

Seniors Continue to Benefit From Exercise and Falls Prevention Classes in Northeastern Ontario

NEWS

July 24, 2013

Seniors in Northeastern Ontario will continue to have access to group exercise and falls prevention classes, beginning August 1. In addition, beginning in the fall of 2013, new classes will be made available to Northeastern Ontario seniors who previously may not have had access to a class in their particular community.

As part of Ontario's commitment to help more seniors stay healthy and active, the North East LHIN is working with the North East Community Care Access Centre to ensure seniors have access to group exercise and falls prevention classes right across Northeastern Ontario.

The NE LHIN is delivering on the goals of Ontario's Exercise and Falls Prevention Initiative by:

- Maintaining existing exercise and falls prevention service levels.
- Working to expand classes to new locations which will improve access to exercise and falls prevention classes across the region, including small and rural communities

Exercise and falls prevention classes will be set up in multiple locations across the LHIN to ensure access for more seniors. No fees will be charged and there will be no limit to the number of classes a senior may attend.

QUOTES

"We are taking direct action to ensure that over 68,000 additional seniors – about 130,000 in total – will have access to high-quality exercise and falls prevention classes. That more than doubles the current number receiving this care in the community. Just as important, this care will be expanded to a number of small and rural communities that are currently underserved."

— Deb Matthews, Minister of Health and Long-Term Care

"The expansion of exercise and falls prevention classes will ensure more seniors have access to these important services. Our government's investments in community health services, allows our seniors to stay active, healthy and live independently in their own homes, while relieving pressure on the province's hospitals."

— David Oraziotti, MPP, Sault Ste. Marie

"I am pleased to announce that the LHIN and CCAC are working together to improve access to exercise and falls prevention classes for seniors across our region. We know that exercise is key to keeping seniors health and happy in their community."

— Louise Paquette, CEO, North East LHIN

“The North East CCAC is pleased to be working in partnership to improve access and deliver the highest quality of exercise and falls prevention classes in the North East. We are implementing strategies aimed at supporting our patients to achieve their highest level of function possible.”

— Richard Joly, CEO, North East CCAC

QUICK FACTS –

- Falls prevention classes and regular exercise help seniors stay active, healthy and independent.
- The NE LHIN is working to ensure continued exercise classes at 61 sites across Northeastern Ontario.
- Ontario is investing \$10 million for exercise and falls prevention classes for approximately 130,000 seniors throughout the province.

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LEARN MORE: Kathleen Bain, NE LHIN Communications Officer, 705-840-2340, kathleen.bain@lhins.on.ca

Organizations interested in hosting exercise and falls prevention classes and seniors looking for more information about classes in NE LHIN should go to www.nelhin.on.ca or call 1-866-906-5446 for more information.

Read about the government’s plan to expand [physiotherapy services and exercise and falls prevention classes](#).