

City of Cornwall, Counties of Stormont, Dundas & Glengarry and Prescott-Russell

Are you an older adult? You want to maintain your independence? Are you worried about falls or have fallen recently? We have the exercise programs that can help build your strength and balance, which can help prevent falls. **Which exercise program is best for you?**

I have a HIGH activity level

- I have a score of LESS than 4 on *Staying Independent Checklist*
- I have NOT experienced a fall in the last 6 months.
- I have some concern with my balance



Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs
613-930-4892 ext229 www.seawayvalleychc.ca
Balance for Life! Program: Level Three

Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs
Bourget, Crysler, Alexandria, Embrun, Cornwall
info@cscestrie.on.ca
Get moving, for better balance

Municipal & City Programs / Older adults community centres
Contact your municipality for details

211 / www.211ontario.ca

www.champlainhealthline.ca

Date: February 2016

I have a MEDIUM activity level

- I have a score of 4 or MORE in *Staying Independent Checklist*
- I have fallen in the last 6 months
- I am concerned about my balance
- I am able to do the following:
 - stand on one leg for 2 seconds
 - climb 10 stairs
 - stand for 20 minutes
 - walk 1 block without losing my breath or needing to sit down



Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs
613-930-4892 ext229 www.seawayvalleychc.ca
Balance for Life! Program: Level Two

Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs
Bourget, Crysler, Alexandria, Embrun, Cornwall
info@cscestrie.on.ca
Get moving, for better balance

Carefor (Prescott-Russell and Glengarry)
In-home exercise program (30\$/15 weeks)
Group exercises in Hawkesbury

Community Care Access Centre (CCAC) 310-2222
Exercise classes – level 2

I have a LOW activity level

- I have a score of 4 or MORE on *Staying Independent Checklist*
- I have fallen in the last 6 months
- I am concerned about my balance
- I have difficulty with one or more of the following:
 - stand on one leg for 2 seconds
 - climb 10 stairs
 - stand for 20 minutes
 - walk 1 block without losing my breath or needing to sit down



Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs
613-930-4892 ext229 www.seawayvalleychc.ca
Balance for Life! Program: Level One

Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs
Bourget, Crysler, Alexandria, Embrun, Cornwall
info@cscestrie.on.ca
Programme PIED

Carefor (Prescott-Russell and Glengarry)
In-home exercise program (30\$/15 weeks)
Group exercises in Hawkesbury

Community Care Access Centre (CCAC) 310-2222
Exercise classes, physio

I have a HIGH activity level

Seaway Valley Community Health Centre (SDG & City of Cornwall) English programs 613-930-4892 ext229 www.seawayvalleychc.ca

- Balance for Life! Program – Level Three: 12 week program (2 sessions per week) including falls education. Program includes progressive intensity range of motion activities around major joints and muscle groups; 20 minutes of cardiovascular exercise with increasing intensity to the desired target heart rate with 5 minutes cool down, with attention to balance.

Centre de santé communautaire de l'Estrie (Bourget, Crysler, Alexandria, Embrun, Cornwall) French and / or English programs info@cscestrie.on.ca , www.cscestrie.on.ca

- Get moving, for better balance: 12 weeks (2 sessions per week) including falls education modules and home exercises. 30 minutes of cardiovascular exercises of light to moderate intensity including a progressive warm-up and cool-down. General strength training with emphasis on lower extremity, functional balance, general flexibility and range of motion exercises. Demonstration and practice of getting up from the floor.

I have a MEDIUM activity level

Seaway Valley Community Health Centre (SDG & City of Cornwall) English programs 613-930-4892 ext229 www.seawayvalleychc.ca

- Balance for Life! Program – Level Two: 12 week program (2 sessions per week) including falls education. Level One is a prerequisite for this program. Program includes progressive intensity range of motion activities around major joints, upper and lower body muscles groups, with special focus on balance. Demonstration and practice of getting up from the floor.

Centre de santé communautaire de l'Estrie (Bourget, Crysler, Alexandria, Embrun, Cornwall) French and / or English programs info@cscestrie.on.ca , www.cscestrie.on.ca

- Get moving, for better balance: 12 weeks (2 sessions per week) including falls education modules and home exercises. 20 minutes of standing or chair cardiovascular exercises of light to moderate intensity including a progressive warm-up and cool-down. General strength training with emphasis on lower extremity, functional balance, general flexibility and range of motion exercises. Demonstration and practice of getting up from the floor.

Carefor (Precott-Russell and Glengarry) 613-632-0418 – Penny Décoste

- In-Home Exercise Program: is a volunteer-run initiative aimed at keeping seniors 55 and over in-shape through ten simple exercises. The workout ranges from simple walking to easy chair exercises. Our program is extremely affordable at only \$30 for 15 visits. Group exercises also available in Hawkesbury.

Community Care Access Centre (CCAC) Programs: 310-2222 to reach head office www.champlainhealthline.ca Exercise classes drop in: Level 2: a 30 minute class sitting chair and standing exercise.

I have a LOW activity level

Seaway Valley Community Health Centre (SDG & City of Cornwall) English programs 613-930-4892 ext229 www.seawayvalleychc.ca

- Balance for Life! Program – Level One: 12 week program (2 sessions per week) including falls education. Pre and post program assessment and consultation with a Falls Prevention Registered Nurse. Activities include light (progressing to moderate) intensity range of motion activities around major joints and lower body muscles groups, with special focus on balance. Demonstration and practice of getting up from the floor.

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- Low activity level: STAND UP Program: 12 weeks (2 sessions per week) including falls education module and home exercises. Standing and chair exercises aiming leg strength, ankle flexibility, bone density and the capacity to get up from the ground.

Carefor (Precott-Russell and Glengarry) 613-632-0418 – Penny Décoste

- In-Home Exercise Program: is a volunteer-run initiative aimed at keeping seniors 55 and over in-shape through ten simple exercises. The workout ranges from simple walking to easy chair exercises. Our program is extremely affordable at only \$30 for 15 visits. Group exercises also available in Hawkesbury.

Community Care Access Centre (CCAC) Programs: 310-2222 to reach head office www.champlainhealthline.ca

- Exercise classes drop in : Level 1: a 30 minute class sitting chair exercise and Level 2 : a 30 minute class sitting chair and standing exercise.
- Specialty classes, for example dementia, diabetes
- Physiotherapy: For those who are homebound or who are unable to receive therapy at a clinic. For example those have had a recent fall, mobility issues affecting day to day activities such as stairs getting dressed, transferring