

News Release

More Seniors to Benefit From Exercise and Falls Prevention Classes in the South East

South East LHIN Selects Victorian Order of Nurses (VON) and Community and Primary Care (CPHC) to Provide Services to Seniors

NEWS

July 11, 2013

Seniors in the South East Local Health Integration Network will have improved access to exercise and falls prevention classes, beginning August 1, 2013.

As part of Ontario's commitment to help more seniors stay healthy and active, the South East Local Health Integration Network (LHIN) has chosen the Victorian Order of Nurses (VON) and Community and Primary Health Care (CPHC) to ensure the continuity of exercise and falls prevention classes throughout the region. The VON and CPHC have engaged with various locations and providers to identify what classes are to be sustained and are putting the appropriate agreements in place to continue those services to seniors.

VON and CPHC will deliver on the goals of Ontario's Exercise and Falls Prevention Initiative by:

- Maintaining exercise and falls prevention service levels.
- Improving access to exercise and falls prevention classes across geographic areas, including small and rural communities
- Complementing existing exercise and falls prevention initiatives, including related programs offered by the local Public Health Unit.

The LHIN is working closely with community organizations to ensure that exercise and falls prevention classes are available to seniors currently receiving classes from Designated Physiotherapy Clinics.

Exercise and falls prevention classes will be set up in multiple locations throughout the LHIN to ensure access for more seniors. No fees will be charged and there will be no limit to the number of classes a senior may attend.

QUOTES

"I am pleased to announce that the Victorian Order of Nurses (VON) and Community and Primary Health Care (CPHC) will be providing exercise and falls prevention classes to seniors throughout our service area. With the expansion of exercise and falls prevention classes, all seniors – including those in small and rural communities – will have better access to these important services when and where they need it."

— (Paul Huras, South East LHIN CEO)

"As our population continues to age, the importance of providing efficient and effective wellness programs for Seniors, such as the group exercise and falls prevention classes, becomes more

and more important. Seniors will be able to enjoy the freedom which a healthy and active lifestyle brings.”

— (John Gerretsen, MPP, Kingston and The Islands)

“We are taking direct action to ensure that over 68,000 additional seniors – about 130,000 in total – will have access to high-quality exercise and falls prevention classes. That more than doubles the current number receiving this care in the community. Just as important, this care will be expanded to a number of small and rural communities that are currently underserved.”

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

QUICK FACTS

- Falls prevention classes and regular exercise help seniors stay active, healthy and independent.
- Ontario is investing \$10 million for exercise and falls prevention classes for approximately 130,000 seniors throughout the province.

LEARN MORE

Organizations interested in hosting exercise and falls prevention classes and seniors looking for more information about classes in the South East LHIN should go to www.southeastlhin.on.ca or call Caitlin den Boer, Communications Coordinator at 613.967.0196 ext. 2240 for more information.

Read about the government’s plan to expand [physiotherapy services and exercise and falls prevention classes](#).