

	Step Up Hospital	Step Up Community	S.M.A.R.T. Enhanced	Acclaim: Home Support Exercise Program
Patient Type	<p>Assess and Restore For frail seniors (65+) who have suffered a recent decline in function and who show restorative potential</p> <p>Neurorehab For adults (18+) who have had a recent neurological event who show restorative potential</p>	Program geared towards frail seniors (65+) and older adults with multiple complex medical conditions who show restorative potential	Preventative in-home exercise program for frail seniors (65+) unable to attend community-based programming	Preventative in-home exercise program for frail seniors (65+) unable to attend community-based programming
Location	HHS – Oakville Site (OTMH)	<p>Based in community Long Term Care Homes and Retirement Homes</p> <p>Currently in: Birkdale – Milton Yee Hong – East Mississauga Sheridan Villa – South West Mississauga</p>	Home-based in East Mississauga or South West Mississauga	Home-based in Halton Region
Eligibility	Must meet age criteria (above) and require at least 2 of 3 therapy services. <i>Physician referral required</i>	Must meet age criteria (above) Must require at least 2 of 3 therapy services	Must meet age criteria (above). Must be home-bound and unable to attend community-based programming	Must meet age criteria (above). Must be home-bound and unable to attend community-based programming
Duration	2 sessions per week for 6 weeks	2 sessions per week for 4 weeks	2 visits per week for 6 weeks	1 visit per week for 12 weeks
Service Delivery	1:1 therapy; SLP, OT, PT	1:1 therapy; SLP, OT, PT	1:1 gentle home exercise program Kinesiologist or PT	1:1 gentle home exercise program led by trained volunteer
Transportation	Patient/family must provide/arrange	Patient/family must provide/arrange	Home-based with the goal of transitioning patient to a community based program	Home-based with the goal of transitioning patient to a community based program
Referral Process	Physician referral required	Physician or self-referral	Physician or self-referral	Patients/families
Cost	No fee	No fee	No fee	No fee