

Looking for rehabilitative care to prevent hospital admission or long-term care placement?

We can help. Refer qualifying candidates to the Community Step Up Program.

Targeting clients in the Oakville, Mississauga, Milton, Georgetown, Halton Hills or South Etobicoke area

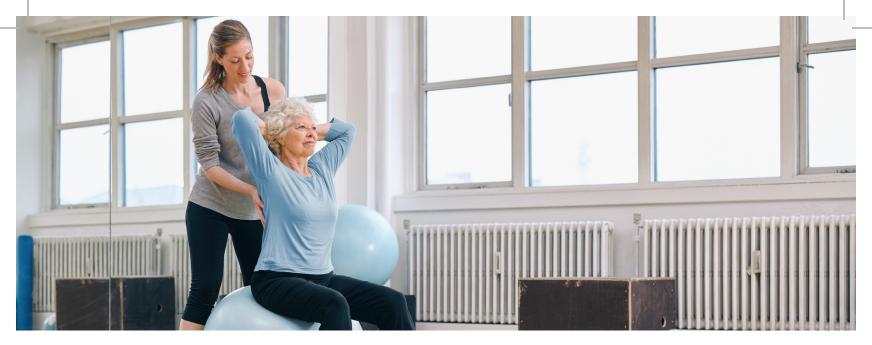
## **Program details**

The Community Step Up Program is a free six-week program for frail seniors and older adults with multiple complex medical conditions. It provides rehabilitative care to help prevent hospital admission or readmission, to prevent or delay long-term care placement, and to provide caregivers with education and coping strategies to make caring for their loved one more safe and efficient.









## **Program criteria**

When considering candidates, please keep the following criteria in mind:

- Frail senior or older adult with complex medical conditions
- Conditions that will improve with rehabilitative care
- Requires 2 of the 3 disciplines (physiotherapy/occupational therapy/ speech and language pathology)
- Medically stable and committed to participating in a 6 week program (2 hour visits)
- Motivated to participate and achieve improved function
- Able to perform own personal care or have a caregiver to assist

## **Identifying candidates**

Clients with the following symptoms and conditions will benefit from the program:

- Difficulty walking or balance
- Loss of strength, range of motion and motor control of upper or lower extremities
- Recent acute injury (sprain, fracture, cardiac)
- High risk for falls/post fall
- High at home risk factors
- ADLS support needs
- Issues coughing while eating or taking longer to eat meals
- Recent modifications to their foods
- Difficulty finding their words
- Difficulty being understanding when speaking (not related to ESL)

If you have a candidate who would benefit from the Community Step Up program, please complete the online referral form at lifemark.ca/stepupprogram or contact us at 1-877-696-1620





