

Community Step Up Program



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