

City of Mississauga Corporate Report



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| Date: December 10, 2024 To: Chair and Members of General Committee | Originator's files: |
| From: Jodi Robillos, Commissioner of Community Services | Meeting date: January 8, 2025 |

Subject

Authorization to enter into an Agreement with William Osler Health Systems for the Development and Delivery of Therapeutic Programs

Recommendation

That the Commissioner of Community Services, or their designate, be authorized to execute an agreement, and all necessary documents ancillary thereto, including any subsequent amending and extension agreements, between The Corporation of the City of Mississauga and William Osler Health Systems, to facilitate the development and implementation of therapeutic programs, on terms and conditions satisfactory to the Commissioner Community Services in a form satisfactory to the City Solicitor, as outlined in the Corporate Report dated December 10, 2024, from the Commissioner of Community Services.

Executive Summary

- The City of Mississauga currently provides therapeutic programming to support participants with chronic conditions, disabilities, injuries, or health challenges. These programs help participants regain or maintain their independence and improve their overall quality of life. Some programs are run in partnership with Trillium Health Partners through current agreements.
- William Osler Health Systems also offers therapeutic programming to its patients through the rental of amenities at City facilities.
- The City of Mississauga and William Osler Health Systems would like to enter into a partnership agreement to co-design, develop, and deliver therapeutic programs for William Osler patients suffering from heart, stroke, and other illnesses in need of rehabilitation.

- City staff wish to enter into a 5-year agreement with William Osler Health Systems to commit their respective time, resources, and expertise in collaboration to serve the patients/participants of William Osler Health Systems that reside in the Mississauga community.

Background

The City of Mississauga has strategically fostered partnerships to enhance the delivery of therapeutic programs. Over the past decade, a collaboration with Trillium Health Partners to deliver several therapeutic recreation programs has created a pathway from participation in hospital-based rehabilitation programs to fitness and activities in our recreation facilities. These initiatives support individuals with chronic conditions in maintaining their independence through ongoing physical activity.

Critical Programs include Stronger and Steadier (Fall Prevention Program), Moving On (Chronic Obstructive Pulmonary Disease Program), and Sweet Success (Diabetes Management Program). Each program operates under its own legal agreement and is reviewed annually by City and hospital staff. Trillium Health Partners helps with program planning to ensure long-term success. They assist with content development and provide educational resources, patient referrals, and staff to ensure a smooth transition from hospital rehab to community-based recreation. Programs are held in city facilities where city and Trillium staff co-lead activities and participants pay user fees based on City of Mississauga fees and charges.

William Osler Health System is an acute care hospital system with a site in Brampton that serves many Mississauga residents, especially those across the northern boundary of Mississauga and Brampton. William Osler Health Systems recently expressed an interest in collaborating with the City, including renting space for hospital-based programs and developing new community-focused therapeutic programs, starting in the Malton community, where they are servicing many residents.

Comments

The City of Mississauga is committed to growing the Therapeutic programming portfolio. These programs aim to help participants regain and maintain their independence, manage their symptoms, and improve their overall quality of life. William Osler Cardiac Rehabilitation Program supports individuals recovering from heart attacks, heart disease, or related surgeries. The program takes a comprehensive approach to chronic disease management. It focuses on improving clients' psychosocial well-being, educating them on risk factors, promoting self-management, encouraging behavioral changes, enhancing quality of life, and ensuring medication compliance.

In collaboration with City staff, William Osler coordinates program logistics for fitness classes for patients and rehabilitation participants. Currently, two rehabilitation programs are being offered

at the Malton Community Centre, which supports the community directly being serviced by William Osler. William Osler has been renting City of Mississauga facilities at an affiliate rate based on an interim approved by the Director of Recreation & Culture with an aim to now establish a formal partnership. City staff and William Osler have identified a gap in the rehabilitation process and seek to collaborate further to develop pathway programs that help individuals with cardiac care needs transition into community-based programming.

Strategic Plan

The partnership program agreement aligns with the Belong Pillar by strengthening individuals in our community who live with chronic conditions or are recovering from an injury. It also aligns with the Older Adult Plan, which advocates for programs and activities to support senior residents in staying active, engaged, and living independently.

Financial Impact

This partnership is expected to result in additional revenue through facility rentals whereby William Osler will book directly for their programming. We also anticipate additional revenue through registration for the pathway programs offered by the City and memberships purchased by participants looking to continue and expand their activities and engagements with the City of Mississauga.

Estimated Annual Revenue:

This new partnership is estimated to initially generate \$8,000 in additional revenue through the following three streams: Room Rentals (525118-25130), Program Registration (525365-25008), and Memberships (525167-25008).

Conclusion

The Demand for programming to support chronic and cardiac care is growing in our community. Attending therapeutic programs helps participants manage chronic conditions or physical limitations and improves quality of life and social interactions. This agreement creates a pathway for patients working with William Osler Health Systems to transition from hospital-based programs to becoming independently active and engaged in their community using their local community centers and amenities.



Jodi Robillos, Commissioner of Community Services

Prepared by: Libby Norris, Manager, Fitness