

TIME™ Program- Additional Information

What is TIME™?

- TIME™ stands for *Together In Movement and Exercise*. TIME™ is a community-based group exercise program for people with mild to moderate mobility impairments. The name highlights the group-based nature of the program, which provides participants with the opportunity for social connection, extending the benefits of TIME™ beyond improved fitness and mobility.
- TIME™ is designed by UHN Toronto Rehab physiotherapists, who train community centres and other community organizations to offer TIME™ as part of their fitness & recreation programming.
- Participants benefit from the small group format and the expertise of specially trained TIME™ fitness instructors, who guide them through functional movement practice. Hand supports, like ballet bars, are used in every class so that participants can feel confident to exercise in standing.
- TIME™ is offered in community centres across Canada, as well as online through our virtual program called TIME™ at Home.
- TIME™ targets functional mobility by incorporating balance and strength exercises that mimic movements of everyday life, while also providing the opportunity for moderate-intensity aerobic training.
- Classes are one hour long, 2 times per week, and a session duration is on average 8 weeks (for the virtual program) and 10 weeks (for the in-person program).

Eligibility

- The TIME™ program is for people with mobility challenges. TIME™ participants may use a cane or walker to get around and often find it difficult to walk longer distances in the community.
- Participants do not require a specific diagnosis to join but rather must meet eligibility criteria that is based on functional mobility status.
 - Lower functional limit: Participants must be able to walk 10 meters unassisted, with or without a walking aid. They should also be able to balance in standing performing exercises like marching on the spot or leg lifts, with only the support of a handrail or chair back.
 - Upper functional limit: If the participant can walk longer durations (approx. 20 minutes) in the community without a walking aid AND has relative ease with environmental barriers such as curbs, ramps, and stairs, then a “gentle fitness” program may be more appropriate for them.
- There are no age criteria for eligibility. In general, participants tend to be over the age of 50, but younger adults are welcome to join should their balance and mobility be at the appropriate level.
- Participants should of course be medically stable and safe to exercise.

Finding & Registering for a TIME™ Program

- As a healthcare professional, you can facilitate the registration process by providing potential participants with a copy of the [Program Locations Listing](#) and helping them select the most convenient sites for them to call in order to inquire about cost and times.
- Participants can register by contacting the site coordinator. The most up-to-date contact information is found on our [online locations page](#)
- The dates, times, and frequency for the TIME™ program vary from site to site (and sometimes from session to session). Contact the site directly for this information.
- Registration tends to open 3+ weeks prior to the session beginning so encourage interested individuals to call their preferred site well ahead of the advertised program start date.
- Some sites also facilitate informal social/coffee clubs immediately before or after the TIME™ program so inquire at your respective site about this opportunity as well.

Screening & Safety

- As the first step in the registration process, the center will complete a telephone pre-screening with interested participants. This keeps everyone safe by ensuring that TIME™ is appropriate.
- The coordinator may inquire if the individual requires assistance when using the washroom, and/or has difficulty understanding instructions or expressing his/her needs. In either of these situations, a caregiver or significant other should attend with the participant to help with these needs.
- Instructors are required to adhere to the task-related circuit program described in the Toolkit, which was designed by Toronto Rehab physiotherapists and is evidence-based.
- TIME™ fitness instructors undergo 5 hours of program-specific training (e-learning and in-person workshop) before leading a TIME™ class. Trained volunteers may assist instructors.
- A ratio of 4 participants to 1 instructor/volunteer is required for all TIME™ programs.
- Hand supports for balance are available for each participant to use while exercising.
- Each community site is connected with a local healthcare partner who periodically visits the class, typically a physiotherapist with experience working with people with balance and mobility issues. This way the fitness instructors feel supported and able to work with these more complex clients, and the healthcare partner helps to maintain the safety & quality of the program.

Cost & Funding Options

- Registration fees for the TIME™ program vary from site to site. The price ranges from free to \$14 per class. Contact the site directly for this information.
- Funding assistance for registration fees may be available from the community centre. Inquire at your site about discounted rates for seniors or sliding scale fees for low-income households.
- After local subsidies are explored, instructors can apply to *Jo's TIME™ Fund* to help subsidize participants' registration and/or transportation costs. Speak directly to the TIME™ instructor or coordinator if you would like them to apply on your (the participants') behalf.

TIME™ at Home: Virtual Program

- Pre-recorded 60-minute exercise program hosted by a live virtual facilitator that includes a seated warm-up and cooldown, and 40 minutes of exercise done in standing, practicing movements used in day-to-day life.
- Exercises have been adapted from the classic in-person TIME™ program to be done safely at home.
- Participants will need some basic equipment at home, including a sturdy chair for sitting, hand support for balance (such as a countertop), and a non-slip step or target using items from around the home.
- Participants will also need an email address and reliable internet access in order to join the classes from their computer or tablet.
- Several of our classic TIME™ sites expanded to include *TIME™ at Home* as part of their programming.

For more information about TIME™ visit our webpage

<https://www.uhn.ca/TorontoRehab/TIME>

Contact

- For general inquiries, interested participants can contact: TIME@uhn.ca