



**SMART**  
**(Seniors Maintaining Active Roles Together)**  
**Exercise & Fall Prevention Program**

**REFERRAL GUIDELINES EFFECTIVE SEPTEMBER 2017**

<i>PROGRAM NAME</i>	<i>TARGET AUDIENCE</i>	<i>INTAKE &amp; SCREENING</i>
<p><b>VON SMART FUN-ctional Fitness</b></p> <p>Level III - (modifications are provided for standing and/or seated)</p> <p>*Select sessions offered in French</p>	<p><i>Appropriate For Individuals:</i></p> <p>≥55 years of age</p> <p>Healthy enough for moderate to vigorous intensity physical activity</p> <p>Rest &amp; Retirement and Community</p>	<p><i>Individual wishes to maintain or is deficit in one or more areas:</i></p> <p>Flexibility</p> <p>Mobility</p> <p>Upper Body Strength</p> <p>Lower Body Strength</p> <p>Balance</p>
<p><b>VON Sensible Seniors Seated Fitness</b></p> <p>Level I-II</p> <p>(Balance can be done in standing)</p>	<p><i>Appropriate For Individuals:</i></p> <p>≥55 years of age</p> <p>Sedentary Lifestyle</p> <p>Mobility Challenges</p> <p>Capacity to follow instructions and problem solve</p> <p>Rest &amp; Retirement and Community</p>	<p><i>Individual reports one or more areas of concern:</i></p> <p>Experienced a fall ≥ 1 year</p> <p>Fear of Falling</p> <p>Use of ambulatory device(s)</p> <p>Wish to maintain function, activities of daily living and independence</p>
<p><b>VON SMART in the Community: Move 2 Be Strong with Parkinsons</b></p> <p>Level I-II</p>	<p><i>Appropriate for Individuals:</i></p> <p>≥55 years of age</p> <p>Ambulatory (with/without a walking aide)</p> <p>*Caregivers are also welcome to participate</p>	<p><i>Priority populations: Community-dwelling</i></p> <p>Recently diagnosed with Parkinsons</p> <p>Willing and able to participate in a 60 minute exercise class</p> <p>Medical clearance has been issued to participate in a community-based, guided exercise program</p>
<p><b>VON SMART in the Community: Move 2 Be Strong for Acquired Brain Injury / Stroke</b></p> <p>Level I-II</p>	<p><i>Appropriate for Individuals:</i></p> <p>≥18 years of age</p> <p>Suffering from a mild, non-debilitating stroke or acquired brain injury</p> <p>*Caregivers are also welcome to participate</p>	<p><i>Priority population: Community-dwelling</i></p> <p>Can ambulate at least 10 metres with or without gait aid, able to perform standing exercises while holding onto a support, have no significant cognitive impairment and have the ability to self-monitor with respect to warning signs of over-exertion</p> <p>Medical clearance has been issued to participate in a community-based, guided exercise program</p>

\*Note: Registration is required. Contact your local VON site for specific class offerings and availability.

<b>PROGRAM NAME</b>	<b>TARGET AUDIENCE</b>	<b>INTAKE AND SCREENING</b>
<b>VON SMART in the Community: Move 2 Be Strong with MS</b>  Level I	<i>Appropriate for Individuals:</i> ≥18 years of age  *Caregivers welcome	<i>Priority Population: Community-dwelling</i>  <i>Diagnosed with MS</i>  <i>Medical clearance has been issued to participate in a community - based, guided exercise program</i>  <i>Diagnosed with any chronic condition; symptoms are being managed</i>
<b>VON SMART in the Community: Chair Yoga</b>  Level II-III	<i>Appropriate for Individuals:</i> ≥55 years of age  <i>Mobility and/or balance challenges</i>  <i>Feelings of discontent/depression</i>  <i>Fall Risk</i>	<i>Priority Population: Community-dwelling</i>  <i>Wishes to improve function, mobility and range of motion of the spine and other joints in the body as well as releasing tension in the shoulders, neck, chest, hips and lower back</i>  <i>Wishes to improve posture, breathing and feelings of well-being</i>
<b>VON SMART in the Community: Walking Strong (Urban/Nordic pole-walking sessions)</b>  Level II-III	<i>Appropriate for Individuals:</i> ≥55 years of age  <i>Healthy enough for moderate to vigorous intensity physical activity</i>  <i>Post-Rehab</i>	<i>Priority population: Community-dwelling</i>  <i>Wishes to maintain and improve overall health and wellness</i>  <i>Wishes to maintain improved function post-rehab</i>
<b>VON SMART in the Community: Elevation Circuit Training</b>  Level III	<i>Individuals:</i> ≥55 years of age  <i>Healthy enough for moderate to vigorous intensity physical activity</i>	<i>Priority population: Community-dwelling</i>  <i>Wishes to maintain and improve overall health and wellness</i>  <i>Diagnosed with any chronic condition; symptoms are being managed</i>  <i>Wishes to maintain improved function post-rehab</i>
<b>VON SMART In-Home One-to-One</b>  Level I-II-III	<i>Individual must be:</i> ≥55 years of age  <i>Isolated and unable to attend and community group class</i>  <i>Fall Risk</i>	<i>Must be willing to participate in the 12 week In-Home program</i>  <i>Is not receiving on-going therapy</i>  <i>Is able to follow instructions</i>  <i>Medical clearance has been issued to participate</i>

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