

News from the Centres for Learning, Research and Innovation in Long-Term Care

In 2011, the Ministry of Health and Long-Term Care developed the Ontario Centres for Learning, Research and Innovation (CLRI) in Long-Term Care (LTC). The Ontario CLRIs contribute to enhancing the quality of care in LTC.

The Wind in Your Hair – How Cycling Without Age Can Enhance the Lives of Seniors

It is without a doubt that being able to enjoy the outdoors and engage with your community is good for anyone's wellbeing. As people age, however, it can become much harder to get outdoors. Bodies often become frailer and the range of movement gets restricted. If stuck indoors, the risk of isolation and loneliness grows.

Easy access to the great outdoors is essential for long-term care (LTC) home residents. An innovative program called Cycling Without Age can help residents explore the neighbourhood around their home and continue to bond with nature.



new friends. To meet the high demand for riders, Bruyère team successfully attracted new volunteers, enabling them to meet all the requests for rides.

Interested in Bringing this Program to your Home? Resources are Available!

The Ontario CLRI has developed resources for those who are interested in learning more or starting a CWA program in their home:

What is Cycling Without Age?

Cycling Without Age (CWA) helps seniors stay active and connected with their communities. CWA makes it possible for seniors or those with mobility challenges to get back on bicycles.

CWA uses a special 3-wheeled rickshaw bike. These “trishaws” have a two-seater passenger carriage in the front. They are propelled by volunteer “pilots” who sit on a bike in the back. The bike pilot can easily chat with the passengers, often connecting people from different generations through conversation, storytelling, and reminiscing.

Cycling Without Age in Ottawa

Ontario's first CWA chapter opened in Ottawa in 2016. Bruyère's Therapeutic Support Services (TSS) team runs the CWA program in Élisabeth Bruyère Residence, at Saint-Louis Residence, and at the Bruyère Village, an independent living facility for seniors. With a 99% satisfaction rate, residents remain extremely engaged with the program, now in its third year.

Participants comment on their enjoyment of the rides and the beauty of nature, bringing laughter and smiles as they wave at the neighbours passing them. Pilots share in that enjoyment, loving the exercise, nature, and discussions with

> Webinar

> Watch a [webinar on the Ontario CLRI website](#) that outlines the concept of CWA and why it has proven to be an essential program for Bruyère residents. Learn about the ins-and-outs of running CWA in LTC with a large group of dedicated volunteers.

> Program Brochure

> Explore useful tools the Bruyère TSS team can share, like policies, procedures and program evaluation approaches. The program brochure is available on the Ontario [CLRI website](#).

Want to learn even more about the program? Contact the CLRI at info@clri-ltc.ca.

For information on upcoming Ontario CLRI events, see page 14.

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This article draws on the findings of the evaluation of the first season of the Bruyère Cycling Without Age program that was partially supported by the Government of Ontario through the Bruyère Centre for Learning, Research and Innovation in Long-term Care. Opinions expressed in this article do not necessarily reflect those of the Government of Ontario.