



Welcome to

CHNET-Works! Fireside Chats

**Activity and an Aging Population:
Physical Activity in Long Term Care –
People, policies and opportunities
Friday, April 21, 2006 1:00- 2:00 PM**

Hosted by:

University of Ottawa – Community Health Research Unit

Funded by:

2005 – 2006 Ontario Ministry of Health and Long Term Care

2004 – 2005 CHSRF – Canadian Health Services Research Foundation

Before We Start.....

Housekeeping Items.....

Agenda: 1:00 – 2:00 PM EST (and open until 2:15 PM)

- ✓ Welcome, brief intro, questions/answers, discussions, wrap up

Trouble shooting your audio and visual connections:

- ✓ Keep your Fireside Chat information and PowerPoint presentation available
- ✓ If your telephone line is disconnected or 'bad' – hang up and call back into the conference (**613- 564-7754 - pass code 2659**)
- ✓ Use the PowerPoint presentation – if your link to Bridgit is disconnected, fragmented or has a delay.

Teleconference etiquette:

- ✓ Please put the mute function on until you have a question to ask, especially if you are on a speaker phone.
- ✓ If no mute function – ensure there is no background noise or conversations.....thank you!
- ✓ Don't put us on 'hold' (especially if you have background music on your telephone line)

Follow up:

- ✓ Feedback - help our research and future Fireside Chats
- ✓ Discussions 'on line' re: issues identified in this 'chat'.

Partnership

Today's Fireside Chat is a partnership between:

CHNET-Works!

and

Seniors Health Research Transfer Network
(ON)

Participants...

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Ottawa, ON

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University of Ottawa
Ottawa, ON

Deirdre Luesby
SCOHS
SHRTN

Mariella Watson
Sunnybrook Hospital
Toronto, ON
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United Senior Citizens of Ontario Inc
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Ontario March of dimes
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Ministry of Health and Long term care
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Ann McLeod
Peterborough County-City Health Unit
Peterborough, Ontario

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VON and McMaster University
Hamilton, Ontario

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Niagara Region Public Health
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Josh Marko
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Fire Commissioner's Office
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Lindsay

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Vancouver Coastal Health
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Jodi Phillips
Saint Elizabeth Health Care
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Department of Wellness, Culture and Sport
Fredericton, NB

David Tarasuk
VHA Lifeline Systems
Ottawa

Tom Robinson
Para-Med Home Health
Pembroke, Ont

Pamela Atieno
Uottawa

Leah Simon
Simcoe Muskoka District Health Unit
Collingwood, ON

Nandita Sawh
and
Michelle Coghlan (2)
SMARTRISK
Toronto, Ontario

Panelists

Clara Fitzgerald -

Director

Canadian Centre for Activity and Aging

Carolyn McCullough -

Rehab, Consultant

Ontario Ministry of Health and Long-Term Care.

Nellie Kingsbury -

Supervisor, Restorative Care Department

Bonne Chere Manor, Renfrew , ON

The issue

People experience functional mobility decline in Long Term Care Facilities.

Physical Activity is one of the keys for maintaining or restoring functional mobility.

Physical Activity policies, services and programs in LTC are 'all over the map'.

Policies, training and education that support PA in LTC need to be developed and implemented.

Today...

Lets look at

- Who's involved,
- What is being done
- What needs to be done....
- Next steps for discussions?

Questions – who's involved

1. Would each panelist describe their sector's role re: Physical Activity in Long Term Care settings?

Practitioner – Nellie Kingsbury

Researcher/Educator – Clara Fitzgerald

Administration/Policy – Carolyn McCullough

Questions – what's being done?

2. What is happening now in LTC facilities?

a) What in general is the level of Physical Activity care/services/programs in LTC at this point?

(i.e. is exercise mainly for recreational purposes at this point or is it being done at a level to improve functional performance?)

b) What level do we need to reach?

Questions – what's being done

3. Are there policies or guidelines re:
quality and quantity of Physical Activity
in Long Term Care settings?

Questions – What needs to be done?

4. What are the barriers we have to address to ensure that physical activity for functional mobility is part of the daily care of residents in LTC?

(knowledge? Skills? Priorities? Other?)

This could be per caregivers, decision/policy makers, researchers and family members

What are the next steps?

5. What can be done to ensure PA for functional mobility and quality of life is part of LTC?

This could be per caregivers, administrators, policy makers, researchers, professionals in community health, others....

This could be individual or collaborative action....

Last words.....

6. Any 'last words' from our panelists?

Nellie Kingsbury

Clara Fitzgerald

Carolyn McCullough

Participant's questions and comments!

Is there another question that should be asked today???

Is there another sector involved in this issue that should be heard from via Fireside Chats?

What follow up do you want to have happen as a result of this Fireside Chat?



Thanks everyone!

Next CHNET-works fireside chat

- Date
- Time
- Topic