

S.M.A.R.T.

Seniors Maintaining Active Roles Together Program



The S.M.A.R.T.® program is a national evidence based gentle exercise program designed to restore frail, elderly, high risk seniors who have had a recent decline in functional abilities.

Comprised of 2 in-home visits per week for 6 weeks

There is no cost. The program is funded by the Mississauga Halton Local Health Integration Network.

Goals & Objectives



Improve Fitness



Reduce Falls



Improve Quality of Life

S.M.A.R.T.

Seniors Maintaining Active Roles Together Program



Service Area: South West and East Mississauga

Eligibility Criteria



Client must be a senior (age 65 +)



Client must not have been recently discharged from physiotherapy services



Client has had a recent decline in functional ability



Client must have functional goals that can be addressed through standardized exercise



Clients currently unable to attend group exercise classes



Clients goal is to transition to group participation

Contact Information

Victorian Order of Nurses for Canada
Community Support Services

Tel: (905) 821-3254 ext 4000

Fax: (905) 821-8256