronto Rehabilitation Institute to conduct the exercise program at the Abilities Centre. It includes information about the exercises, the execution of the program, leadership, safety, and potential limitations of the program.

D. Community Partnerships Cont'd

Partner	Description	Role
Ontario Tech University	University	Students from the university facilitate program sessions
Durham College Lakeridge Health	College	Students from the college facilitate program sessions

E. Staff Structure

Manager of Post Rehabilitation Programs R Kin (1)	<ul style="list-style-type: none"> Recruits new participants Conducts intake assessments Hires, trains, and schedules the program instructors Management of the program
Program Instructor BSc Kin, Certified Personal Trainer (5)	<ul style="list-style-type: none"> Delivery of the TIME program Equipment set up and take down
General Volunteers	<ul style="list-style-type: none"> University and college students Aid participants with exercises

F. Development and History

1. Partnership with Toronto Rehabilitation Institute at the University Health Network
2. Creation of the TIME program by physiotherapists at the Toronto Rehabilitation Institute
3. Training of eligible staff members to administer the program at the Abilities Centre
4. Recruitment of older adults exercising in programs at the Abilities Centre

G. Core Practices

Program Component	Current Practices
Participants	
Population Served	Neurological conditions such as stroke, brain injury, multiple sclerosis, etc., who are coping with the effects of aging, and who experience weakness after an operation or extended hospital stay, participate in TIME at the Abilities Centre

Program Component	Current Practices
Participants	
Population Served (Cont'd)	Additional Notes: <ul style="list-style-type: none"> Attendance of participants is more spread out during the daytime in comparison to Heart Strong or Senior Fit
Inclusion Criteria	Ambulate 10 metres
Participants Per Session	12
Staff-to-participants Ratio	1:4
Total number of program participants	40 participants
Cost Structure	
Membership/Program Fee	Participants pay per session: \$18/ week for members and \$26/week for non-members, with one session occurring each week and sessions running in a 12 week block
Alternative Payment Options	There is a membership assistance program for those who have financial hardships, but no specific alternative payment option for the TIME program itself
Schedule	
Program Duration	Classes occur daily, however a participant pays to attend the same day each week
Session Times	The TIME program is offered weekly, with 1 class per weekday <ul style="list-style-type: none"> Tuesday/Thursday/Wednesday, 12:00 PM -1:00 PM Tuesdays/Thursdays 1:30 PM – 2:30 PM Additional Notes Switching between class days is not permitted. At this time there are no evening or weekend classes, but as interest grows more classes can be added
Locations	The Abilities Centre

Program Component	Current Practices
Typical Program Structure	
Program Focus	Weight shifting, stepping, and aerobics <ul style="list-style-type: none"> • Equipment includes: free weights, therabands, steps, chairs
Individual/Group Session	<ul style="list-style-type: none"> • Small group exercise • Group warm-up for 15 minutes • Instructors lead each of the 3 stations, and are able to decide what exact exercises take place on a daily basis
Typical Exercises Available	Balance and core training, squatting, leg lifts, side steps, step ups, walking around the track, aerobic machines
Volunteer	
Volunteer Backgrounds	Volunteers come from community partners <ul style="list-style-type: none"> • Volunteers also join in on the social activities that are put in place for the program participants
Volunteer Eligibility and Training	Training is administered by the current instructors of the program to enlighten volunteers on program delivery and to assist participants as needed Usually, there are 1 or 2 volunteers present at each time when TIME is offered <ul style="list-style-type: none"> • The program relies on the help and consistent attendance of volunteers, because they facilitate the session and are the primary supporters of the participants during exercise
Volunteer Roles	Volunteer roles include: set-up, take-down, encouragement, support for participants, leading warm up and cool down
Education Component	
Formal Participant Education	No formal information sessions are put in place for the participants
Recruitment	
Recruitment Sources	Primary means of recruitment is through the word of mouth <ul style="list-style-type: none"> • No formal advertisement campaign for the program

Program Component	Current Practices
Recruitment	
Referral Sources	Publicity and awareness is raised through collaborating with other community groups Physicians in the region refer potential participants to the program
Enrolment Process	Physician clearance is needed <ul style="list-style-type: none"> • An initial intake assessment is conducted with the manager of the program to identify participant's goals, medical background, and readiness to exercise

Walk It Off Recovery

Newmarket, Ontario

A. Mission

To provide exercise-based recovery, education, and support to those who are living with SCI and neurological dysfunction. The goal of the program is to improve the quality of life of participants and increase independence by maximizing recovery.

B. Quick Facts

Location: Newmarket, Ontario

Site: Walk It Off Spinal Cord Wellness Centre Inc.

Launch Year: 2012

Key Stakeholders in Initiation:

- Wife and caregiver of an individual with SCI

C. Contact Information and Social Media

Website: <http://www.walkitoffrecovery.org>

Phone: (289) 340-0072

Email: info@walkitoffrecovery.org

Facebook: <https://www.facebook.com/pg/WalkItOffSpinalCordRecovery/>

Instagram: <https://www.instagram.com/walkitoffspinalcordrecovery/>

D. Community Partnerships

Partner	Description	Role
Project Walk Paralysis Recovery Centre	Exercise-based Recovery Centre	Project Walk Paralysis Recovery Centre is a physical activity-based recovery program for individuals with SCI. Provided training for the first employees of Walk It Off Recovery
Queen's University Physiotherapy Student Placement	University	Queen's physiotherapy students can complete their placement working with one of the program's registered physiotherapists
Guelph-Humber University	University	Undergraduate Kinesiology students from Guelph-Humber can conduct their co-op placement at Walk It Off
Seneca-York College	College	Undergraduate Kinesiology students from Seneca-York College can conduct their co-op placement at Walk It Off

E. Staff Structure

Manager BSc, Paramedic (1)	<ul style="list-style-type: none"> Oversees program development and participant development Community education and fundraising
Physiotherapist MSc PT (1)	<ul style="list-style-type: none"> Develops individual recovery and maintenance programs for participants Provides physiotherapy for acute and chronic issues
Registered Kinesiologist BSc Kin (2)	<ul style="list-style-type: none"> Develop individual recovery and maintenance programs for participants Monitor progressions
General Volunteers	<ul style="list-style-type: none"> Undergraduate students with a Health Science background from partner universities

F. Development and History

1. Identification of community need for Walk It Off
2. Initiation of the planning process of the program
3. Travel to U.S.A. to receive training with Project Walk to be a program provider
4. Development of partnerships with Queen's University, Guelph-Humber University, and York-Seneca College
5. Continued fundraising and public awareness campaigns
6. Expansion to include other neurological populations into the program

G. Core Practices

Program Component	Current Practices
Participants	
Population Served	SCI, neurological dysfunction, stroke, acquired brain injury and/or limited mobility, etc.
Inclusion Criteria	Individuals with SCI and other neurological conditions <ul style="list-style-type: none"> Attendance of participants is most popular between 11:00 AM – 2:00 PM
Participants Per Session	4
Staff-to-participants Ratio	1:1
Total number of program participants	40

G. Core Practices (Cont'd)

Program Component	Current Practices
Cost Structure	
Membership/Program Fee	Exercise sessions have an hourly rate of \$85 <ul style="list-style-type: none"> • Walk It Off is licensed by the Financial Services Commission of Ontario to bill directly to automotive insurance companies
Alternative Payment Options	There is a discount for participants who want to come for a 3 hour session, which costs \$215 <ul style="list-style-type: none"> • The program assists participants in fundraising for themselves by providing venues where they can collect pledges for events or putting in place a PayPal option on the program website
Community Support and Funding	
External Grants	Smaller corporate companies or organizations in the community provide most of the funds for Walk It Off Recipient of the Magna International Hoedown Event's profits Annual Walk It Off 5K Run-Walk- &-Roll fundraiser
Other	There is difficulty in acquiring grant money as none of the staff members have experience with applications often leading to the request's denial, as the requirements of the application have not been met
Locations	The Abilities Centre
Schedule	
Program Duration	Participants can book their one-on-one session when space is available <ul style="list-style-type: none"> • Program sessions are either 1 hour or 3 hours
Session Times	Monday – Friday, from 9:00 am – 5:00 pm
Locations	Walk It Off Spinal Cord Recovery and Wellness Centre
Typical Program Structure	
Program Focus	Programs often begin with Nervous System Activation Technique, where the focus is on areas below the level of paralysis <ul style="list-style-type: none"> • Participants are out of their wheelchairs for the whole session • Participants also stand each session on a vibrate plate

G. Core Practices (Cont'd)

Program Component	Current Practices
Typical Program Structure	
Individual/Group Session	One-on-one sessions with the PT or Kinesiologists
Typical Exercises	<p>The sessions are primarily strength and conditioning through repetitive, load-bearing exercise for the body, but there is some body weight assisted ambulation</p> <ul style="list-style-type: none"> • Passive range of motion exercises are performed to try to stimulate the muscle groups (i.e. tapping, squeezing, rubbing the muscle) • Strength and conditioning exercises with equipment such as a FES bike, body weight support system in treadmill and elliptical
Volunteer	
Volunteer Backgrounds	University students in Health, Kinesiology or Physical Health Education programs
Volunteer Eligibility and Training	High school students who are interested in providing help
Volunteer Roles	<p>There is a standardized volunteer training program developed for volunteers</p> <ul style="list-style-type: none"> • Volunteer roles include: helping with set-up of equipment, cleaning up stations and keeping the environment safe for exercising
Education Component	
Informal Participant Education	<p>Throughout their sessions, conversations with the PT and the Kinesiologists can educate participants</p> <p>Participants are also given “homework” activities to complete outside of the facility in addition to their regular program</p>
Recruitment	
Recruitment Sources	Advertisements have been placed in the SCI Ontario magazine
Referral Sources	Being present at community events is one of the key ways that Walk It Off recruits new participants (Disability Expo, Magna International Hoedown, general fundraisers)
Enrolment Process	Toronto Rehab at the Lyndhurst Centre also refers potential participants to Walk It Off Recovery

H. Future Directions

- As the program grows and moves into a larger facility, a section of the clinic will hopefully be turned into an accessible gym with equipment; this would allow members to come in and exercise on their own
- The goal this year is to improve staff education. With this demographic expansion, Walk It Off Recovery will be seeking and attending courses that will expand therapeutic knowledge in different neurological areas
- Walk It Off Recovery's main focus from when they opened in 2012 has been on Spinal Cord Injuries, but the program has expanded to include all neurological disorders over this past year