



TIME™ (Together in Movement and Exercise): how healthcare and community collaboration can create exercise opportunities beyond healthcare walls

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The need to think beyond healthcare walls to community reintegration and health promotion



Hospital

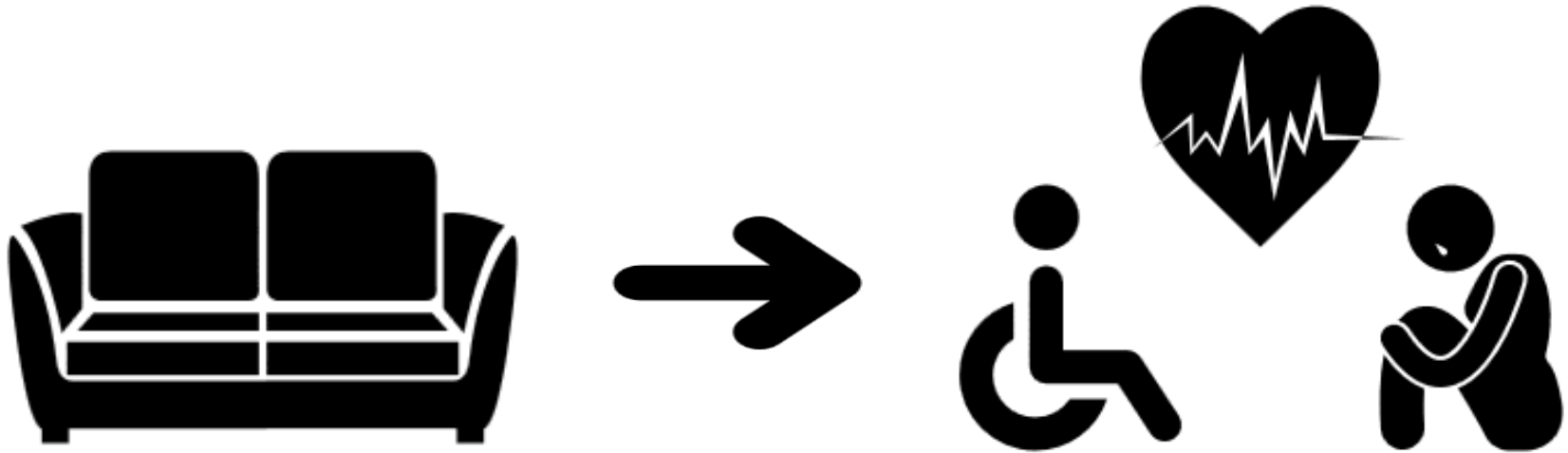
Outpatients

Community

Outside of the healthcare system, opportunities for people with balance and mobility issues to participate in exercise programs are limited



People living with neurological or other chronic conditions can experience persistent balance and mobility limitations, which often results in inactivity



People with Physical Disability Face Challenges Accessing Community Exercise Programs

Personal

- ✓ Knowledge of how/where to exercise
- ✓ Fear of an adverse event
- ✓ Exercise self-efficacy
- ✓ Embarrassment
- ✓ Lack of motivation

Environmental

- ✓ Availability of appropriate exercise programs
- ✓ Building/equipment access
- ✓ Instructor training/expertise
- ✓ Program cost
- ✓ Transportation

We understand the issues, so what are some of the possible solutions?



We can build community capacity for inclusive exercise.

Create safe, beneficial, & affordable exercise opportunities beyond healthcare walls

community-based group exercise program

focused on **functional exercise**

for individuals with **balance and mobility** limitations



Learning Objectives

1. Summarize the features of TIME™ that make it feasible, beneficial, and safe for a community setting
2. Identify the important roles for Physiotherapists and other healthcare partners within the TIME™ model
3. Equip you to advocate for launching and supporting TIME™ in your community in order to create exercise opportunities for individuals with balance and mobility impairments

01

**features
of TIME**

Key Features of TIME™

WHY? Create exercise opportunities in the community

WHAT? Community-based group exercise program focused on functional exercise, evidence based, replicable

WHO? people with balance and mobility challenges

WHERE? community recreation centre (*preferably*)

HOW? collaboration between healthcare and community organizations

The TIME™ Framework

Importance of Partnerships

- Partnership between healthcare and recreation centres
- Builds on the expertise of both clinicians & fitness instructors



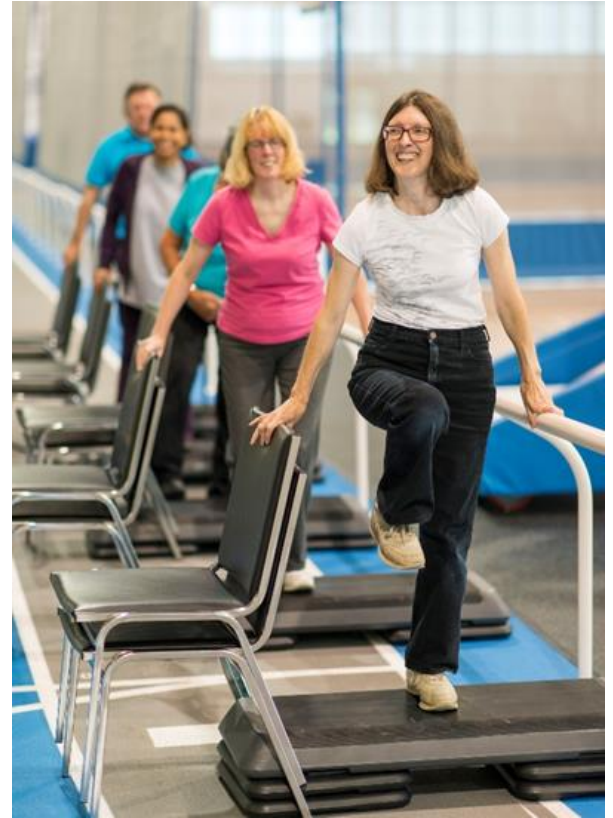
Why Healthcare Partners are Essential



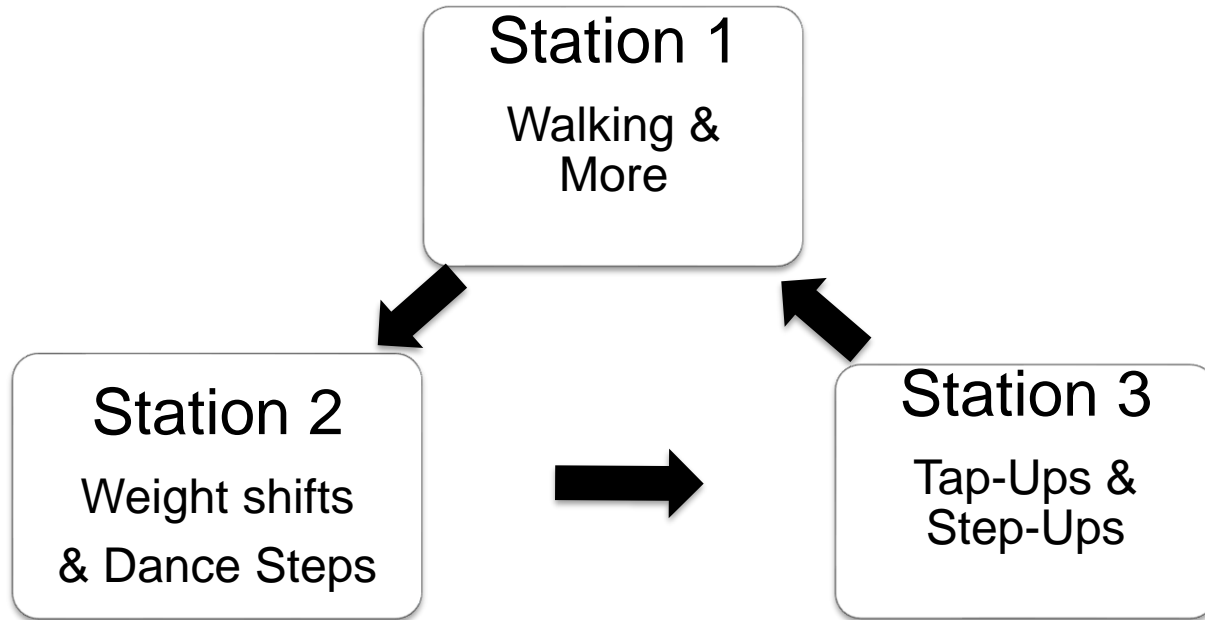
TIME™ class at Waterfront Neighbourhood Centre, Toronto

Elements of the TIME™ Class

- 1hr class, 2x per week
- up to 12 participants in a class
- ratio of 4:1 participants to staff
- Hand-holds provided for balance
- Caregivers may attend
- Unison seated warm-up & cool-down
- 3 Circuit Stations (12-15 min each)
- Participants divided into 3 groups according to level of ability



The Circuit Super Stations



up to 4 participants per station grouped by similar ability level cycling through the 3 stations





TIME

Together in Movement
and Exercise

TIME™ is easily replicated

TIME™ TOOLKIT

MANY RESOURCES

Description of roles

Detailed exercise program

Instructor Training

Volunteer Training

Healthcare Partner Training

Participant Screening

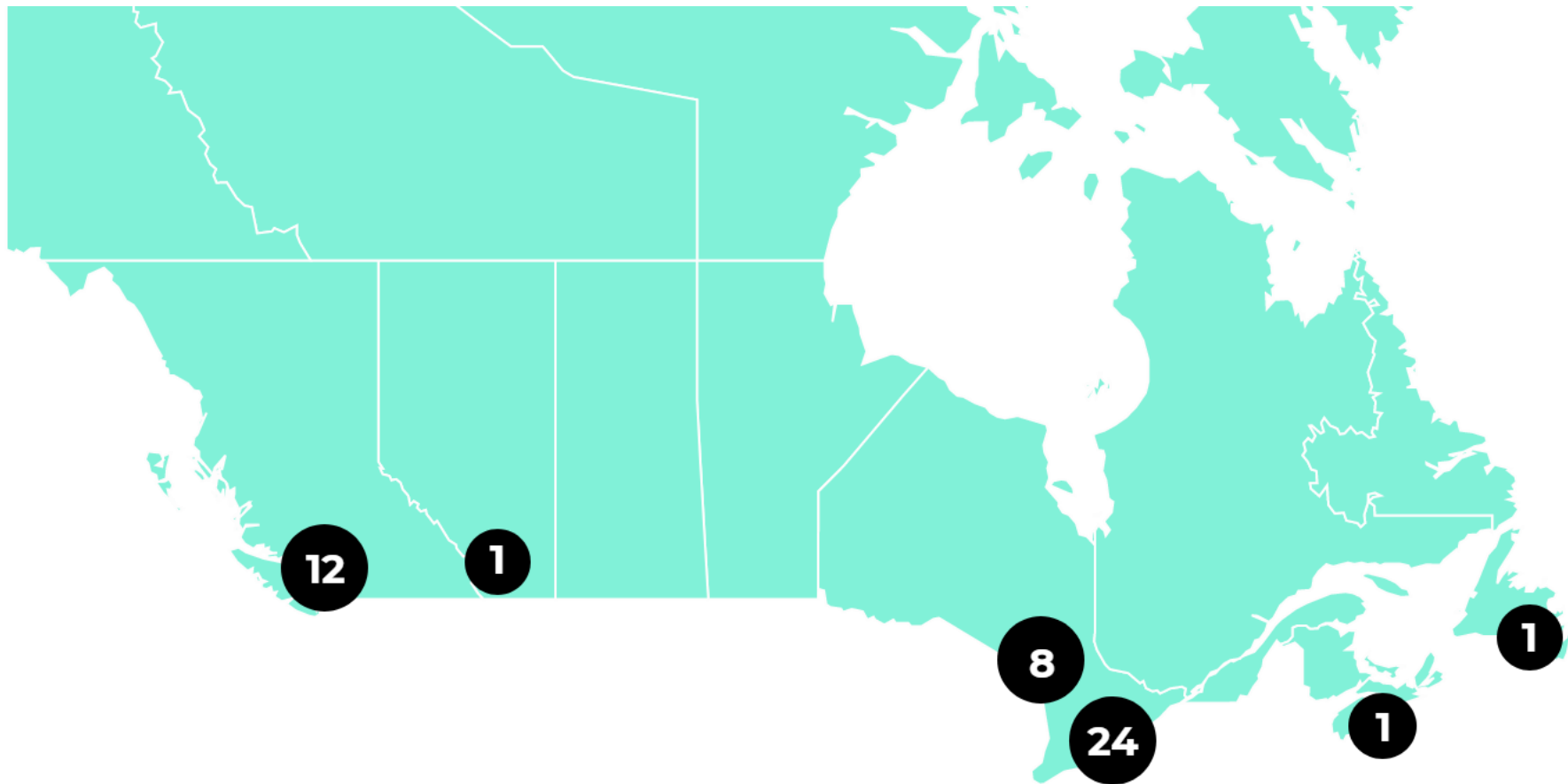
And much more...

UHN Toronto Rehabilitation Institute

TIME™
Together in Movement and Exercise

*Implementing a Community-Based Exercise Program
for People with Balance and Mobility Challenges*

**A STEP-BY-STEP
TOOLKIT**
Second Edition





02

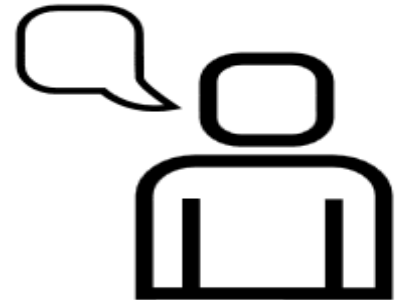
**role of
physio**

What Does Being a Healthcare Partner Involve?

Main Responsibilities of a Healthcare Partner:

- Site visits
- Facilitating ongoing referrals to TIME™
- Collaborating with fitness instructors in between site visits
- Fitness Instructor training for new sites

OR ARE YOU WELL POSITIONED TO BECOME A
TIME™ ADVOCATE & CHAMPION?





| Responsibility | Frequency | Time involved | When /How |
|---|---|--|--------------------------------------|
| HCP Responsibility at Established Sites | | | |
| Site visit | once per quarter <i>sites tend to run one session per quarter/season</i> | 2.5hrs <ul style="list-style-type: none">• Travel round trip 60 mins• Observation of class 60 mins• Debrief with instructors 15-20 mins• Site visit report 10-15 mins | In person, at community partner site |
| Facilitating referrals to TIME™ program | ongoing | No additional | As part of care/ discharge planning |
| Mentoring and problem solving with site specific instructors | ad hoc, typically 4-5x/yr | Typically less than 15 minute | Phone call or email |
| HCP Responsibility at New Sites | | | |
| Initial instructor training session* | Once before program starts | 4hrs | In person, at community partner site |
| Site visits early on in inaugural session | 2 additional | 5hrs (2 x 2.5hrs) | In person, at community partner site |

Support & Problem Solving

Impairments affecting exercise or impacting participation:

- Weakness & hemiparesis
- Decreased balance & balance confidence
- Deconditioning & reduced walking capacity
- Spasticity
- Altered posture
- Decreased range of motion/stiffness
- Altered sensation or perception
- Pain
- Altered cognition and/or communication



A graphic consisting of several black lines of varying lengths radiating from a central point, forming a sunburst or starburst shape. The lines are arranged in a circular pattern around the text.

R o l e
P l a y

Participant Scenarios

1. Loses control when sitting down and falls back into a chair.
2. Death grip on the hand hold during level 3 step-ups.
3. Ignores the left side of their body during the seated warm up.
4. Won't lean far enough forward for bum lift-off during sit to stand prep.
5. Spasticity in arm worsens whenever they try a new level of challenge.
6. Won't weight shift to hemi side during weight shifts

03

**equip you
for TIME**

Supporting Evidence & Research Activity

Six elements of a healthcare-recreation partnership that promote safety and quality

1. Exercise guidelines with exercise protocols;
2. Fitness instructor training: review of impairments, exercise modifications, practice of exercises;
3. Promotion of knowledge exchange between novice and experienced centres;
4. Ongoing program visits from a local healthcare professional;
5. Ongoing access to a local healthcare professional;
6. Ongoing education sessions led by a healthcare professional.

Impact on Participants

“[TIME™] is the one thing in my week, I will not miss for any reason. Every time I come, I feel better. I feel physically better, and emotionally better. It’s the thing that keeps me going.”

Impact on Participants

“Over the past 2 years, the TIME™ program has been integral to my recovery from an illness that greatly reduced my mobility. TIME™ is exceptional, providing a forum for exercising, rebuilding mobility, and inspiring confidence. The sense of camaraderie among my peers is encouraging. It is a privilege to be part of such a positive community.”

New & Future TIME™ Development

Jo's TIME fund

Instructor training e-learning

Dedicated staff (1.0FTE)

Newsletter (per 2 months)

FAQ for referrals/registration

Members only webpage

HCP onboarding e-learning

Volunteer training e-learning

Prescription pad

Updates to resources

Ongoing research

Translation to French

Webinars for continued
education and deeper dives

Instructor listings

And more...



400 people
per week



being active in
47 communities





For more information about TIME™ please visit

[UHN TorontoRehab TIME program](#)

To see where current TIME™ programs are running
please select from the following listings

[TIME across Canada](#)

[TIME in the GTA](#)

If you have any questions please reach out

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