

2016 Conference Recording

“T6 - Live It Fit Everyday (LIFE): An evidenced based program delivery for residents living in Sienna’s Care Communities and Retirement Residences”

Objectives:

1. Participants will be able to identify three benefits of facilitating an evidence-based exercise program delivery for older adults residing in Long Term Care and Retirement Residences.
2. Participants will be able to demonstrate understanding of exercise principles and the theoretical background of implementing evidence based physical programs.
3. Participants will be able to demonstrate understanding of the F.I.T.T guidelines of physical programming.
4. Participants will be able to demonstrate understanding of three measurement tools for pre, mid-point and post testing to measure progress of participants engaging in program.
5. Participants will be able to identify three strategies for creating successful partnerships

Session Description:

The LIFE (Live It Fit Everyday) concept was developed by Sienna Senior Living to be implemented as an evidence based best practice physical activity program across the care communities and retirement residences in Ontario and British Columbia. As a result of their shared values and vision Sienna commissioned Sheridan Center for Elder Research Centre to create the LIFE framework. Sienna recognized that a framework and the resources to support the LIFE program implementation were imperative for the sustainability and success of this Signature Service. This Signature Service provides an exciting research based practicum opportunity for students. Attending this session would provide RT/TRs with an example of a research based program framework that is being implemented in practice across long term care and retirement living. Sienna Senior Living has partnered with 27 colleges and universities nationally while implementing this opportunity for residents.

Presenters:

Jill Gibson, R/TRO, Sienna Senior Living

Kim Fitzpatrick, R/TRO Sienna Senior Living

Sonia Roul, R/TRO Sienna Senior Living

Pat Spadafora, Sheridan College

Marta Owsik, Sheridan College

PCCs:

- Pre-approved for 1 professional contribution point
- [Purchase a PCC Transcript](#) at the TRO Store in advance and follow the login and post-test instructions

CEUs

NCTRC Pre-Approved for Job Analysis Areas:

- Implementation
- Advancement of the Profession

Register:

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