

# City of Mississauga - Next Step to Active Living

## Stroke Partners Day

Thursday, November 16<sup>th</sup>

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## Next Step to Active Living

- Adult Day Program funded by Ontario Health Central, in operation since 1999 with the City of Mississauga
- Provides services for individuals who have an acquired physical disability - Stroke, Parkinson's Disease, other neurological conditions, etc.

Offer a variety of activities:

- **Physical activities** - *specialized exercise classes, weight room usage and pool activities*
- **Recreational activities** - *Bocce, Walk & Talk, Tai chi, Riverwood Enabling Garden*
- **Cognitive activities** - *table games, word games/puzzles, visual arts and embedded into all activities*
- **Social interaction** - *embedded throughout the day plus additional events and functions throughout the program session*

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## Home GRASP - Version 1.1 (November 2021)

G - Graded  
R - Repetitive  
A - Arm  
S - Supplementary  
P - Program



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## Next Step to Active Living Upper Body and Fine Motor Activity

### Upper Body and Fine Motor

This activity provides an opportunity to focus on upper body (arm & hand) strength, coordination and hand skills.

Exercises and tasks included target shoulders, arms and hand function that support ADL's.

Class is modeled after the Home GRASP exercise Program.

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#### GRASP Requirements

- Some ability to move stroke affected wrist
- Some ability to move stroke affected shoulder
- Able to follow instructions and mimic exercises for an hour
- Able to communicate any adverse effects, such as pain
- Independently carry out exercises or have caregiver assistance
- 1 hour, 7 days/week, for 8 weeks

#### NSTAL - Upper Body & Fine Motor Activity Requirements

- Some ability to move stroke affected wrist
- Some ability to move stroke affected shoulder
- Able to follow instructions and mimic exercises for an hour
- Able to communicate any adverse effects, such as pain
- Independently carry out exercises or minimal staff support
- 45 minutes, 1 x/wk, for 10- 12 week (NSTAL Session lengths vary)

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### Modifications

#### Class Structure

- 45 minute group class
- All activities are done with both affected and unaffected limbs
- Activity is not limited to stroke survivors, individuals with Parkinson's Disease have participated and seen benefit

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## **Equipment**

- Participants are provided an individualized Ziploc bag with the following equipment
  - Playdough
  - Hand gripper (range of weight and difficulty)
  - Dish towel
  - Plastic knife and fork
  - Tennis ball or bean bag

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## **Individualized exercises**

- The functional levels of the group determines how many of the activities are used and at what level
- Repetitions and sets are progressed throughout the session based on the activity leaders discretion
- If individuals are observed to be struggling or an activity is too easy, specific adaptations and reminders are provided to ensure they are all adequately challenged

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### Evaluation and Data Collection

2 Assessments were used to collect Pre/Post data:

- Box & Blocks
- Grip Strength
  
- Both of these assessments have been used as standard Program Outcome measures
- At this point, data is minimal as we have only collected it for one session

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### Areas of Future Development

Take Home Component

- Has not been done at this time
- This has been identified by participants as something they would like to have
- Some logistical and resource challenges to providing a take home component at this time

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# Questions?

<https://neurorehab.med.ubc.ca/grasp/>

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