

## What is the Stay Well Program?

The Stay Well Program is a physical maintenance program designed to assist individuals in maintaining or increasing their current level of physical function and independence.

## What services do we offer?

The program consists of exercises in our gym which are prescribed to:

- Maintain and improve cardiovascular endurance
- Maintain and improve muscular strength
- Maintain and improve balance, flexibility and coordination

We also monitor blood pressure, heart rate, oxygen saturation and progress of physical function throughout the duration of the program. When needed, we can refer the patient to services such as:

- Geriatric medical assessment
- Diagnostic services such as blood tests
- Diabetes education
- Chiropody (foot and nail care)

## Who can come to this program?

We welcome all adults with a broad range of medical conditions such as (not inclusive):

- Diabetes
- Dementia, Alzheimer's, ABI
- Down's Syndrome
- COPD
- Post-stroke and Post-cardiac
- MS, Huntington's, Parkinson's
- Depression, Bi-Polar Disorder, Schizophrenia
- Bariatrics
- Chronic Kidney Disease

## How can I enroll in the Stay Well Program?

A referral and medical clearance is required for entry into the program therefore, please contact a staff member listed below who can help facilitate this process.

## What are the costs of this program?

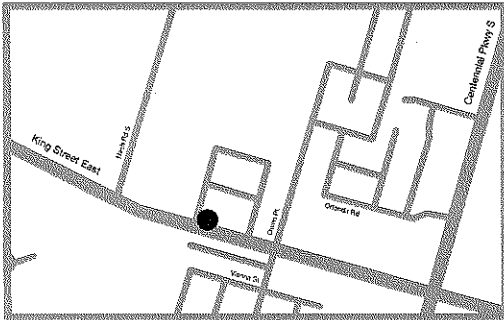
This program can be claimed as a medical expense on annual tax returns. Some or all fees may be covered by individual insurance plans, Veteran's Affairs, ODSP or the Special Supports Program through the city of Hamilton. Please call a staff member who can assist to see if you are a candidate for any of these resources.

## Where is the Stay Well Program located?

The Stay Well Program is offered in two locations at St. Joseph's:

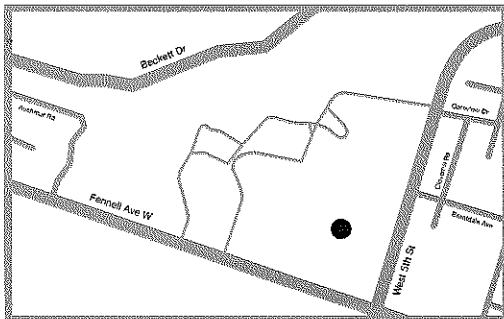
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St. Joseph's  
Healthcare  Hamilton

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[www.stjoes.ca](http://www.stjoes.ca)

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# Stay Well Program

St. Joseph's Healthcare Hamilton



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