

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL OR FAX \_\_\_\_\_

FACILITY1 \_\_\_\_\_

**Location:** Edmonton

**Date:** Friday, February 3, 2012

**Registration deadline:** January 30, 2012

**Cost:** \$200.00 (includes manuals, materials, tax)

Please send this completed form, along with a cheque payable to:

*Alberta Centre for Active Living*  
11759 Groat Rd, Edmonton, Alberta T5M 3K6

**For more information:**

Ph: 780-427-6949 or 1-800-661-4551

Email: [active.living@ualberta.ca](mailto:active.living@ualberta.ca)

ALBERTA CENTRE FOR  
**Active Living**  
Research and education  
for the promotion of physical activity

## CANADIAN CENTRE FOR ACTIVITY AND AGING

The CCAA investigates the interrelationship of physical activity and aging, and develops strategies, based on research, to promote the independence of older adults

The CCAA is affiliated with St. Joseph's Health Care London and Lawson Health Research Institute.

## Canadian Centre for Activity and Aging

1490 Richmond St.  
London, ON N6G 2M3  
Ph: 519.661.1603  
Fax: 519.661.1612  
Email: [ccaa@uwo.ca](mailto:ccaa@uwo.ca)  
Web: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)



# HOME SUPPORT EXERCISE PROGRAM FACILITATOR

## Home Support Exercise Program Facilitator HSEP-F

Alberta Centre for Active Living  
February 3, 2012  
Edmonton, AB

Home-based exercise  
program comprised of *10*  
*simple, yet progressive*  
exercises



# HSEP-F

[www.ccaa-outreach.com](http://www.ccaa-outreach.com)

## WHAT IS THE HSEP?

The Home Support Exercise Program is 10 simple, yet progressive, exercises designed to enhance and maintain functional fitness, mobility, balance and independence of homebound older adults. The HSEP is evidence-based, has been demonstrated to be effective and can be successfully implemented through the home care network and other service providers.

## Who Should Take the HSEP-F?

Individuals in leadership and supervisory roles can be trained in the HSEP-F and in turn deliver the 4-hour HSEP workshop so front-line workers can receive HSEP training enabling them to deliver the program to their clients.

## ON COMPLETION OF THE WORKSHOP:

The facilitator will be able to teach the 4-hour HSEP workshop and instruct participants to:

Promote the philosophy of physical activity as being integral to healthy living

Identify potential clients for a fitness program

Use assessment findings to track progress and measure improvement.

Provide a safe environment for physical activity in the home

Instruct and demonstrate the HSEP's ten simple and progressive exercises

Use CCAA materials to facilitate the program

## MATERIALS INCLUDED IN TRAINING

HSEP Participant Guide  
HSEP Facilitator Guide  
HSEP Facilitator Training CD  
HSEP DVD  
HSEP Outcome Report  
HSEP Picture Package

## THE HSEP IS EVIDENCE BASED

Stride Magazine 2003; 5(4): 4-9.  
Geriatrics and Aging 2003; 6(7): 48-49.  
Journal of Aging and Physical Activity 2003; (11): 408-424.  
Journal of Aging and Physical Activity 2000; (8): 59-75.

## UPCOMING COURSE

**Friday, February 3, 2012, 9am-4pm**

Alberta Centre for Active Living  
Room 8, 3<sup>rd</sup> floor  
11759 Groat Rd, Edmonton

For more information, contact:  
Alberta Centre for Active Living  
780-427-6949 or 1-800-661-4551  
Email: [active.living@ualberta.ca](mailto:active.living@ualberta.ca)

