

Why a Physical Maintenance Program?

The Physical Maintenance Program, a project of Specialized Geriatric Services, is part of Parkwood Institute's commitment to promoting an active living approach to healthy aging.

The service has been developed for individuals who require assistance to maintain their mobility for independent living.

At Parkwood Institute, we believe exercise can be the key that allows elderly people to lead independent and productive lives.

Transportation

Participants are responsible for their own transportation. Program staff may be able to assist with finding transportation options.

As part of our role in promoting a healthy community, and to better support those we serve, St. Joseph's is a smoke-free organization. Smoking is not permitted on hospital property, including parking lots and the parking garage. Those who wish to smoke must do so off hospital property.

Other Information

The Physical Maintenance Program, which began in 1998, was initially made possible through a two year pilot project grant from the St. Joseph's Health Care Foundation (formerly called the Parkwood Hospital Foundation). The pilot project was an overwhelming success and has continued to be a main program offered through Specialized Geriatric Services at Parkwood Institute. The program is operated by health care staff with assistance from registered hospital volunteers.

Feedback from our participants about the positive benefits of the program include:

- "Really nice people, great volunteers and staff"
- "A fun afternoon of exercise with friends"
- Consistent and reliable class times"
- Staff are knowledgeable and supportive"
- I always leave feeling better than when I came in"

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sjhc.london.on.ca

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

February 2019, 200813

Parkwood Institute

Geriatric Rehabilitation Day Hospital

Physical Maintenance Program

Information for
clients and families

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Program Goals

- To maintain physical function and mobility for independent living
- To enhance quality of life
- To provide a safe, accessible environment for exercise and leisure pursuits

Admission Criteria

Seniors who are:

- Able to stand and walk short distances with or without the use of a gait aid, such as a walker or cane
- Independent with toileting
- Able to provide own transportation
- Able to provide informed consent
- Able to participate in a group setting
- In need of physical exercise within a supportive environment
- Participating with the consent of their family physician

Priority will be given to seniors who have completed a rehabilitation program.

The program is unable to accommodate individuals with significant cognitive issues.

A Typical Day

A typical day may include:

- An exercise class, walking program and other physical activity
- A refreshment break midway through the afternoon
- Discussions: nutrition, history, music, fun facts and the importance of exercise and leisure
- Group based social interaction

Assessment

All clients will be assessed at the start of the Physical Maintenance Program to determine their current physical functioning, leisure abilities and interests, as well as personal program goals.

Physical functioning may be reassessed while on the program.

Referral Process

Referrals can be initiated by any health professional and require the signature of the family physician, nurse practitioner or specialist .

The referral form can be found at www.sjhc.london.on.ca/geriatric-ambulatory-access-team/referral-form, and fax to 519-685-4020

When and Where?

When

Monday to Friday
1:00 to 2:45 pm

Location:

Day Hospital
Parkwood Institute
Main Building
550 Wellington Road
London, ON N6C 0A7
Telephone: 519 685-4019

Parking:

Patients may be dropped off at the Day Hospital / Ambulance entrance (drop off parking only)

OR Park in the visitor's parking lot #1. The cost is \$4 (toonies or loonies) upon entering
Parking rates are subject to change.

If you park in the visitor's lot, enter through Parkwood Institute's Main Building entrance . The Day Hospital is to the left of the lobby, through the double doors beside the elevators and follow the signs.

Cost: Upon admission to the program a monthly fee is calculated based on \$5 per day for each day registered.