

# Community Exercise Transition Program Guide

## Functional Electrical Stimulation (FES) Community Exercise Transition Program Guide



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# Community Exercise Transition Program Guide

## Introduction

The Community Exercise Transition Program is designed to address and support the shifting needs of our current members; to provide individuals waiting to participate in our programs more options to become active; and to provide individuals with neuromuscular impairments the skills, confidence, and guidance to become active where they want, when they want and how they want.

## Our Model—Community Exercise Transition Program

The development of the *People in Motion, More Places, More Often: Community Exercise Transition Program* in fall of 2008 supports our goals of increasing independence, fostering self-determination and promoting inclusion for people with disabilities through physical activity, fitness and sport. The transition program at The Steadward Centre works to ease a person's transition from rehabilitation and specialized fitness programs to community programs right in their own community, close to home. This program affords greater opportunities to be physically active and makes participation in the community successful, providing more choice for persons living with disability to be fit, active and healthy right in their community.

The Community Exercise Transition Model utilizes dedicated supports (partnerships, shared resources, education, personal coaching, and peer mentorship) to promote individual readiness, community readiness, physical access, and community opportunities for people experiencing disabilities - leading us to our ultimate goal of getting people in motion, more places, more often.

The FES Community Exercise Transition Program will provide access to Functional Electrical Stimulation (FES) equipment in a community setting affording participants of this program an opportunity to utilize FES technology as a part of their fitness program independently or with family and friends at the Saville Community Sports Centre or the Don Wheaton YMCA. Once training on equipment is complete, FES Transition participants can access the FES equipment at their own convenience during the Saville Community Fitness Centre's or the Don Wheaton YMCA's regular gym hours.

“It had to do with wanting a new experience, feeling that I have independence and freedom to do what I want and exercise and be fit.” (Sonny Davis, Community Transition Participant)

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## Eligibility Criteria

The FES Transition Program is designed for individuals who:

- Have a neuromuscular impairment
- Are 16 years of age or older
- Have the ability to be independent in a community fitness centre or have support to assist where needed
- Are interested in being active in a community fitness centre and can complete both their fitness and FES routine at this centre
- Complete the FES Assessment and are deemed suitable for FES exercise

## Location

The FES Community Transition program takes place at:

- Saville Community Sports Centre on the University of Alberta South Campus: 11520 65 Avenue

- Don Wheaton YMCA: 10211 102 Avenue

### Parking

Parking at Saville is free with a Saville Centre Membership.

Parking at Don Wheaton YMCA is free for members for the first 3 hours.

## Intake Procedures

Individuals interested in participating in any of The Steadward Centre's programs must follow the intake procedures necessary. The intake procedures for FES Community Transition are as follows:

- Completion of Pre-Screen with APA Consultant (over the phone)
- Individual is placed on program list based on suitability/eligibility
- FES Consult and Fitness Appraisal completed
- Tour and introduction of community fitness centre
- 1:1 sessions for individualized fitness program begin
- FES Assessment completed
- 1:1 FES training session with individual and their support person (if applicable) is conducted

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## Pricing / Fee Schedule

### 1. FES Assessment: \$60

Includes:

- 60-minute FES assessment conducted by a Physical Therapist at the University of Alberta

### 2. FES Program Design & Implementation: \$75

Includes:

- APA Consultant established individualized program
- Performance muscle testing
- Follow-up as needed

### 3. FES Program: \$120/session (Fall); \$125/session (Winter)

Includes:

- FES Assessment for all new participants (additional \$60 assessment fee)
- Individualized FES program

### Location

All individuals participating in the FES program have the opportunity to exercise at one of three facilities:

- The Steadward Centre Fitness Facility: 1-670 Van Vliet Complex (University of Alberta North Campus)
- Saville Community Sports Centre: 11520 65 Avenue (University of Alberta South Campus)
- Don Wheaton YMCA: 10211 102 Avenue (Downtown Edmonton)

The Saville Community Sports Centre has reduced their cost by 50% for all Steadward Centre participants interested in participating in the FES Community Transition or Community Exercise Transition program. Please visit the Saville Centre website at [www.savillecentre.ca](http://www.savillecentre.ca) for information on current costs of Saville Fitness Centre.

For more information on the FES program at the Don Wheaton YMCA please visit their website at [northernalberta.ymca.ca](http://northernalberta.ymca.ca).

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## Equipment

**Fitness Equipment:** The Saville Community Sports Centre and the Don Wheaton YMCA are each equipped with one FES machine: the RT 300 – FES Cycle for arms and legs. Saville also provides multi-use fitness equipment such as: Monark Arm Ergometer, SCIFIT Recumbent Stepper, step through recumbent bike, free weights, Velcro weights, tubing, medicine balls and cable machines.

**Electrodes:** Each participant is responsible for the purchase, care and storage of their own electrodes. Electrodes can be purchased through The Steadward Centre or in bulk online through Tartan Group at [www.tartangroup.com](http://www.tartangroup.com). Electrodes purchased through The Steadward Centre are subject to a 5% GST charge.

**Electrode Care and Tips:** An electrode care and tips sheet will be provided to participants at the beginning of their participation in this program.

## Staffing Resources

**The Steadward Centre Staff:** The Community Exercise Transition Program runs with the Adult Fitness and Recreation staff. The Saville Fitness Centre and the Don Wheaton YMCA are not Steadward Centre Satellite Sites. The FES Community Transition program will be scheduled similar to the Community Exercise Transition Program. Participants are required to schedule appointments with staff for their initial assessment and 1:1 training sessions but once completed, participants can access the fitness centre and FES at their leisure.

**Saville Centre Staff:** The primary role of Saville Centre staff is to create a welcoming and engaging environment and to ensure the safety of all members in the fitness centre. Saville staff will be educated on the basics of FES to ensure comfort while answering questions and troubleshooting when needed. Saville staff will also monitor equipment to ensure use is for FES Transition participants only and will refer to Community Transition Staff when needed. Saville fitness centre staff are available for answering general fitness inquiries and general fitness requests; however, they are not available to provide regular 1:1 support or FES set-up.

**Don Wheaton YMCA Staff:** The primary role of Don Wheaton staff is to create a welcoming and engaging environment and to ensure the safety of all members in the fitness centre. Don Wheaton staff will be educated on the basics of FES to ensure comfort while answering questions and troubleshooting when needed. Don Wheaton staff will also monitor equipment to ensure use is for FES transition participants only and will refer to Community Transition Staff when needed. Don Wheaton YMCA staff are available for answering general fitness inquiries and general fitness requests; however, they are not available to provide regular 1:1 support or FES set-up.

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## Aides and Attendants

Individuals who require assistance with set up and take down of FES or those who require assistance to be active through the majority of or their entire fitness program will be required to bring support.

## Maintenance Schedule

Maintenance of the RT 300 is the responsibility of The Steadward Centre. The Steadward Centre's Fitness and Recreation Manager will provide monthly maintenance/ inspection checks on the FES equipment at Saville Fitness Centre. A monthly log book will be kept at The Steadward Centre and monthly maintenance reports are available for recording purposes.

## Communication between TSC and Saville

Staff at the Saville Fitness Centre and Don Wheaton YMCA are encouraged to contact The Steadward Centre with questions and concerns regarding FES. Saville Centre, Don Wheaton, and other appropriate staff members will have direct contact information for TSC main office.

## Trouble Shooting

Saville Centre, Don Wheaton YMCA, and TSC staff will be trained on various areas of trouble shooting for the RT 300. Saville Centre and Don Wheaton will contact The Steadward Centre in the case of technical or equipment problems. Saville Centre and Don Wheaton YMCA will contact IT in the case of wireless issues.

## Program Evaluation

As with all programs at The Steadward Centre, the FES Community Transition program will be evaluated on a regular basis. Each individual participating in the FES program as well as our Transition Volunteers will receive a form to evaluate and provide feedback about the program. Within the pilot year of this program, community partners and collaborators will receive an evaluation form to provide The Steadward Centre with feedback and suggestions for this program.

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## Partners

This program would not be possible without the generous support of our community partners:

Spinal Cord Injury Treatment Society (SCITCS) – Through the generous donation of both the RT 200 and the RT 300 along with salary support, SCITCS has provided TSC with a vehicle to move Functional Electrical Stimulation forward.

Saville Community Sports Centre – Through the kind collaboration of shared space within the Saville Fitness Centre, individuals with mobility impairments now have another option for FES in their community.

Don Wheaton YMCA - Through the kind collaboration of shared space within the Don Wheaton YMCA, individuals with mobility impairments now have another option for FES in their community.

## Contact Information

For more information on The FES Community Transition Program please see our website at [www.ualberta.ca/steadward-centre](http://www.ualberta.ca/steadward-centre) or contact:

The Steadward Centre  
Main Office

Tel: 780-492-3182

E-mail: [infotsc@ualberta.ca](mailto:infotsc@ualberta.ca)