

### *Physiotherapy and Exercise & Falls Prevention*

In February of 2013 the Ministry of Health and Long-Term Care announced changes to the funding and the delivery of Physiotherapy services. This change impacted the delivery of service and billing for:

- community physiotherapy;
- exercise and falls prevention classes;
- Community Care Access Centre (CCAC) in-home physiotherapy services;
- long-term care home services; and
- primary care physiotherapy.

For patients this meant easier entry to high-quality classes for physiotherapy, and exercise and falls prevention. These classes were spread throughout Ontario to help more people.

As part of the South East LHIN'S plan to make access easier, the changes were:

1. **Long-Term Care** – all long-term care homes received more funding to deliver physiotherapy and exercise and falls prevention programs to their residents. To ensure a person's mobility goals are met, the person is first assessed and then a care plan is given based on his or her needs.
2. **Exercise & Falls Prevention** – aimed to improve health, reduce injury and encourage independent living. The classes are held in over 130 community spaces and retirement homes across the south east region, and for seniors there is no cost. These classes are able to grow with a community needing these services.
3. **In-Home Physiotherapy** – in-home physiotherapy more available, and is providing this service for more than 1,500 residents in their place of residence.
4. **Community Physiotherapy Clinics** – the increased funding for Clinic Based physiotherapy has allowed more than 6,000 patients to get this service in a new clinic. These no cost, doctor referred physiotherapy services are provided in 16 places to people who meet the following criteria:

- are age 19 or younger: contact your doctor or nurse practitioner
- have been discharged from the hospital after an overnight stay and need physiotherapy for their condition, illness or injury contact your doctor or nurse practitioner
- receive income from Ontario Works or the Ontario Disability Support Program: contact your doctor or nurse practitioner
- are age 65 or older: contact your doctor or nurse practitioner
- are age 65 or older and require in-home physiotherapy (whether in your own home or a retirement home): contact a Community Care Access Centre (CCAC)
  - by phone: (your area code)-310-CCAC (2222)
  - in person: enter your postal code to find your local CCAC office

- are age 65 or older and living in a long-term care home: contact the doctor or nurse practitioner on staff. As part of your plan of care in your long-term care home, the doctor or nurse will refer you to a registered physiotherapist. The physiotherapist will decide if you need physiotherapy.