

## **Clinic-based Physiotherapy Technical Implementation Working Group**

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***Purpose:*** *To develop a response to issues raised regarding accessing community resources*

***Target Audience:*** *Clinics and organizations that have entered into funding transfer agreements with the Ministry of Health and Long-Term Care to provide publicly-funded physiotherapy services*

***Goal:*** *To provide a list of community resources which will assist in the discharge-planning component of publicly funded physiotherapy services*

# Introduction

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An important part of any patient's care is the discharge planning process. This process facilitates ongoing self-directed treatment once the treatment by the therapist has concluded and can involve providing the patient with a list of resources. This list can include community-based programs where patients can continue the exercise and fitness regimes, taught by their physiotherapist. These ongoing programs or exercises prevent recurrence of problems or maintain optimal function. Discharge planning can also include referral to other services, which may enhance care.

The following document provides some ideas and linkages to community-based programs that can be found by a physiotherapist or patient. However, every community is different and further individual research is required to determine what is available in any particular location.

These suggestions are by no means comprehensive, nor are they an endorsement by the Ministry of Health and Long-Term Care of any particular program or establishment. They are simply a guide as to possible programs and support groups, which may assist your patients in the management of their condition.

## Community Resources

### Listings of Local Programs/How to Find Services

The Healthline (Ontario LHINs and CCAC's)	This website ( <a href="http://www.thehealthline.ca/">http://www.thehealthline.ca/</a> ) is managed through the 14 CCACs, and it provides a comprehensive listing on a large variety of services available in each LHIN, as well as information on where and how to access these resources. Just click on your LHIN, at the above website, to access local services. Under the category "Public Health" there is a section for Fitness Centres and Programs. Under the category "Home and Community Care" there is a section on Exercise and Falls Prevention.
Public Health Units	Many Public Health Units have listings of local fitness providers and opportunities as many of them have a mandate to promote physical activity. Locate your Public Health Unit at <a href="http://www.health.gov.on.ca/en/common/system/services/phu/">http://www.health.gov.on.ca/en/common/system/services/phu/</a>
Falls Prevention and Exercise Classes	Check your local LHIN website to determine where Falls Prevention and Exercise classes are being offered in your local community. ( <a href="http://www.lhins.on.ca/home.aspx">http://www.lhins.on.ca/home.aspx</a> )
Publicly Funded Physiotherapy Clinics	The following link will direct you to other publicly-funded physiotherapy clinics in your area <a href="http://www.health.gov.on.ca/en/public/programs/physio/">www.health.gov.on.ca/en/public/programs/physio/</a>

### Contacts for Multidisciplinary Care/Specialized Programs

Community Care Access Centres (CCAC)	Your local CCAC can provide multidisciplinary care in patient's homes ( <a href="http://www.ccac-ont.ca/">http://www.ccac-ont.ca/</a> ). This website will allow you to locate a CCAC near you; no physician or nurse practitioner referral required.
Local Hospital/Rehab Facility	Investigate your local hospital or rehabilitation facilities website – determine what specialized programs they offer and how to refer
Family Physician/Nurse Practitioner	The patient's Family Physician or Nurse Practitioner may be aware of how to access specialized programs and can send referrals as needed. Call or contact them to discuss your concerns.

## Arthritis

The Arthritis Society	The Arthritis Society website ( <a href="http://www.arthritis.ca/page.aspx?pid=1858">http://www.arthritis.ca/page.aspx?pid=1858</a> ) provides an events calendar showing the dates and locations of patient workshops across Ontario including: “Arthritis Self-Management Program”, “Chronic Pain Management”, “OA Hand Class”, “OA and Your Spine”, and “Stay Active – Manage OA Pain”. They also provide educational materials on various arthritic/rheumatological conditions.
Community Health Centres (CHC)	Some Community Health Centres offer “Living Well with Chronic Disease” and “Living Well with Chronic Pain” self-management programs. These may be accessible to registered clients only and/or to the general public. To locate CHCs near you, access The Association of Ontario Health Centres website ( <a href="http://aohc.org/find-a-centre">http://aohc.org/find-a-centre</a> ) or for more information on the “Living Well with Chronic Disease” and “Living Well with Chronic Pain” self-management programs, please visit the Living Well, Self-Management Program of Southeastern Ontario ( <a href="http://www.livingwellseontario.ca/">http://www.livingwellseontario.ca/</a> ) .

## Osteoporosis

Osteoporosis Canada	The Osteoporosis Canada website ( <a href="http://www.osteoporosis.ca/">http://www.osteoporosis.ca/</a> ) provides patient oriented information on their condition and exercise. It also links you to their local chapters where you can access patient programs, support group information, and patient oriented exercise guidelines.
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## Stroke/CVA

Heart and Stroke Foundation	The Heart and Stroke Foundation of Ontario website ( <a href="http://www.heartandstroke.on.ca">http://www.heartandstroke.on.ca</a> ) provides information for patients and health care professionals (look under Health Information tab) on preventing and managing blood pressure and stroke including exercise. You can order free booklets and information brochures to give to your patients.
Ontario Stroke Network	The Ontario Stroke Network website ( <a href="http://www.ontariostrokenetwork.ca/index.php">http://www.ontariostrokenetwork.ca/index.php</a> ) provides resources on community stroke rehabilitation. It also has a locator for Regional or District Stroke Centres and Prevention clinics if you are looking for multidisciplinary care for your patient

## Parkinson Disease

The Parkinson Society of Canada	The Parkinson Society of Canada website ( <a href="http://www.parkinson.ca">http://www.parkinson.ca</a> ) provides downloadable educational material for your patients. It also links you to the three Ontario Chapters (Eastern Ontario, South Western Ontario, and Central/Northern Ontario). Within each of these chapters, you can find local support groups and group exercise programs (such as Tai Chi)
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## COPD

The Ontario Lung Association	The Ontario Lung Association website ( <a href="http://www.on.lung.ca">http://www.on.lung.ca</a> ) has free patient education resources. They can also link you to local patient support groups, COPD Education Centres, and multidisciplinary Respiratory Rehabilitation Programs ( <a href="http://www.on.lung.ca/pages/our-programs-/support-resources">http://www.on.lung.ca/pages/our-programs-/support-resources</a> ). They also run a Breathworks Helpline where people with COPD can call with questions (1-888-344-LUNG (5864)).
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## Multiple Sclerosis

Multiple Sclerosis Society of Canada	The Multiple Sclerosis Society of Canada website ( <a href="http://mssociety.ca">http://mssociety.ca</a> ) provides links to local chapters. Many local chapters have support groups, run fitness programs, or have linkages with community partners who run fitness activities for those with physical limitations.
Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis	The Canadian Physical Activity Guidelines have a specific downloadable guideline for adults with MS ( <a href="http://www.csep.ca/english/view.asp?x=943">http://www.csep.ca/english/view.asp?x=943</a> )

## Cerebral Palsy

The Ontario Federation of Cerebral Palsy	The Ontario Federation of Cerebral Palsy contact information appears on their website ( <a href="http://www.ofcp.ca/contact.php">http://www.ofcp.ca/contact.php</a> ). They can connect you with support services in your area.
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## Non-Specific Disease Processes – General Fitness Programs

Canadian Physical Activity Guidelines	Canada's new Physical Activity Guidelines and workbook can be ordered or downloaded at <a href="http://www.csep.ca/english/view.asp?x=804">http://www.csep.ca/english/view.asp?x=804</a> . Residents of Ontario can also get the guidelines for free through Service Ontario
Private Fitness Centres/Gymnasiums	Find local private gymnasiums/fitness centres on the internet or in the yellow pages of the telephone book.
Your local community Pools/Aquafit programs	Investigate your city or town's website or their Recreation Guide for their Recreation/Leisure/Fitness facilities and classes.

Mall Walking	Mall walking, especially in winter or poor weather is a good exercise. Many malls have hours of operation dedicating special times before stores open in the morning for such activities. Call or investigate your local mall's website.
Indoor Winter Walking Programs/ Falls Prevention Programs	Many Public Health Units organize indoor winter walking and/or falls prevention programs. Click on "Public Health Unit locations" at the following link to find your Public Health Unit <a href="http://www.health.gov.on.ca/en/common/system/services/phu">http://www.health.gov.on.ca/en/common/system/services/phu</a>
Private Yoga, Tai Chi, Pilates, Urban Poling Classes	Find local private classes on the internet or in the yellow pages of the telephone book. Your city or town's recreation department may also offer classes. Your local Senior Citizen's Association or Community Centre may also be a good resource.
Your local Senior Citizen's Associations/ Community Centres	Search for your local organizations online. They often offer a variety of fitness classes for senior citizens at very reasonable costs.
Your local City/Town's Leisure/Recreation/Fitness Programs	Investigate your city or local town's website or recreation guide for their classes and fitness facilities. Usually very reasonable prices. A variety of activities may be offered
Community Nursing Organizations	For example the Victorian Order of Nurses (VON) offer their SMART (Seniors Maintaining Active Roles Together) Program in various communities across Ontario. Their website ( <a href="http://www.von.ca/en/home/default.aspx">http://www.von.ca/en/home/default.aspx</a> ) allows you to locate where this service is offered
Elderly Persons Centre	These centres serve as community hubs that provide social, recreational and fitness programs to promote wellness and help to keep seniors active. Look for Senior Centres in the Seniors section of your CCAC's healthline site ( <a href="http://www.thehealthline.ca/">http://www.thehealthline.ca/</a> )