



Teresa Piruzza, MPP
Windsor West



HEALTH STARTS AT HOME
LA SANTÉ COMMENCE CHEZ SOI



Ontario

Erie St. Clair Local Health
Integration Network
Réseau local d'intégration
des services de santé
d'Érie St. Clair

FOR IMMEDIATE RELEASE:

**ENHANCED ACCESS TO COMMUNITY EXERCISE AND FALLS
PREVENTION CLASSES FOR SENIORS**

April 14, 2014

(WINDSOR) – As part of reforms to physiotherapy services, Ontario is increasing access to publicly funded exercise and falls prevention classes in the Erie St. Clair region to help more seniors stay healthy and independent.

To help approximately 130,000 more seniors stay active, healthy, and able to live in their own home longer, community exercise and falls prevention classes are being expanded to more locations across Ontario.

In the Erie St. Clair region 6,325 seniors will have access to classes in a variety of settings including retirement homes, community centres and seniors' apartment buildings. Classes are publicly funded, and free to all seniors.

In the Erie St. Clair region, exercise and falls prevention classes are now available at 86 sites, including these locations in Windsor:

- Dolce Vita Retirement Living
- Chartwell Classic Oak Park Terrace
- Devonshire Seniors Residence
- Kingsway Arms at Maisonville Court
- Royal Marquis
- Lifetimes
- TLC Rest Home
- Alzheimer Society of Windsor-Essex
- Assisted Living Southwestern Ontario
- Bruce Retirement Living
- Iris Residential Inns and Services
- Kensington Court
- La Residence Richelieu
- Manor House Lodge
- Marentette Rest Home

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- Raymond Desmarais Manor
- Riggs Manor
- Supportive Housing – Rivard
- Supportive Housing – Strabane
- Tecumseh Mall
- Victoria Street Manor
- Willow Court Lodging Home
- Windsor Supportive Housing (Central Y)
- Windsor Supportive Housing (Y Residence)

For more information on how to access classes in the community please contact 1-888-605-3378 ext. 5239.

Providing better care for seniors supports the government's [Action Plan for Health Care](#) and its commitment to provide the right care, at the right time, in the right place. It is also part of the government's economic plan that is creating jobs for today and tomorrow by focusing on Ontario's greatest strengths – its people and strategic partnerships.

QUOTES

“We are taking action to ensure more seniors in Ontario can access high-quality community exercise and falls prevention classes. This initiative is part of our plan to help seniors in more places across the province stay healthy, active and independent in their own homes.”

— Hon. Teresa Piruzza, MPP for Windsor West

“By increasing access to exercise and falls prevention classes, more seniors are able to stay healthy, active, and mobile – this is important in maintaining independence and quality of life. We commend the Erie St. Clair VON for their excellent work of getting seniors moving and exercising in a fun and safe environment.”

— Gary Switzer, CEO, Erie St. Clair LHIN

“We are grateful and honored to be a part of this important initiative. Our team of skilled and dedicated exercise instructors are committed to helping seniors in our communities to stay active, healthy and strong. The benefits of exercise and falls prevention education are far-reaching and can enhance independence, increase confidence, improve moods and reduce the fear of falling.”

— Andrew Ward, District Executive Director, Erie St. Clair VON

QUICK FACTS

- Falls can significantly impact the quality of life for seniors, which may include injuries, loss of confidence and curtailing activities leading to an overall decline in health and mobility.
- Regular activity positively affects seniors' overall well-being, functional capacity, strength, ability to manage chronic conditions, and contributes to a reduction in hospitalizations.
- Ontario is investing \$10 million for community exercise and falls prevention classes for approximately 130,000 seniors throughout the province.
- Overall, Ontario is investing \$156 million annually to support enhanced access to physiotherapy, exercise and fall prevention services to more than 200,000 additional seniors and eligible patients.

LEARN MORE

- More ways the government is helping seniors to stay [healthy, active and independent](#).

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