

TIME at Home Study

Location: Canada

Recruitment period: January – February 2025

Description: Researchers from the Bruyère Health Research Institute, in collaboration with the University of Toronto, are studying whether an online exercise program (TIME at Home) is beneficial for adults with balance and mobility challenges.

The exercise class, administered by the City of Ottawa, is 1.5 hrs, twice per week, for 8 weeks.

Language: English only

Eligibility:

- 18 years and older
- Have balance and mobility challenges
- Walk at least 10 metres (with or without a walking aid)
- Stand up and sit down from a chair, without the need for help or supervision

Participant requirements:

- Researchers will ask you to participate in 3 evaluations of your balance, mobility and quality of life from home using Zoom. You will be compensated for your time after each evaluation.
- You must have a family member or friend with you for the first evaluation.
- All participants will be randomly selected to begin the exercise program either immediately after the first assessment, or 5 months later.
- Technology equipment (i.e. tablet and internet connection) available for loan.
- Baseline assessments will be in January with the program starting in February.

Institution: University of Toronto; Bruyère Health Research

Contact:

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