

# S.M.A.R.T.

## Seniors Maintaining Active Roles Together Program



The S.M.A.R.T.<sup>®</sup> 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







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**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

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