



# Seniors' Health and Wellness Institute

COSCO

# WORKSHOPS

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Online workshops currently available are limited to those marked in

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## Healthy Living

### *Advocacy\**

Whether you are advocating for yourself or someone else, important skills, strategies and practical suggestions are presented.

### **Age-Friendly Communities**

This workshop will assist individuals and groups to promote community environments that support health and well-being, not only for older adults but for all citizens.

### *Age Well, Live Well with Safe*

### *Medication Use\**

As we age, our bodies change, and the dosages of some medications may actually be too strong now or may be less effective than in the past. This workshop will help you understand why that might be, and what actions you and your health care provider might consider so that your current medications meet the needs of your body.

### *Care for the Caregiver\**

We examine causes of caregiver burnout and suggest how to prevent it. Sources of assistance and support are reviewed.

### **Chronic Diseases**

We outline the warning signs of four of the diseases that are most likely to affect the health of senior adults: Cancer, Diabetes, Heart Disease and Lung Disease. Early recognition is emphasized.

### **COPD**

Chronic Obstructive Pulmonary Disease is an umbrella term that includes two different types of lung diseases: chronic bronchitis and emphysema. The workshop examines the potential causes and treatment options, including helpful breathing techniques.

### *Dealing with Conflict\**

Conflict is a normal part of life and can occur over such minor things as where to go for coffee or larger issues such as deciding if and when to relocate. This session presents communication strategies that help us work calmly through conflict, so we are better able to find solutions where everybody feels like a winner.

### *Dealing with Stress\**

None of us can lead totally stress-free lives. However, excessive stress harms the quality of life of many seniors. We help to identify and offer tips on how to handle sources of stress.

### **Diabetes**

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and managing the disease are discussed.

## ***Healthy Eating for Seniors\****

Eating well and maintaining a healthy diet as we age is important. This session offers tips to help you monitor and adjust your eating habits and reviews the Canada Food Guidelines for optimal health

## **Hearing**

We review the anatomy of the ear, common causes of hearing loss, various remedies, and how to choose hearing aids.

## ***Hypertension\****

We review the effects of high blood pressure. The workshop discusses the need to monitor blood pressure, treatment options, and the importance of a prompt diagnosis.

## ***Identifying Addiction\****

Three major kinds of addiction that seniors may need to deal with are Alcohol Abuse, Gambling Addiction and Medication Abuse. We examine the risk factors and suggest how to approach a friend or family member when you suspect addiction.

## **Knowing Your Bladder**

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. We discuss possible remedies and lifestyle changes that can help to reduce or eliminate incontinence problems.

## **Life Without Driving**

The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning, and outline alternatives to driving.

## ***Medication Awareness\****

The potential misuse of medications is a growing concern. Information about how seniors can interact with doctors and pharmacists to ensure safe and effective use of medications is presented.

## ***Memory and Aging\****

This workshop explains how memory functions and how it changes as we age. We give tips for maintaining and improving memory, and information about when to seek professional help.

## ***Mental Health\****

Are you concerned about your mental health? An overview of mental disorders and ways individuals can contribute to their own mental health are discussed.

## ***Navigating the Emergency Department\****

In this workshop we review some of the reasons for going to the Emergency Department and some reasons not to go. How to prepare for a visit and what to expect when you arrive are also discussed.

## ***Navigating the Health Care System\****

We review many of the available medical services and what you can expect from them. Effective communication between the patient and the health care provider is emphasized.

## **Osteoarthritis**

This debilitating disease is the most common form of arthritis. We describe the symptoms, explain self-management strategies, and review various therapies.



## **Osteoporosis**

This bone disease, often called the “silent thief”, is the underlying cause of many falls. We discuss the causes, risk factors, and recent treatment options.

## **Palliative Care**

The focus of this workshop is on the comfort and dignity of patients as they cope with serious illness. The scope of palliative care is explained. The overall goal is to manage pain and to provide appropriate care to enable the individual to live to the fullest.

## **Parkinson’s Disease**

This workshop provides a clear explanation of the changes in the brain which cause this disease. Signs and symptoms are discussed, and treatment options are examined.

## **Skin Conditions**

Four major skin problems are discussed: cancer, shingles, nails fungus and pressure sores. Pictures illustrate potential warning signs. The importance of early diagnosis is emphasized.

## **Sleep\***

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is also provided.

## **Social Connectedness\***

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

## **Stroke\***

As we age the possibility of experiencing a stroke increase. We describe the types of strokes, emphasizing mini strokes, as well as early warning signs. Information about prevention is also included.

## **Technology and Aging\***

We describe how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed.

## **Vision**

The structure of the eye is described and major diseases that may affect older adults are explained. We stress prevention and explore possible treatments.



## Legal and Financial

### Financial Literacy

This workshop gives an overview of how to handle and protect your money, including banking and borrowing. We discuss and explain financial terminology.

### *Frauds and Scams\**

We investigate the ways in which fraudsters take in people in order to rob them of their money and possessions. Seniors are frequent victims and need to be aware of how to protect themselves.

### *Housing and the Care Continuum\**

We explain the continuum of care for housing in BC. Requirements and procedures for accessing appropriate housing are discussed.

### Pension and Tax Options

This workshop describes the potential pension benefits that may occur if a couple enters involuntary separation. The workshop also deals with the rules which govern tax allowances for caregivers and disabled persons. The procedures and forms to use to apply for these allowances are reviewed.

## Personal Planning

### *Personal Planning Overview\**

The wisdom of having a personal plan is emphasized. We review the three legal documents you can use (Representation Agreement, Power of Attorney and Advance Directive) to express your wishes regarding personal care, certain financial matters and end of life care if you are no longer able to speak for yourself. We also introduce the concept of advance

care planning and the importance of having a current Will.

### *Advance Care Planning\**

British Columbia has legislation that allows individuals to express their wishes, usually in writing, regarding the care they want to receive or reject. While we encourage people to have a conversation with their families and/or friends, an advance care plan is a written summary of the discussion about the individual's values and instructions. This session looks at the options of what can go into this written summary.

### *Advance Directive\**

Many seniors in BC are not familiar with what this legal document is and is not. In this workshop we discuss what a person should do to prepare to create an Advance Directive, when a person should have an Advance Directive, what it is and what it is not, when it can be used and when it may be ignored.

### *Power of Attorney\**

There are four types of Power of Attorney in BC; most people are familiar with only one. In this workshop, we discuss all four types. We also review when you need a Power of Attorney, the steps you should take to consider who to appoint as your Attorney, the duties of your Attorney, problems with having a Power of Attorney and how to change your Attorney if needed.

### *Representation Agreement\**

This legal and binding document allows an individual to have someone else speak for them in health and personal care, and routine financial affairs if they are incapable of

speaking for themselves. There are two types of Representation Agreements in BC and we discuss the importance and differences of the two types of document, who to consider appointing to be your Representative, as well as their duties and responsibilities.

### ***Wills\****

We review and simplify some of the legal jargon used when making a Will. The workshop focusses on the legal rules for preparing Wills in B.C. As well, we review the steps needed to help you create your Will and review the duties of an executor, including pitfalls to avoid. Finally, the impact of what happens if you die without a Will is discussed.

## **Safety**

### **Emergency Preparedness**

When disaster strikes people need to be ready. We explore the preparation of emergency kits, safety procedures in dangerous situations and provide information about when and how to seek help.

### ***Falls Prevention\****

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

### ***Keeping Seniors Safe\****

Abuse and neglect of seniors takes many forms. Participants learn how to identify suspicious signs and symptoms. We review potential causes, intervention techniques, and where to find help.



### **Pedestrian Safety**

Although walking has many benefits for older adults there is also a need to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

### ***Safety in the Home\****

We provide detailed checklists of potential dangers both outside the home and in every room indoors. We review fire hazards, medications and childproofing your home. Safety devices and tips for effective renovations are also provided.

## How to Request a Free Online Workshop for Your Seniors Group

Each 60 to 90 minute workshop is available free of charge to any seniors' group of 10 or more. A trained volunteer, who is also a senior, presents practical and usable information.

The workshops are not intended to provide any specific legal, medical, or financial advice.

They will give you a better understanding and offer some practical suggestions.

To book an online workshop for your group, please visit our website: [www.SeniorsHelpingSeniors.ca](http://www.SeniorsHelpingSeniors.ca)

We are always interested in recruiting and training facilitators.

If interested, please contact: [president@coscoworkshops.org](mailto:president@coscoworkshops.org)

Access our website quickly with your smartphone or tablet:



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