

Register on-line at
<http://www.strokenetworkseo.ca/profedcalendar>

OR

Complete and FAX this form
BY Friday, February 24, 2012 to:

Charlette Eves
Administrative Assistant
Fax: 613-548-2454
Email: evesc1@kgh.kari.net

Name: _____

Designation: _____

Organization: _____

Address: _____

Telephone: _____

Email: _____

Registration: There is **NO** registration fee as this course is funded by the Stroke Network of Southeastern Ontario. However, registration is essential in order to participate.

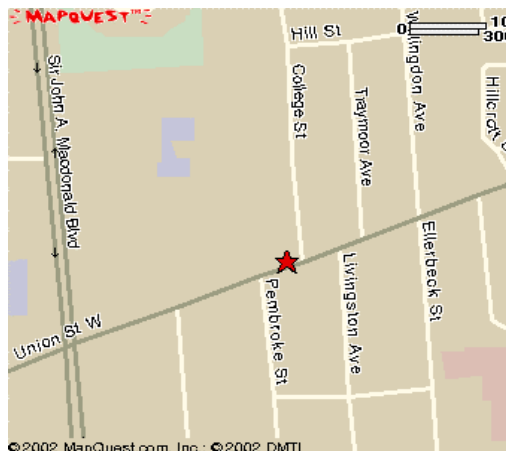
Cancellation Policy: If you register and then are unable to attend, please contact the office **BY Friday, February 24, 2012**. Although there is no registration fee for the course, an accurate estimate of numbers attending is necessary for catering reasons.

REGISTRATION INCLUDES:

- Lunch
- Course 9:00am – 3:30 pm
- Materials

DIRECTIONS: (* MARKS THE SPOT)

From Hwy 401, take Sir John A MacDonald Blvd exit. Proceed south until Union St., turn left at light, Donald Gordon Centre is just on the left.



PLANNING COMMITTEE

Gwen Brown, RN, BA, BEd
Community & LTC Stroke Coordinator
Stroke Network of Southeastern Ontario

Sue Saulnier, BNSc, MEd, GNC(C)
Regional Stroke Education Coordinator
Stroke Network of Southeastern Ontario

Caryn Langstaff, M.Sc., SLP(C)
Regional Stroke Rehabilitation Coordinator
Stroke Network of Southeastern Ontario

Denise Hagerman, Director
Hildegard Day Centre, Providence Care -
Providence Manor site

Nadeen Kane, Program Coordinator
Seniors Association Kingston Region

Tanya Grierson, Recreation Program Supervisor
City of Belleville, Recreation, Culture & Community Services

Aditi Kumar, MSc PT
Physiotherapist, Lifemark Health

Angela Kimmitt-Morris, BAHon
Program Manager, Health & Fitness
Kingston Family YMCA

Vivienne Fotheringham, Senior Exercise Program Manager
Community & Primary Health Care, Brockville

STROKE NETWORK
of Southeastern Ontario



KINGSTON
GENERAL
HOSPITAL

Ontario
Stroke
System

DESIGNING ADAPTIVE EXERCISE PROGRAMS TO SUPPORT STROKE SURVIVORS IN COMMUNITY & LTC

* “Implementing the Guidelines for Community-Based Exercise Programs for People with Stroke (2010) in New or Existing Exercise Programs”

Friday, March 2, 2012

9:00 am – 3:30 pm

**Donald Gordon
Conference Centre**

**421 Union Street
Kingston, ON K7L 3N6
Ph: 613-533-2221**

* To view the Guidelines for Community-Based Exercise Programs for People with Stroke (2010), visit
www.strokenetworkseo.ca/commstrokerecres

TARGET AUDIENCE

This workshop is intended for community and long term care exercise providers including but not limited to community health promoters/trainers, restorative care, recreational therapy, PTAs and PTs delivering exercise programs that are adapted to include stroke survivors.

PROGRAM OBJECTIVES

This program will equip exercise providers in community and long term care settings with the knowledge and skills necessary to design and implement a new or existing fitness program that will accommodate the needs of the stroke survivor. The learning objectives are:

- To understand how to design and implement exercise programs that can accommodate the special needs of the stroke survivor.
- To understand the Ontario Stroke Network Recommended Guidelines for the Community-Based Exercise Programs for People with Stroke (2010).
- To understand the rationale behind exercise training and monitoring of a stroke survivor.
- To identify how to modify exercises and equipment to meet the individual needs of the stroke survivor.
- To increase awareness of existing program models and resources available to instructors.

This course is made available with funding from the Stroke Network of Southeastern Ontario, a partner in the Ontario Stroke System

WORKSHOP AGENDA

0900-0910 **Welcome**

0910-1010 **Impact of Stroke on Ability to Participate in Exercise Programs**

- Stroke definitions and description
- Stroke risk factors and signs & symptoms
- Effects of stroke
- Muscle tone – normal & abnormal, impact on movement
- Differences between left & right sided stroke; implications for exercise
- Common clinical stroke presentations

1010-1040 **Stroke Impact for Exercise**

- Strengthening and increased muscle tone – an ongoing debate
- Motor relearning and repetition
- Importance of cardiovascular fitness in preventing re-stroke
- Contra-indications to exercise
- Safety guidelines and client monitoring
- When to request a physiotherapy consult

1040-1055 **BREAK**

1055-1140 **Introduction to the Guidelines for Community-Based Exercise Programs for People with Stroke (2010)**

- Goals of stroke exercise programs
- Participation criteria and intake process (ie. admission criteria, formal screening and medical clearance)
- Class format
- Appropriate facilities
- Exercise equipment

1140-1210 **Introduction to Practical Sessions**

- Examples of existing program models

1210-1255 **LUNCH**

1255-1500 **Practical Small Group Sessions**

1500-1530 **Questions, Wrap-up, Next Steps**

For Your Comfort Please Bring a Sweater

PRESENTERS

Jacquie Levy, BScPT and Wendy Sarsons, BScPT are co-owners of Action Potential Rehabilitation, a community-based physiotherapy practice that focuses on adult and paediatric neurology and clients with complex rehabilitation needs. Their special interests include the transition and reintegration of patients with multiple needs into the community and fitness programming for the disabled. They provide physiotherapy consultation and teaching to community exercise programs for these clients in Ottawa including the Special Needs Branch of the City of Ottawa, the Aphasia Centre of Ottawa, the Stroke Survivors Association of Ottawa and have presented workshops on developing community exercise programs for stroke survivors. Jacquie is also a contributing author of the Guidelines for Community Based Exercise Programs for People with Stroke (2010).

Note: Two different stroke exercise workshops are being held in Kingston, Winter 2012. Please review each workshop and choose the workshop which best meets your needs. The February 25, 2012 workshop “Exercise Training Following Stroke: Sub Acute to Chronic Recovery” is intended to meet the needs of physiotherapists, kinesiologists and the implementation team who design and deliver cardiovascular programs for stroke survivors. The March 2nd workshop “Designing Adaptive Exercise Programs to Support Stroke Survivors in Community & Long Term Care” is intended for exercise providers (eg. health promoters/trainers, restorative care, recreational therapy, PTA and PT) who design and implement adaptive exercise programs for stroke survivors. For more information on these workshops visit: www.strokenetworkseo.ca