



 UNIVERSITY HEALTH NETWORK-TORONTO REHAB

**HELPING PEOPLE WITH MOBILITY
CHALLENGES STAY PHYSICALLY ACTIVE**

TIME Program Co-Lead: Margot Catizzone



Visit our website at:
uhn.ca/TorontoRehab/TIME

Reach us by email at:
[**TIME@uhn.ca**](mailto:TIME@uhn.ca)

About TIME™

THE BASICS



Group exercise for people with balance and mobility challenges

Designed by UHN Physiotherapists

Led by TIME™-trained fitness instructors (classic) & facilitators (virtual)

Exercises focus on functional movements of daily living

Hand supports for balance

Ready for Community Partners to Adopt

- Proven success since 2007 with high participant enjoyment
- Evidence-based in its design by physiotherapists at UHN
- Ongoing research for quality improvement
- Instructor training (or train-the-trainer)
- Centralized implementation support
- Access to helpful resources
- Healthcare-community partnership



Who Can Benefit From TIME™?



Designed for people with mobility challenges

- Age-related decline in mobility
- Neurological conditions such as stroke, brain injury, multiple sclerosis, or Parkinson's
- Deconditioning after injury or illness

Participants are eligible to join if they can:

- Walk at least 10m, with or without a cane or walker, but without another person's help

TIME™ Framework

Healthcare-Community Partnership



UHN Toronto Rehab

- Dedicated TIME™ Team
- Dedicated Researchers

Healthcare Partner

- Local clinician

Community Partner

- Program Coordinator
- Fitness Instructors & volunteers

TIME™ Framework

Toronto Rehab TIME™ Team



Distributes TIME™ License & resources

Supports ongoing research

Develops resources to enhance TIME™, learning through QI and feedback

Assists with program implementation, and available to answer questions

Provide initial training for Healthcare Partners & GTA Fitness Instructors

Works with JTF to maintain subsidy fund

TIME™ Framework

Local Healthcare Partner



A local clinician who champions the program (no fee attached to their support).

Provides training for fitness instructors, volunteers, & facilitators to deliver TIME™

Completes visits to check-in with the community center and support as needed.

Increases awareness of your program to their clinical networks for sustainability

TIME™ Framework

Community Partner



Employs the fitness instructors and volunteers who deliver the program.

Provides the space and equipment needed to deliver the program.

Participant registration and administrative support as appropriate.

Promote TIME™ to local community.

Why TIME™?

ACCESSIBLE FITNESS IS NEEDED

Difficulty Integrating Into Community



HEALTH EVENT

COMMUNITY

- Injury
- Illness
- Age Related Decline

- Balance and Mobility Issues Persist
- Community support is essential
- Affordable programs are needed



NO COMMUNITY EXERCISE OPTIONS



INACTIVITY



SOCIAL ISOLATION + DECLINE IN HEALTH, MOBILITY, AND FUNCTION





TIME™ offers a solution that is beneficial, affordable, & fun

The TIME™ Circuit

HOW IS THE PROGRAM STRUCTURED ?

Integrated Training Principles



Repetitive practice of functional tasks
When you practice a task,
you improve your ability to do that task



Group format
Enables social support

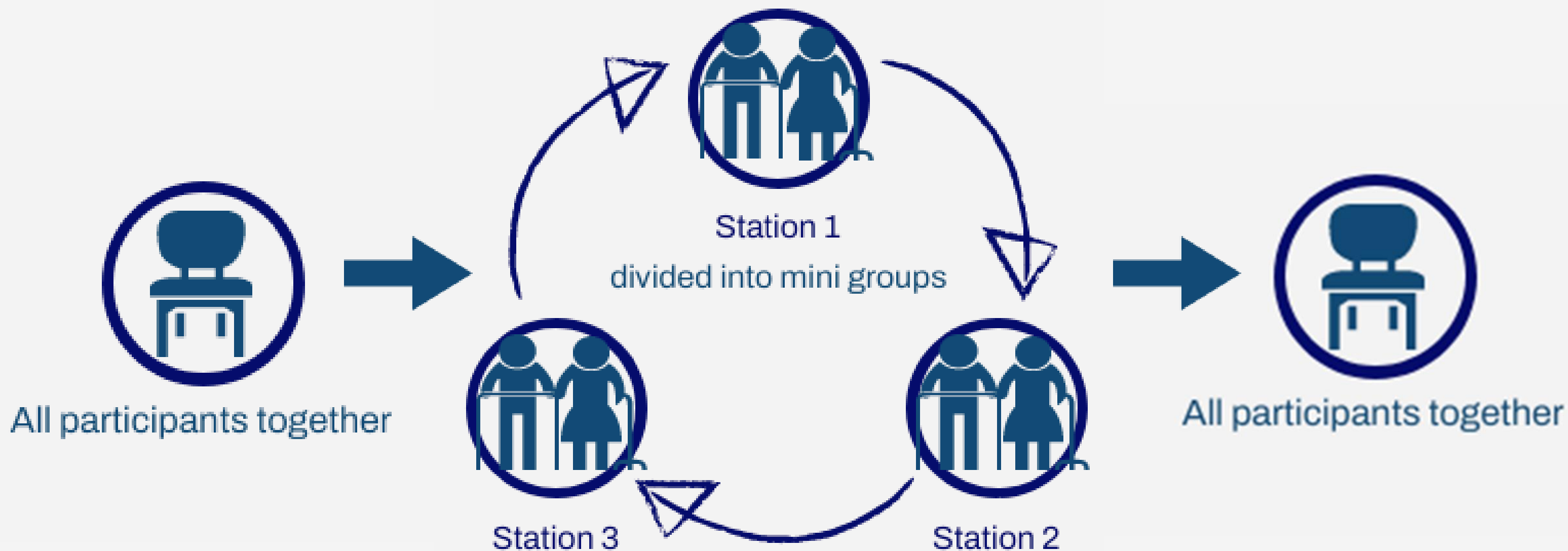


Intensity of exercise
Pace and level of challenge
is adapted to the the individual



Expert instruction
Specially trained fitness instructors
deliver the program

The Flow of TIME™ Classic (in-person)



Warm-up (10+ min)

Each class begins with a seated warm-up and sit-to-stand practice

3x Super Stations (42 min)

Then move through circuit stations that target walking and other functional fitness.

Cool-down (5+ min)

Each class ends with a seated cool-down and gentle stretch.

Same Flow for TIME™ at Home (virtual)



Warm-up (10 min)

Each class begins with a seated warm-up and sit-to-stand practice



Exercises in Standing (40+ min)

Using hand support, completes exercises that target walking & functional fitness.



Cool-down (5 min)

Each class ends with a seated cool-down and gentle stretch.

Comparison in-person vs. virtual

Both target same functional mobility AND both have reported social benefits!

In-person: TIME Classic

- Participants need to be able to **commute** to their nearest community program.
 - JTF can help with transportation cost
- Participants receive **1:4 attention** with fitness instructors able to offer guidance and help select best exercise
 - Draw from a larger selection of exercises
 - Cognitive challenges and language barriers are more easily accommodated
- The act of **leaving the house can be beneficial**
 - Change of scenery can help with mood & joining a neighbourhood program with integration to community

Virtual: TIME at Home

- Participants need access to reliable internet connection and **comfort with tech** to join a meeting link.
 - Can have a carer assist with tech set-up
 - Library program TPL to assist seniors learn tech
- Participants must be able to **self-pace and self-select** from the easier/harder video demonstration
 - Smaller selection of exercises
 - Consider cognition and language
- **Easier** for many participants **to attend**
 - Weather, transportation, pain, fatigue, toileting
 - Compromised immune system or fear of crowds

Proven Benefits

HOW CAN TIME™ IMPROVE THE LIVES OF MEMBERS IN
OUR COMMUNITIES?

Evidence-Based

An exercise program developed by experts and improved by research... with 21 articles and guidelines published or in-press and many QI initiatives completed since we started in 2007 (current as of Nov 2025)



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KTA
KNOWLEDGE TO ACTION
MOBILITY LAB



UHN Toronto Rehabilitation Institute
The KITE Research Institute



Physical Therapy
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Acknowledgements



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CIHR IRSC
Canadian Institutes of Health Research / Institut de recherche en santé du Canada



Heart & Stroke™



HEART & STROKE FOUNDATION
Canadian Partnership for Stroke Recovery



UHN Toronto Rehab



Fondation Brain Canada
Foundation



MARCH OF DIMES CANADA

Participants in TIME™ have experienced improvements in:

- Balance and balance confidence
- Independence with performing activities of daily living
- Ability to walk longer distances
- Functional strength and endurance
- Energy related to physical, social, and emotional well-being



Aravind, G., Bashir, K., Cameron, J. I., Howe, J.-A., Jaglal, S. B., Bayley, M. T., Teasell, R. W., Moineddin, R., Zee, J., Wodchis, W. P., Tee, A., Hunter, S., & Salbach, N. M. (2022). *Community-based exercise programs incorporating healthcare–community partnerships to improve function post-stroke: Feasibility of a two-group randomized controlled trial*. *Disability and Rehabilitation*, 44(23), 6855–6866. <https://doi.org/10.1080/09638288.2021.1976731>

TIME™ at Home (Virtual) Outcomes

Recent study² showed that TIME™ at Home (virtual) led to improvements in:

- Leg strength
- Balance self-efficacy
- Mood
- Mobility
- Everyday functioning
- Health status





Impact on Participants

“TIME provided exactly what I needed... a safe, supportive environment where I could move at my own pace, **build strength, and improve my balance and confidence.** What truly sets the TIME Program apart is the **sense of community** it creates.”

“Exercising alongside others who share similar challenges and goals has been inspiring and uplifting. Thanks to TIME, I’ve seen improvements in my physical abilities. I’m so grateful for this program for giving me the **support to stay active and connected.**”

“TIME is by far the very best thing I have done to enhance my **physical, emotional, & personal wellbeing.** I find this unique program empowering, self-enhancing and... a lot of fun.”



Virtual Testimonials

"I love everything about the program. My **walking, balance, strength and even mood have improved** dramatically. Not only do I feel more confident, but people have noticed."

"You can do it at home where you are comfortable. It's easier because you're not worried about being late or becoming exhausted getting somewhere."

"There are some days where I can walk without a cane, and others when I have trouble standing in the shower. I appreciate that **this program meets me wherever I am at.**"

"A highlight for me is **being among people who I can relate to.** I don't feel alone."



Care Partner Impact

"I feel happy when my partner goes and does something that she feels is good for her. And when she comes home, she's happy...That makes me happy and makes me more relaxed than to see her just sitting at home doing nothing."

"Overall, just a really top notch, well-run, well-organized, safe program...his balance has improved, especially with your at-home program, his confidence grew immensely. Which was really great. And it was great for me as well because I don't have eyes on him 24 hours a day anymore. I think the encouragement, and the coaching as well, and the consistency came across in the program."

How to refer participants

NAVIGATING OUR RESOURCES & PROGRAM REGISTRATION

Together In Movement and Exercise (TIME™)



[About Us](#) ▼

[Community Organizations](#) ▼

[Stories and Research](#) ▼

[Clinicians](#) ▼

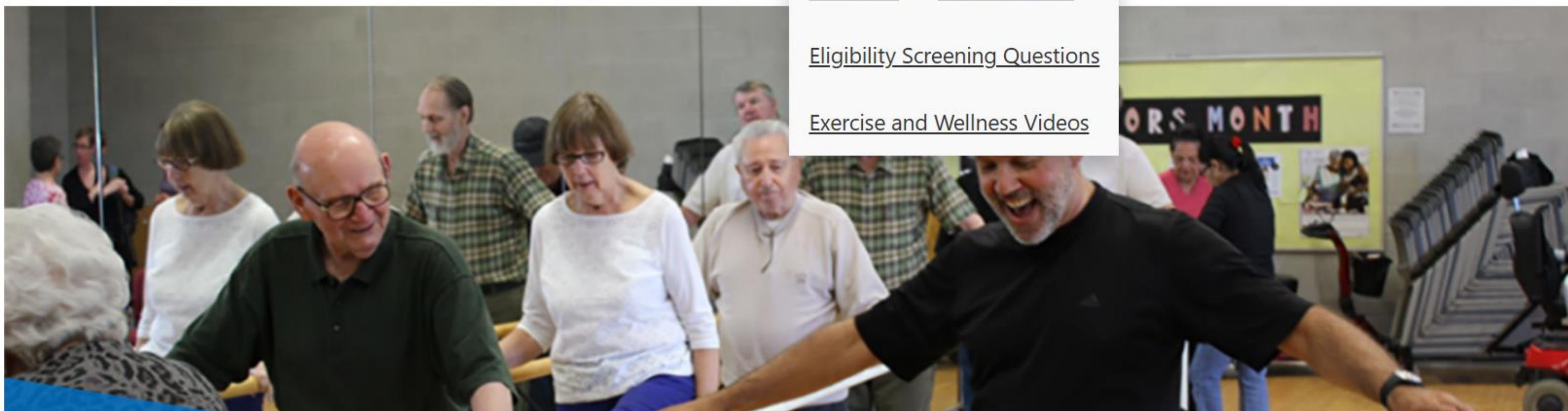
[Program Locations](#)

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[Eligibility Screening Questions](#)

[Exercise and Wellness Videos](#)



Clinician FAQs


Who is the TIME™ program intended for? 


How can I refer a patient to TIME™? 


Participants can self-refer. But when a care provider "prescribes" the TIME™ program an individual is far more likely to follow-through with joining.


You can do this by using our [locations menu](#) to find your patient's nearest TIME™ location and contact information for registration. Then share this information with them as part of care planning.


You can also download a PDF of [our program listing](#)  to distribute within your programs and clinics.


What options are available if there isn't a program location close to where my patient lives? 

Is financial assistance available for patients who can't afford to pay? 

How is TIME™ different from a government-funded Falls Prevention Program? 

Beyond having designed the TIME™ program, are clinicians involved in the administration of the program? 

For more detailed answers to these and other frequently asked questions, view our [TIME™ Program Additional Information](#)  document.

For a more detailed comparison of TIME™ vs Falls Prevention Programs, check out this [video](#). 

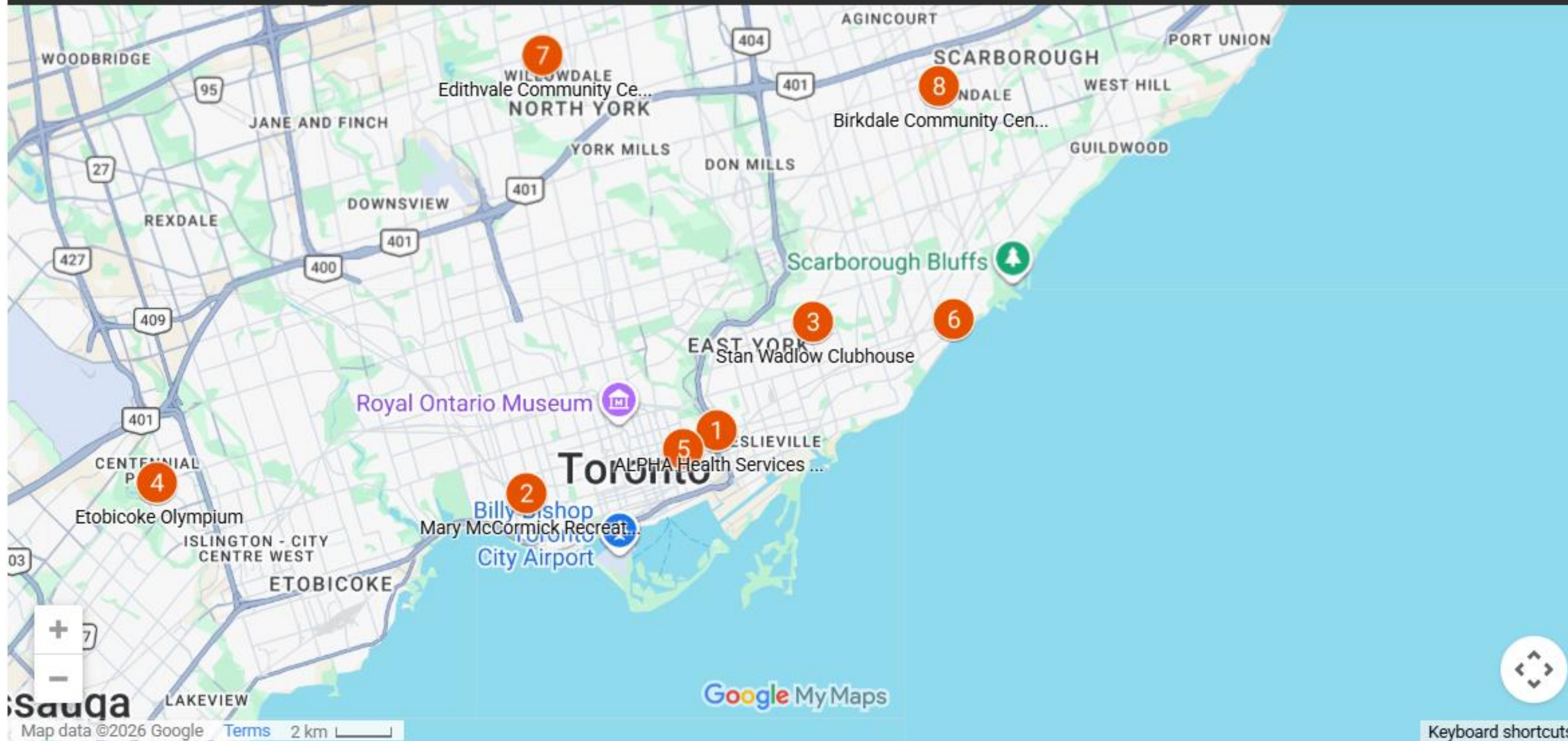
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TIME™ Toronto Region Programs



This map was made with Google My Maps. [Create your own.](#)





PROGRAM LOCATIONS

Southern Ontario

* Indicates sites that can offer *TIME™ Lite* and *TIME™ Plus*

City/Town	Site Name	Address	Contact Information
Toronto Region			
Toronto	Central Neighbourhood House	349 Ontario Street Toronto	Paul Hundert T: 416-925-4363 Ext. 2525. paul.hundert@tngcs.org
Toronto	ALPHA Health Services East www.alphahealthservices.ca	14 St. Matthews Road, Unit G.008, Toronto	Phone 647-670-3454 and speak with reception
*Scarborough	*Variety Village	3701 Danforth Ave. Scarborough	Debbie Murray T: 416-699-7167 ext. 238 dmurray@varietyontario.ca
→ Scarborough	Birkdale Community Centre (Toronto Parks & Rec offers TIME under the program name Functional Mobility: TIME)	1299 Ellesmere Rd Scarborough	call 416-396-7378, option 1, Program #161224
→ Toronto	Mary McCormick Recreation Centre (Toronto Parks & Rec offers TIME under the program name Functional Mobility: TIME)	66 Sheridan Ave Toronto	call 416-396-7378, option 1, Program #149583
→ East York	Stan Wadlow Clubhouse (Toronto Parks & Rec offers TIME under the program name Functional Mobility: TIME)	373 Cedarvale Ave East York	call 416-396-7378, option 1, Program # 161192
→ North York	Edithvale Community Centre (Toronto Parks & Rec offers TIME under the program name Functional Mobility: TIME)	131 Finch Ave W North York	call 416-396-7378, option 1, Program #159772
→ Etobicoke	Etobicoke Olympium (Toronto Parks & Rec offers TIME under the program name Functional Mobility: TIME)	590 Rathburn Rd Etobicoke	call 416-396-7378, option 1, Program # 162557

Cost Recovery Model & Subsidy

- Virtual is typically offered for free, since low overhead
- In-person 1:4 instructor to participant ratio creates a higher cost associated with offering this program.
- Many programs have been successful in receiving seniors-focused or disability-based grants to cover the cost of the program.
- For those who need to charge a registration fee, they use a cost recovery model to keep the program affordable.
 - This can cost at the higher end \$200 for 18-class (9-week) session.
- **Jo's TIME Fund can cover participant registration fees as needed**
 - Can also assist with transportation costs to the program.
 - Community partner applies to JTF on behalf of participants.
 - No financial disclosure required. Can re-apply for future session.

QUESTIONS?

THANK YOU FOR YOUR INTEREST IN TIME™