Frailty is a key criterion for determining the suitability of exercise interventions; however, across the province, there is no consistent approach to assessing frailty; indeed, there may be substantial differences between populations deemed “frail” in different long-term care facilities within the province. This lack of a uniform definition presents implementation challenges for any exercise intervention.

Exercise activities now supported by physiotherapists in LTC are generally individually-tailored for some residents. Implementing individually-tailored exercise programs for larger numbers of residents in LTC across the province, and with sufficient frequency and duration to be effective, would require additional human resources, notably physiotherapists, recreational therapists, kinesiologists, and/or nursing staff.

Group delivery of step-training programs, which may be effective for non-frail elderly, might be less costly than one-on-one programs, but this approach presents its own set of logistical challenges, including space and equipment requirements.

To promote healthier aging, two other kinds of programs may be worth investigating—exercise programming for seniors still living in the community, and function-focused care that encourages more movement by seniors in LTC in their activities of daily life.