

## REGISTRATION FORM

NAME

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ADDRESS

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PHONE

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EMAIL OR FAX

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FACILITY

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Course Cost: \$200.00

Course usual time length: 9am-4:30pm

Please submit payment by  
cheque with registration form.

Make cheque payable to:  
Canadian Centre for Activity and Aging  
1490 Richmond Street  
London, Ontario N6G 2M3

For more information contact:  
Leslie Brown  
Program Coordinator  
**519.661.1607**  
lbrown59@uwo.ca

### The Canadian Centre for Activity and Aging (CCAA)

investigates the interrelationship  
of physical activity and aging,  
and develops strategies, based  
on research, to promote the  
independence of older adults

The CCAA is a research centre h  
within the Faculty of Health Sciences  
at the University of Western Ontario.

Faculty of Health Sciences  
The University of Western Ontario  
1490 Richmond Street  
London, Ontario N6G 2M3  
**P. 519.661.1603**  
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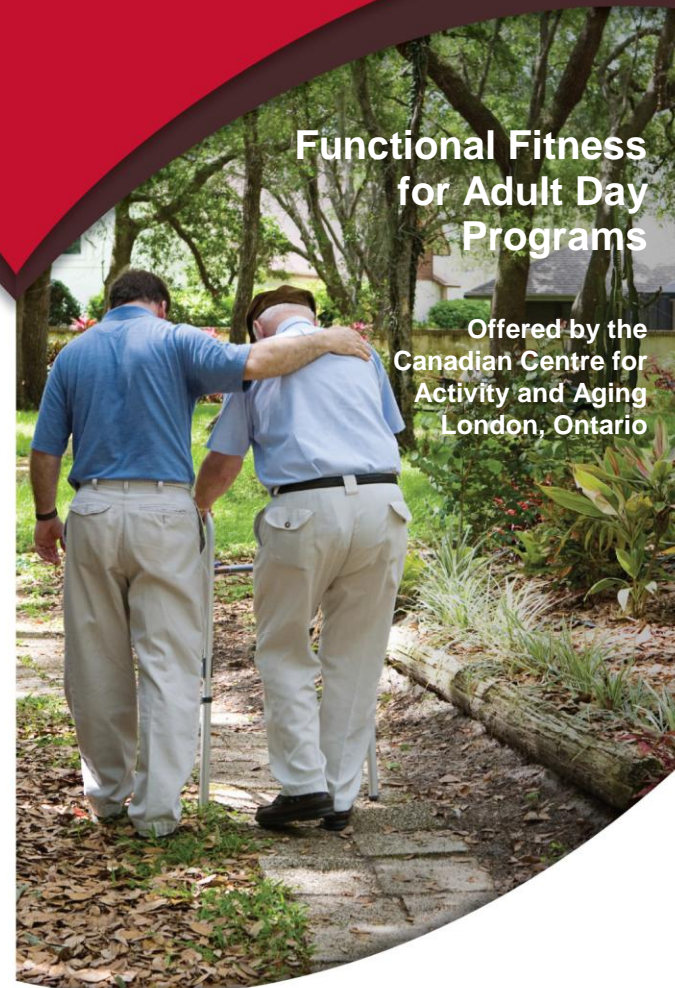
[www.ccaa-outreach.com](http://www.ccaa-outreach.com)



# WORKING TOGETHER WE CAN MAKE IT HAPPEN

## Functional Fitness for Adult Day Programs

Offered by the  
Canadian Centre for  
Activity and Aging  
London, Ontario



# WORKING TOGETHER WE CAN MAKE IT HAPPEN

## What is Functional Fitness for Adult Day Programs?

This workshop is based on research conducted by the Canadian Centre for Activity and Aging with frail older adults and adult day centre staff. The goal of the exercises presented in the workshop is to improve the functional abilities of older adults and to promote their independence for activities of daily living. The exercises and concepts presented in this workshop apply to those leading exercises in adult day programs.

## ABOUT THE TRAINING

*"I learned to meet the diverse needs of the population we serve" – Participant, 2007*

This workshop consists of 7 hours of theory, demonstration and practical experience. The training is hands-on with many opportunities to share ideas with others.

An adult educator with extensive experience in exercise programming for frail older adults will deliver the training.

## WHAT WILL YOU LEARN

- physiology of aging and exercise
- the benefits of exercise for clients
- understanding and motivating clients
- common health challenges and special considerations
- pre-exercise screening, fitness assessment and evaluation
- outcome-based programming
- proper exercise techniques
- meeting the diverse exercise needs of clients
- increasing motivation and adherence for clients and staff

## OTHER LEADERSHIP TRAINING COURSES OFFERED BY THE CCAA

- Restorative Care Education Training
- Seniors' Fitness Instructor Course
- Functional Fitness for Older Adults
- Get Fit for Active Living
- Home Support Exercise Program
- Post Rehabilitation Exercise for Stroke Survivors
- Functional Activity Measures workshop

## WHO SHOULD TAKE THE FF-ADP?

This training will benefit adult day centre staff by providing the tools to design and deliver safe and effective exercise programs for clients with a variety of special conditions and ability levels.

For more information on this and other courses visit us at [www.ccaa-outreach.com](http://www.ccaa-outreach.com)

Contact:

The Canadian Centre for Activity and Aging – to host a course

Course cost: \$200 per participant

For further information contact:

Leslie Brown, CCAA Trainer

Program Specialist

**519.661.1607**

[lbrown59@uwo.ca](mailto:lbrown59@uwo.ca)

