

Ontario Stroke Network
Stroke Rehabilitation Best Practice Initiatives Environmental Scan

Organization	Contact Person	Name of Initiative	Program Offering	Date Implemented	Team members involved	Outcomes to Date	Success Factors	Lessons Learned	Resources	Future Plans
<p>McMaster University</p> <p>YMCA Hamilton/Burlington/Brantford</p> <p>HHS</p>	Julie Richardson	Fit for Function: A Community Wellness Program for Persons with Stroke	A pilot project utilizing a randomized controlled trial design. Participants are randomized to the control group and receive a 3 month YMCA membership and up to 7 sessions with a Wellness Coach, or to the intervention group and attend a group exercise class (Community-Based Exercise for People Living with Stroke) 2x per week, an education session (LWS) 1x per week and an independent gym exercise session 1x week.	March 2011	<p>Research Team Julie Richardson, Susanne Sinclair (McMaster University), Rebecca Fleck (HHS), Genevieve Hladysh (YMCA)</p> <p>Physiotherapists from HHS – Cathy McBay, Elizabeth McKay</p> <p>Kinesiologists from YMCA – Rachel Thorlakson, Alison Hindman</p> <p>Volunteers</p> <p>Control Group Trainers</p>	<p>Two HHS Physiotherapists are providing support and consultation to the program.</p> <p>Four YMCA Staff have been trained to work with the Intervention Group.</p> <p>Three volunteers are involved to help support both the Group Exercise Class and the Independent exercise sessions.</p> <p>37 participants have been randomized.</p> <p>19 participants have completed their 12 weeks of participation.</p> <p>16 participants have completed their 12-week assessment.</p>	<p>The LiveWell Partnership An innovative partnership between the YMCA of Hamilton/Burlington/Brantford, Hamilton Health Sciences and McMaster University. Vision – To promote wellness through access to innovative programs based on the health and wellness needs of the communities served.</p>		<p>The Fit for Function intervention includes:</p> <ul style="list-style-type: none"> • Education based on the Heart and Stroke Foundation’s Living With Stroke. • A Functional exercise training program (Community-Based Exercise for People Living with Stroke) developed by physiotherapists in the Northwestern Ontario Regional Stroke Network. A Fitness Instructor Training Programme DVD is available. 	Application has been made to the Heart and Stroke Foundation Grant-in-Aid for funding to commence a RCT at 3 YMCA sites in the HNHB LHIN, Hamilton Downtown, Niagara and Brantford.