

Enhanced Access to Community Exercise and Falls Prevention Classes for South East Seniors

Ontario Helping More Seniors Stay Healthy, Active and Independent

NEWS

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As part of reforms to physiotherapy services, Ontario is increasing access to publicly funded exercise and falls prevention classes in the South East to help more seniors stay healthy and independent.

To help approximately 130,000 more seniors stay active, healthy, and able to live in their own home longer, community exercise and falls prevention classes are being expanded to more locations across Ontario.

In the South East Local Health Integration Network (LHIN) more than 540 seniors will have access to classes in a variety of settings including retirement homes, community centres and seniors' apartment buildings. Classes are publicly funded, and free to all seniors.

In the South East, exercise and falls prevention classes are now available at:

- Rosedale Retirement Home – Brockville
- Van Horne Retirement Home – Smiths Falls
- Fox Run Retirement Home – Gananoque
- Wedgewood Retirement Home – Brockville
- Frontenac Village Condo – Kingston
- Greenview Country Club – Kingston
- Helen Henderson Retirement Home – Amherstview
- Quinte Living Centre – Belleville
- Cardinal Anglican Church – Cardinal
- Gananoque Community Centre – Gananoque
- St. Francis Church Hall – Smiths Falls
- *Maitland Education Recreation Centre – Maitland*
- *Joshua Bates Centre – Athens*
- *Brockville Pentecostal Church – Brockville*
- *Merrickville Community Hall – Merrickville*
- *Perth Legion – Perth*
- *Perth Civitan – Perth*
- *Prescott Medical Centre – Prescott*
- *Smiths Falls Seniors Centre – Smiths Falls*
- *North Crosby Hall – Westport*
- *Elgin Community Centre – Elgin/Portland*

For more information on how to access classes in the community please contact Megan Jaquith, Quality Improvement and Implementation Facilitator at megan.jaquith@lhins.on.ca or 613.967.0196 ext. 2213

Providing better care for seniors supports the government's [Action Plan for Health Care](#) and its commitment to provide the right care, at the right time, in the right place. It is also part of the government's economic plan

that is creating jobs for today and tomorrow by focusing on Ontario's greatest strengths – its people and strategic partnerships.

QUOTES

“This is an important investment. It means that more seniors in the South East will now have access to free classes which will help them to live active lives and stay in their own homes. I want to encourage all seniors who might benefit from this free programming to take full advantage of it.”

— John Gerretsen, MPP, Kingston and the Islands

“We are taking action to ensure more seniors in Ontario can access high-quality community exercise and falls prevention classes. This initiative is part of our plan to help seniors in more places across the province stay healthy, active and independent in their own homes.”

— Deb Matthews, Minister of Health and Long-Term Care

“This service expansion will enhance access to exercise and falls prevention classes in numerous community settings, so additional seniors in the South East will benefit from high-quality services helping them remain active and healthy in their homes and communities.”

— Paul Huras, CEO, South East LHIN

QUICK FACTS

- Falls can significantly impact the quality of life for seniors, which may include injuries, loss of confidence and curtailing activities leading to an overall decline in health and mobility.
- Regular activity positively affects seniors' overall well-being, functional capacity, strength, ability to manage chronic conditions, and contributes to a reduction in hospitalizations.
- Ontario is investing \$10 million for community exercise and falls prevention classes for approximately 130,000 seniors throughout the province.
- Overall, Ontario is investing \$156 million annually to support enhanced access to physiotherapy, exercise and fall prevention services to more than 200,000 additional seniors and eligible patients.

LEARN MORE

More ways the government is helping seniors to stay [healthy, active and independent](#).

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