

VON SMART Adapts to the COVID-19 Pandemic

VON SMART (Seniors Maintaining Active Roles Together)®

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Brief Overview of The SMART Program

(Pre-Pandemic)



What is SMART?



- **SMART** (*Seniors Maintaining Active Roles Together*)® Education and Exercise Program
- Evidence-based
- Accredited by Accreditation Canada
- Fully funded by the NSM LHIN = no cost to the participant



3

SMART cont.



- **2008/2009:** VON Simcoe County received funding from the NSM LHIN to start the **in-home** and **group exercise program** throughout the region
- **2013:** VON Simcoe County received additional funding from the LHIN to **expand exercise** and **education classes into retirement homes** and additional community locations



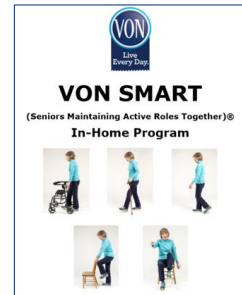
4

In-home Program



- Intended for seniors **55+** who are unable to attend a group class in the community
- Participants are matched with a SMART Volunteer to complete exercises once a week, 1 on 1 in the participant's home

Goal: to improve strength and balance, while reducing fall risk, to help maintain independent living



5

Community Classes



- Designed for seniors **55+**
- Group classes are available in retirement homes and numerous community locations
- Routines consist of **evidence-based** exercises to **improve strength, balance** and **mobility**
- Exercises within each class can be modified to accommodate individual needs



6

Community Classes Cont'd



- Encourages participants to work at their own pace
- Uses apparatus for resistance exercises
- Incorporates music to foster a fun environment
- Provides socialization to decrease isolation
- Classes last for approx. one hour and run 1-4 times per week (depending on the location)
- Classes run continuously throughout the year

**300+ classes/week across NSM LHIN - at
~140 different locations - serving ~4600
participants**

7

Specialized Community Classes



- **Stroke Class** – partnership with Stroke Recovery Association
- **Parkinson Disease Classes**– partnership with Parkinson Society
- **Deaf Access Class**– partnership with Simcoe Muskoka Deaf Access
- **Multiple Sclerosis Class**– partnership with MS Society
- **CNIB Class**– partnership with the Canadian National Institute for the Blind
- **BIS Classes**– partnership with Brain Injury Services

8

Healthy Aging Education Classes



- Education is delivered in both retirement home and community settings across the NSM LHIN
- 12 standardized education modules were developed and are delivered by the VON and Osteoporosis Canada
- No pre-registration is required

For more information on specific locations and times, contact the Program Coordinator at **705-737-5044 ext 228**

9



The SMART Program's Current Program Options

(Adaptations during
the Pandemic)



Live
Every Day.

10

Pandemic Declared... Now What?



- **Reassurance Calls** – 5000+ phone calls made
- **Grocery Store and Pharmacy research** – including; seniors specific hours, services and deliveries
- **Determine** participant's exercise and technology **needs, wants, and abilities**

11

SMART Virtual Programming



YouTube Channel

- [VON Simcoe County SMART Program](#)
- Over 25,000 views to date
- New videos regularly posted



In-Home Booklet

- Mailed to participants without computer access



12

SMART Virtual Programming Cont'd



Zoom

- **Barrie** – 7 classes a week **currently running** (1 specific to Deaf Access)
- **Georgian Bay, Orillia and Muskoka** will be starting by **September**

To register: Please call the local SMART Program in your area



13

SMART Virtual Programming Cont'd



Rogers TV



'Staying Active with VON SMART'

Area	Channel	Days	Time
Barrie	10	Mon/Wed/Fri	10:00-11:00
Borden/Alliston	65	Mon/Wed/Fri	10:00-11:00
Collingwood	53	Mon/Wed/Fri	10:00-11:00
Midland	53	Mon/Wed/Fri	9:30-10:30
Orillia	10	Mon/Wed/Fri	10:00-11:00

Rogers TV – online, on demand

- [Staying Active with VON SMART - on demand](#)

14

SMART Virtual Programming– Healthy Aging Education



Healthy Aging Education via Teleconference

- Currently partnering with 3 community organizations to continue to deliver the education by phone: Wasaga Seniors Active Living Centre, City of Barrie, Muskoka WISE Club
- Potential for Zoom based education classes



SENIORS CENTRE
WITHOUT WALLS

For more information, please call the Program Coordinator at **705-737-5044 ext. 228**

15

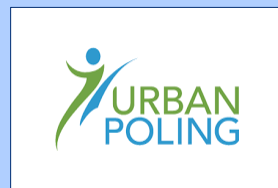
SMART Face to Face Programming



Urban Pole Walking

- **15+ groups** being offered in North Simcoe Muskoka
- Lead by Urban Poling **certified instructors**

To register: Please call the local SMART Program in your area



16

The SMART Program's Future

(Business Resumption)



17

Future SMART



Business Resumption Plan

- Currently working on plans and processes to safely resume SMART classes face to face
- Following Public Health Guidelines, VON's policies and procedures and the policies and procedures of the locations that donate their space to the SMART Program

18

Contact your nearest VON office:



Barrie/Innisfil: 705-737-5044 ext.221

Muskoka: 705-787-1996

**Midland/Penetanguishene/Collingwood/
Wasaga Beach:** 705-355-2200

Orillia: 705-326-7021



19

Thank you!



20