

Regional Geriatric Program
of Toronto Presents

Stretch Lift or Tap (SLoT)



RGP

Agenda

- Program overview
- Resources
- Stories from the field



OSCCC 55+

Oshawa Senior
Community Centres

**Empowering Minds,
Bodies & Well-Being**

Lonely No More

Rural Community Connections

...▶ A PROGRAM FOR SENIORS



Canadian 24-Hour Movement Guidelines for adults aged 65+ (2020)

Any amount of extra movement can produce health benefits!

Light physical activity during regular household activities

Reducing the amount of time spent sitting completely still



Stretch, Lift or Tap (SLoT)

ANY and ALL activity is good
medicine!

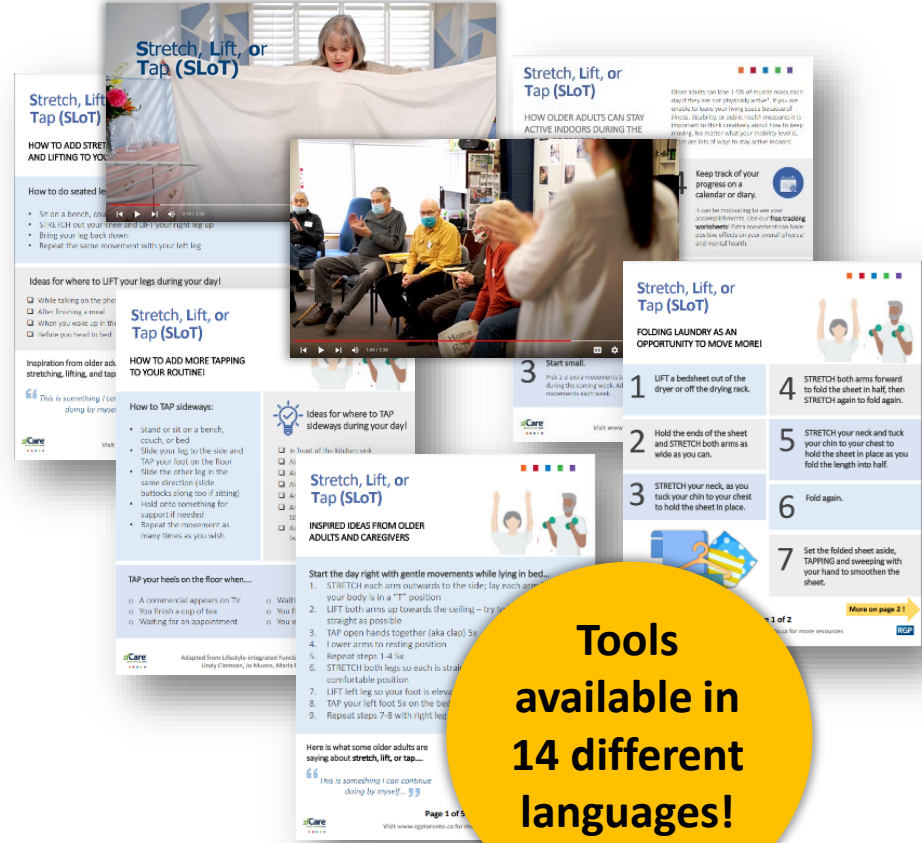


Consensus meetings | Interviews & focus groups | Usability Testing
Behaviour Change Theory | Implementation & Dissemination Pilots

Program Resources

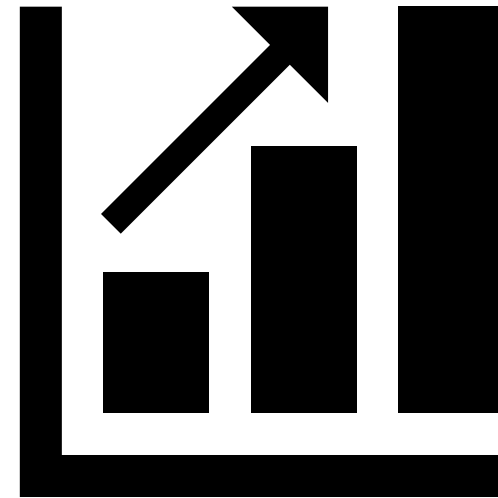
- SLoT menu of movements
- Implementation Strategies

- Action planning steps (goal setting)
- Group activities (social support)
- Self-monitoring worksheet
- Mobility games (social rewards)
- Information about health consequences
- Instructions on how to add movement to activities of daily living (ADLs)
- Video demonstrating how to add movement to ADLs



Dissemination & Implementation Pilot Results

- Improvements in **health and wellbeing**
- Increased **confidence** in ability to add more movement to activities of daily living
- Increase in **mobilization rate** (adding extra movement 3 times a week or more)
- Majority of participants found the intervention **appealing and relevant** for them



Lonely No More

Rural Community Connections

... ► A PROGRAM FOR SENIORS



“I thought it was a really unique program ... focusing on ... peer to peer support which is amazing ... it leads to that ... level of connectivity and compassion and ... a sense of belonging ...”



We serve isolated rural older adults in Southwestern Ontario

Lonely No More

Rural Community Connections ●●●▶ a program for seniors

Staying Active at Home

Join us as we stretch, lift and
tap together this January

Interested in
learning new
ways to stay
active at home?

Join us for a
6 week over-the-
phone movement
program

Mondays and
Fridays at
11:30 am

Starting on January 7th, 2022

Interested? Call us at 519 292 6862 to register.



Logistics

Sessions held twice weekly

Conducted over the telephone using teleconferencing software

Two facilitators each call for smooth content delivery and technology management

Weekly feedback form submitted by volunteer facilitators

Regular check ins with Lonely No More Leadership Team

One mid-program call to SLoT RGP Coach



“ What an enjoyable experience of enabling others to escape into imaginary places and recall life experiences, while having a healthy and happy time together in physical activity...a testament to well being of mind, body and soul. ”

A V R I L

V O L U N T E E R F A C I L I T A T O R

STRATEGIES UTILIZED

Movement Stories

Created and shared by volunteer facilitators

Memory Sharing

Memories from participants shared with facilitators adding movements to accompany the lived experience provided

Stories Generated

Pre-written stories participants created with pre-arrangements movements created by facilitators

Movement Celebration

Storytelling and SLoT elements added to guided laughter yoga to recognize completion and encourage community support

MOVEMENT Calls

Let's warm up
together

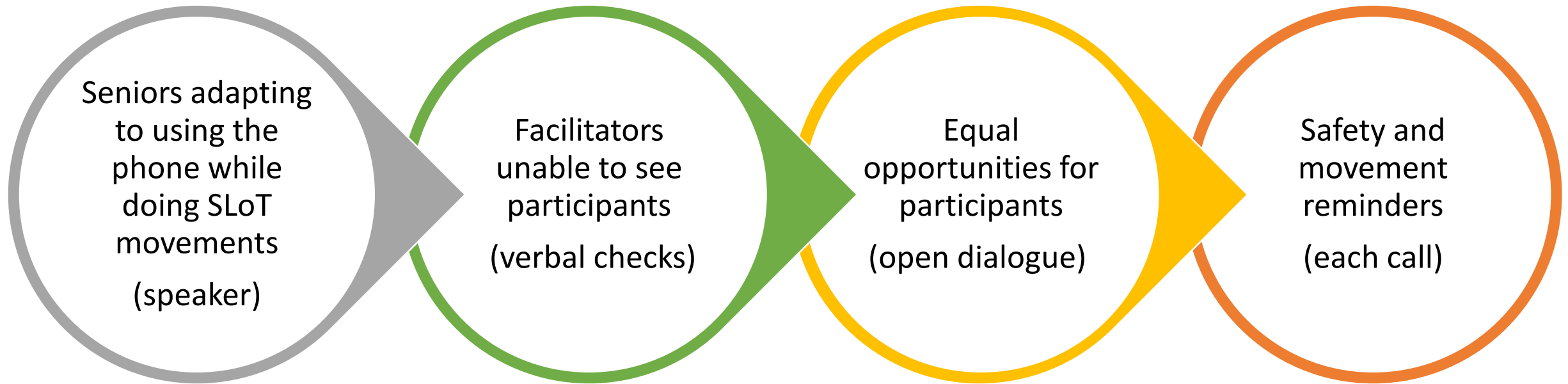
Stretch, tap and
lift as you are
comfortable

How did you add
movement into
your week

I wanted to
check in with
you to see how
you felt about
the movement
calls



Limitations and Learning



Grace's Story

Created by Grace (SLoT participant)

Read and Guided by SLoT Facilitators





After being isolated for many months, I had some anxiety about participating. But after the first session it was as if the other participants had entered my home and I could picture them moving with me.

Not a session went by that I didn't discover something I could change in my daily habits around the house that is improving my mobility...the amazing effect of retraining my brain.

I'm grateful.



GRACE
PARTICIPANT



OSCCC 55+

Oshawa Senior
Community Centres

**Empowering Minds,
Bodies & Well-Being**

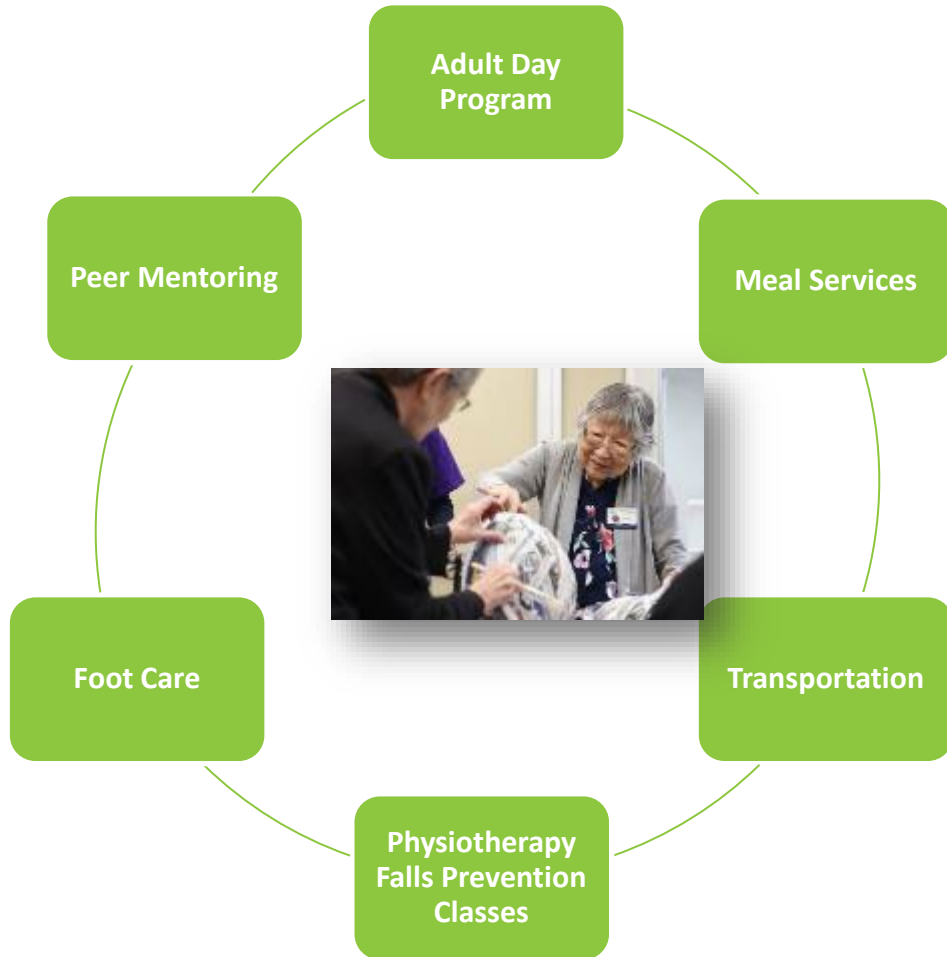
What we offer at OSCC55+



Leisure Programs



Community Support Services



Adult Day Program is...



- An opportunity to socialize with others, learn new skills and enjoy yourself in a small group setting
- A program that focuses on positive experiences during aging
- A welcome respite opportunity for caregivers who work or need time to socialize, complete tasks, run errands or just refresh



Day Program is excellent for...

- Maintaining physical abilities
- stimulating and maintaining memory
- Fine and gross motor skills
- Living at home longer
- Making new social connections

Our clients....

- Experience memory loss
- Cope with disability
- Feel socially/physically isolated
- Require extra support to get involved

THEN COVID...



Pre-Covid Snapshot

- Monday to Friday
- up to 20 clients
- Daily exercise groups
- Special Events, billiards, shuffleboard, darts, bingo,
- Sharing meal together



During Covid Lockdowns At HOME/Virtual ADP

- 1:1 phone programming care and concern calls
- Group programming over the phone via *Mercuri* conferencing system
- Weekly packages with puzzles, crafts, adult colouring and more delivered to home by OSCC transportation services
- Grocery and frozen meal delivery by OSCC

Looking for ways to help us keep our clients physically active while at home!

SLOT more movement into ADP



Spring 2021

Introduced Stretch, Lift or Tap to our ADP clients and caregivers via virtual programming.

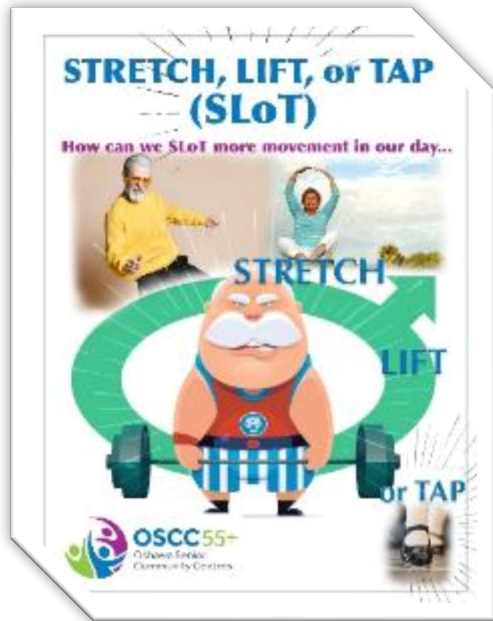
October 2021

Opportunity for Grant application through RGP to implement SLOT in our face-to-face programming

Jan-Feb 2022

Embedded SLOT into daily life at in person ADP. Across 4 OSCC55+ branches.

SLOT in our ADP – perfect fit!



Staff Poster
contest to
promote
awareness



*5 time SLoTs throughout
the day to MOVE*

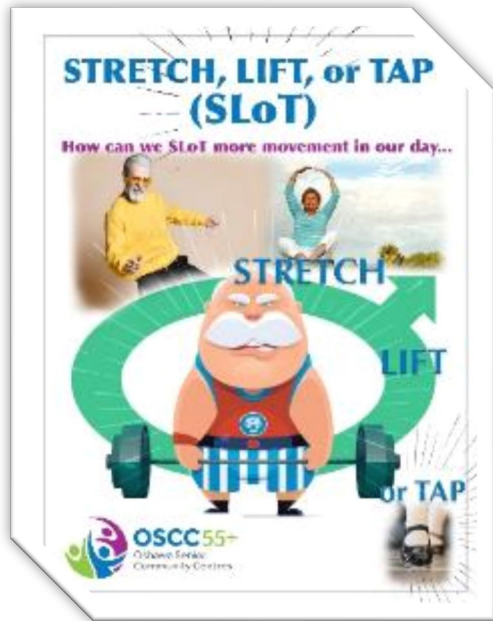


We SLoT'd in-person



SLoT in-person

SLOT in our ADP – perfect fit!



Staff Poster contest to promote awareness

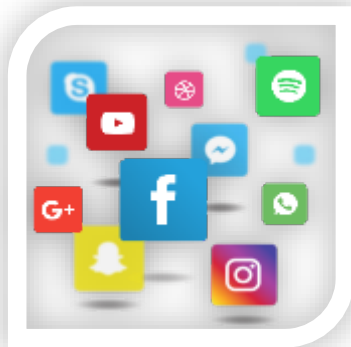
"Alexa" encouraging us to SLoT



Client incentives for minutes achieved



5 time SLoTs throughout the day to MOVE





**Cheers to SLOtting more movement
into your day!**



***THANK YOU FOR YOUR TIME
AND ATTENTION***



QUESTIONS?



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