ABOUT VON

VON is dedicated to being a leader in the delivery of innovative, comprehensive health and social services and, to influencing the development of health and social policy in Canada.

VON is a national health organization, and registered charity, offering a wide range of community health care solutions that meet the needs of Canadians from coast to coast.

VON St. John’s Program & Services

Nursing Services
- General Visiting Nursing Program {Registered Nurses}
- Pre-travel & Flu Immunization
- Wound Care Management
- Hospital Liaison
- Diabetes Teaching
- Lab Collections
- Injection Education & Patient Support

Footcare Services
- Advanced Footcare Clinics
- Advanced In-Home Footcare

Palliative Care Services
- Specialized Palliative Care Nursing

Personal Support/Homemaking/Home Support Services
- Homemaking and Personal Care Services
- Shift Care for Home Support Services
- Companion Care
- Respite Care

Occupational Health
- Workplace Wellness Clinics
- Pre-employment Health Assessment/Medicals

Community Support Services
- Meals on Wheels
- Palliative Care Volunteer Program
- SMART In-Home Exercise

Health Promotion / Education Services
- Promotion/Health Maintenance Clinics
- Diabetes Education Program
- Seniors Health Counselling

Special Services
- Insurance Paramedicals
- DNA Paternity Testing

For more information on VON Services and the SMART Program, please call our local office:

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VON S.M.A.R.T.
In-Home Exercise Program

The VON St. John’s SMART (Seniors Maintaining Active Roles Together) In-Home Exercise Program is intended for older, home-bound adults who would like to enhance their level of fitness, in the comfort of their own home.

Trained, in-home exercise volunteers teach participants 10 simple, yet progressive exercises that have been carefully designed to maintain or increase mobility and independence (on a weekly basis).

Trained Instructors

- Trained In-Home Exercise Program volunteers encourage and assist participants to remain active.
- Volunteer instructors receive training sessions with the SMART In-Home Program Coordinator
- The volunteer instructors are mentored by the Coordinator during their first visit, to each new participant
- All volunteer instructors have First Aid and CPR training

Overcoming Barriers to Participation

The SMART In-Home Exercise Program hopes to remove some of the obstacles faced by isolated seniors, such as limited mobility and transportation issues, by providing a trained volunteer, to assist them with exercises, once a week, in their own homes.

Are you eligible to participate?

- Must be 55 years of age or older
- Must be house-bound, or have limited access to the community, due to physical limitations, problems with transportation or cultural barriers
- Must complete a participant information questionnaire
- Must sign a Release of Information and Informed Consent
- Must be medically stable, and receive approval from their physician
- Must not be receiving physiotherapy concurrently
- Must be willing/able to participate in gentle exercise, and keep a daily log

Service Fees

The fee for the SMART In-Home Exercise Program is $30.00 for 15 in-home visits or just $2.00 per visit. A subsidy is available to those individuals who qualify.

Program Benefits

Increased Functional Mobility - Participants can increase their functional mobility, through improved confidence in balance, coordination, flexibility, strength and endurance (which can aid in the prevention of falls)

Maintaining Independence - Participants can maintain their independence, by improving their physical ability to remain in their own homes

Decreases Isolation - Many seniors are not involved in any other community outings/activities, due to the need for assistance to leave their homes

Fitness Continuum

Conventional rehabilitation services, such as Physiotherapy and Occupational Therapy (which are costly to the health care system) are often called upon after a health crisis, to offer limited support. There is still a large gap between rehabilitation interventions and community fitness programming.

The VON SMART In-Home Exercise Program has proven successful in providing support to those potentially frail, house-bound seniors. Even after participants experience significant improvement of functional mobility through the Program’s 10 in-home exercises, many seniors are unable to make the leap to community exercise programs, which are designed for the more active older adults.

To address this gap, the VON SMART Group Exercise Program was developed to accommodate all levels of ability (from seated, to standing, to dynamic). We hope to implement the SMART Group Exercise Program at the St. John’s Branch in Fall 2007. Once participants complete the Smart In-Home and Group Programs it is our hope and goal that our clients will be ready to make the leap to community exercise programs.