



Want to Become a CCAA Facilitator?

If you are a motivated individual with experience working with older adults, you could become a Get Fit for Active Living (GFAL) or Home Support Exercise Program (HSEP) Facilitator.

As a CCAA Facilitator, you represent the CCAA while teaching the GFAL and HSEP to individuals in your community.

HOST A COURSE

Don't see a course in your area? Learn about the benefits of hosting a course at your facility, no matter where you live in Canada!

Contact:
Leslie Brown
lbrown59@uwo.ca
519.661.1607 or

Chelsie Free
cfree2@uwo.ca
519.661.1609

Facilitator Training Workshops

• Get Fit for Active Living (GFAL-F)

The Get Fit for Active Living is an 8-week exercise and education program for sedentary older adults. As a GFAL Facilitator you will help community-dwelling, older adults get started on a regular exercise program. You will educate your participants about the importance of leading a healthy, active lifestyle so that they can maintain their functional mobility and independence. Pre-requisite: SFIC.

The next Get Fit for Active Living Facilitator training will take place on December 8 from 9:00 am to 4:00 pm at the CCAA in London, Ontario. The course fee is \$300.00. Contact Leslie Brown at lbrown59@uwo.ca or 519.661.1607 for more information or to register.

• Home Support Exercise Program (HSEP-F)

The Home Support Exercise Program is a series of ten simple, yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and ultimately the independence of home-bound older adults. As a HSEP Facilitator you can teach the HSEP to those working on the frontlines with home-bound, older adults.

The next Home Support Exercise Program Facilitator training will take place on November 14 from 8:30 am to 4:30 pm at the CCAA in London, Ontario. There will also be a course in Fredericton, New Brunswick on December 8. The course fee is \$300.00. This fee includes two manuals, a DVD, a facilitator CD and permission to copy the HSEP picture package which is available in thirteen different languages. Contact Leslie Brown at lbrown59@uwo.ca or 519.661.1607 for more information or to register.

About the Canadian Centre for Activity and Aging

"In 1998 I had a serious fall. I am now 78, and at that time I was concerned that the damage done by the fall would result in my inability to function in my own home without support. I contacted the Canadian Centre for Activity and Aging about their exercise programs. I am now fitter than I was before the fall. That fall was the best thing that ever happened to me, as I am now committed to exercise for life. I only wish I had started exercising 15 years sooner!" - CCAA Participant

The Canadian Centre for Activity and Aging (CCAA) is a national education and research organization with the mission to develop, encourage, and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process. Our mandate is: to investigate the interrelationship of physical activity and aging, to develop strategies based on research, to promote the independence of older adults. The CCAA is a research centre within the Faculty of Health Sciences at The University of Western Ontario.

Canadian Centre for Activity and Aging
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London, Ontario N6G 2M3
P. 519.661.1603
www.uwo.ca/actage



CANADIAN CENTRE FOR
ACTIVITY AND AGING
LEADERSHIP TRAINING UPDATE

LEARN



New! FF-ADP condensed

The Functional Fitness for Adult Day Programs (FF-ADP) workshop is based on research conducted by the CCAA 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 in adult day programs and to promote their independence for activities of daily living.

TRAINING OPPORTUNITIES

CCAA, London, Ontario

Date: November 21

Contact: Leslie Brown

E: lbrown59@uwo.ca

P: 519.661.1607

Toronto, Ontario

Date: October 16

Contact: Leslie Brown

E: lbrown59@uwo.ca

P: 519.661.1607

Course Fee: \$200.00

New! Functional Activity Measures Workshop

James Robertson does not hear the clang of weight room equipment or the energetic chatter of seniors going to and from exercise classes. He is focused on reaching the mark 20 meters away at the end of the hallway. He has just walked there and back four times; twice at a slow leisurely pace and twice at a comfortable normal walking speed. Now he is into the last leg of his journey and is walking as fast as he can.

With a beep the appraiser's timer is stopped and so is the assessment. Success! James has finished his walk 3 seconds faster than last year. There is a little extra spring in his step as he strolls around to slowly decrease his heart rate. Regular exercise classes for the last twelve months seem to have paid off for this 83-year-old.

Annual fitness appraisals for all exercise class participants are an important part of the Canadian Centre for Activity and Aging (CCAA) mandate. These assessments provide important information that is used to refine the CCAA's many older adult fitness program models and to inform participants about their fitness level and progress.

The community outreach team has developed a new one-day workshop for those working with older adults across the mobility

spectrum. This Functional Activity Measures (FAM) workshop provides measures to screen and monitor your participants and residents at the beginning, middle and end of a structured exercise program.

In this workshop you will learn to use evidence-based functional assessment measures to screen and monitor participants. You will also learn to understand the outcomes of functional assessments in order to provide the participant with feedback about their results. This workshop covers over twenty simple and inexpensive assessment tools to evaluate muscular strength, aerobic endurance, flexibility, agility, dynamic balance, body mass index and activities of daily living.

The next course will take place on October 29 from 9:00 am to 3:00 pm at the CCAA in London, Ontario. The course fee is \$200.00. Contact Leslie Brown at lbrown59@uwo.ca or 519.661.1607 for more information about this or other CCAA courses taking place across Canada.

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Seniors' Fitness Instructors Course (SFIC)

The SFIC was developed to address a need for training and information about appropriate physical activity programs for the community-dwelling, well older adult. The course consists of 36 hours of in-class training including class observation, practice teaching and guest speakers, 16-hours field experience, take-home assignment and practical evaluation.

TRAINING OPPORTUNITIES

Don Mills, Ontario
Date: Sept 12-14 and 27-28
Contact: Toni Johnston
E: dastones@rogers.com
P: 905.579.4135

CCAA, London, Ontario
Date: Oct 3-5 and 18-19
Contact: Leslie Brown
E: lesliebrown22@hotmail.com
P: 519.686.7757 ext. 1

Renfrew County
Date: Oct 6, 20, 27 and Nov 3, 10
Contact: Ian Andrew
E: itandrew@sympatico.ca
P: 613.825.5019

Woodstock, Ontario
Date: Oct 16, 20, 23, 27 and Nov 3
Contact: Beth Munro
E: smart@von.ca
P: 519.539.1231

London, Ontario
Date: Oct 17-19 and 24-25
Contact: Anne Van Durmen
E: vandurmenyogauto@aol.com
P: 519.661.2500 x2486

CCAA, London, Ontario
Date: Oct 24-26 (FAST TRACK)
Contact: Leslie Brown
E: lesliebrown22@hotmail.com
P: 519.686.7757 ext. 1

SFIC Course Fee: \$250.00



Activation (Senior Fitness) Classes a Hit in Walkerton!

We were inspired by this success story from two certified senior fitness instructors in Walkerton, Ontario.

"I was looking for an exercise class for my mom" says Bobbi Lee Wells. "She has osteoporosis and although she's very active at home there was nothing in our community to help her gain strength and work on her flexibility and coordination. I heard about the Canadian Centre for Activity and Aging (CCAA) when I lived in London, Ontario but I wasn't really sure what they offered." After learning more about the CCAA and the courses they offer, Wells, a Dietitian by profession, recruited her friend and colleague, Yvonne Batte, a Massage Therapist, to take the Seniors' Fitness Instructors Course (SFIC) with her in May of 2007.

The pair decided to run a six-week session at the Walkerton Community Centre in June 2007. They hoped to get at least six participants to join in order to cover their operating costs. Both instructors recruited their mothers who encouraged others to join and before long sixteen seniors

had enrolled. We were amazed by the interest" says Batte. "Our first class was a lot of trial and error as we were trying to get the feel for things as Senior Fitness Instructors, making sure that the exercises were safe and that everyone was having a good time."

Local media were invited to the first session. On the last day of the exercise program, Batte and Wells organized a Social complete with games, healthy food and prizes.

Everyone received a certificate of participation at the end of the session. "It is so important to recognize individuals for their accomplishments" Wells comments. "Last month, we recognized five participants who have been attending our class since the beginning. That's dedication and we want to honour it."

After a full year of classes, both instructors have seen great improvements in balance, strength and coordination of all participants.

"Two participants brought their canes to the first session but now don't even bother" says Wells. The most recent twice-a-week, 10-week session had the highest enrollment yet with 40 participants; therefore two classes were run back to back. The Activation Olympics were held in June and the exercise program participants were fiercely competitive! Every

session ends with a Social and at the completion of the Spring 2008 classes a local pedorthist spoke about proper footwear.

Class participants are between 40 and 88 and live with a variety of chronic conditions. "We are so pleased that people keep coming back and can see what a difference that staying active makes in their lives" Batte says. "I think it just goes to show that if you offer something fun and worthwhile at a reasonable price, they will come." Both instructors are constantly inspired by the effort and progress of all their participants.

"A healthy body and mind contribute to a longer life!"



Do You Work With Frail Older Adults?

What is Restorative Care Education Training (RCET)?

This workshop covers walking, exercise, feeding/eating programs and optimal communication and social interaction between staff and long-term care facility residents. Upon completion of the RCET, you will be able to provide the residents in your facility with the best quality of life possible.

Those who want to promote the highest possible level of functioning for very frail older adults who require assistance with ADL's or mobility will benefit from this training.

The Philosophy

Restorative Care is a philosophy that should be supported by the entire organization. This training provides the tools and strategies required for the design and implementation of a "restorative philosophy of care" within any long-term care facility.

RCET Modules Include:

- Physical Activity and Aging
- Communication
- Positioning, Mobility and Transfers
- Safe and Effective Eating
- Assessment and Evaluation

TRAINING OPPORTUNITIES

CCAA, London, Ontario
Date: October 7-8 and 21-22
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

Cambridge, Ontario
Date: October 18-19 and 27-28
Contact: Jolanta Rooyakkers
E: rcet@rogers.com
P: 519.895.2747

Ottawa, Ontario
Date: November 10-11 and 24-25
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

RCET Course Fee: \$450.00

NEW! Post Rehab Exercise for Stroke (PRES)

On completion of this 6-hour workshop you will be able to offer a community-based, exercise program for stroke survivors. Learn assessment tools to measure specific, functional gains of stroke participants as well as a variety of exercises with progressions that are suitable for this population. In order to take this workshop training in the CCAA's FFOA, RCET, FF-ADP or SFIC is highly recommended. This program incorporates the Fitness and Mobility Exercise Program (FAME), a community-based, exercise program for people living with stroke.

TRAINING OPPORTUNITIES

London, Ontario (2 dates to choose from)

- September 29
 - November 28
- Contact: Chelsie Free
E: cfree2@uwo.ca
P: 519.661.1609

Ottawa, Ontario
• November 27
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

PRES Course Fee: \$200.00

Functional Fitness for Older Adults (FFOA)

The goal of the exercises presented in the FFOA is to improve the functional abilities of older adults and to promote their independence for activities of daily living. The exercises presented in this workshop apply to those leading programs in long-term care and residential homes through optimal communication and social interaction between staff and residents.

TRAINING OPPORTUNITIES

CCAA, London, Ontario
Date: September 11-12
Contact: Clara Fitzgerald
E: clarafitz@rogers.com
P: 519.473.4864

CCAA, London, Ontario
Date: October 7-8
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

Cambridge, Ontario
Date: October 18-19
Contact: Jolanta Rooyakkers
E: rcet@rogers.com
P: 519.895.2747

Halifax, Nova Scotia
Date: November
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

Ottawa, Ontario
Date: November 10-11
Contact: Leslie Brown
E: lbrown59@uwo.ca
P: 519.661.1607

CCAA, London, Ontario
Date: December 4-5
Contact: Clara Fitzgerald
E: clarafitz@rogers.com
P: 519.473.4864

FFOA Course Fee: \$250.00