

Tiered Exercise Program (TEP) Training

What is the Tiered Exercise Program?

The Tiered Exercise Program includes three exercise programs for older adults who are either chair-bound, have transfer ability, or are ambulatory. The exercise programs are evidence-based, include 10 exercises each that are simple yet progressive, and will help participants maintain or improve their current functional abilities to help them age in place.

The program also includes a tool to help match participants with the appropriate program level, picture packages for all three programs, and a video of one of the programs. The Tiered Exercise Program can be administered in large or small group format, or one-on-one.



Who should take the TEP?

- Front-line staff or caregivers who would like to engage frail homebound older adults in a safe and effective home-based exercise program
- Family members

Learning Objectives: By the end of this training, participants will be able to:

- Identify the benefits of physical activity as an integral part of healthy aging
- Identify potential clients for a fitness program
- Use assessment findings to provide individualized exercise programs and track progress
- Apply the Tiered Exercise Program's three programs, each including ten simple and progressive exercises
- Support the older adult to continually improve their performance

Method of Delivery:

- Lecture-style PowerPoint presentation with handouts
- Interactive discussions and video
- Demonstration and practice of the three exercise programs

Upcoming Training & Registration Information

Date & Time	Location
Saturday, October 14, 2017 9:30 am – 2:30 pm	Flemingdon Health Centre 10 Gateway Blvd. 2 nd Floor
Wednesday, November 22, 2017 9:30 am – 2:30 pm	Fairview Community Health 5 Fairview Mall Dr. Suite 359
Saturday, February 3, 2018 9:30 am – 2:30 pm	Flemingdon Health Centre 10 Gateway Blvd. 2 nd Floor
Wednesday, March 7, 2018 9:30 am – 2:30 pm	Fairview Community Health 5 Fairview Mall Dr. Suite 359

To register for one of the Tiered Exercise Program training sessions please use the following link:
<https://goo.gl/forms/hOTxyKEJD2ijk8tt1>

Cost: Free (valued at \$113). A Certificate of Participation will be provided at the end of the training.

Pre-requisite: Step Ahead to Falls Prevention: E-Learning Module

This E-Learning Module is offered through Toronto Public Health. To register for the E-learning Module please visit the Injury Prevention Website <http://www.toronto.ca/health/injuryprevention>

For more information contact:

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