



# SENIORS' HEALTH AND WELLNESS INSTITUTE

COSCO

## WORKSHOPS

2022

## Contents

Seniors' Health and Wellness Institute .....	3
<b>Healthy Living .....</b>	<b>3</b>
Advocacy .....	3
Age-Friendly Communities .....	3
Age Well, Live Well with Safe Medication Use .....	3
Care for the Caregiver .....	3
COPD .....	3
Dealing with Conflict.....	3
Dealing with Stress.....	3
Diabetes .....	4
Healthy Eating for Seniors.....	4
Hearing .....	4
Heart Operations .....	4
Hypertension .....	4
Identifying Addiction .....	4
Knowing Your Bladder .....	4
Life Without Driving .....	4
Medication Awareness.....	4
Memory and Aging .....	4
Mental Health .....	4
Navigating the Emergency Department .....	4
Navigating Health Care.....	5
Osteoarthritis .....	5
Osteoporosis .....	5
Palliative Care .....	5
Parkinson's Disease .....	5
Skin Conditions .....	5
Sleep.....	5

Social Connectedness .....	5
Stroke.....	5
Technology and Aging.....	5
Vision .....	5
<b>Legal and Financial.....</b>	<b>5</b>
Financial Literacy .....	5
Frauds and Scams .....	6
Housing and the Care Continuum .....	6
Pension and Tax Options .....	6
<b>Personal Planning.....</b>	<b>6</b>
Personal Planning Overview .....	6
Advance Care Planning .....	6
Representation Agreement .....	6
Power of Attorney .....	6
Advance Directive .....	6
Wills.....	6
<b>Safety .....</b>	<b>7</b>
Emergency Preparedness.....	7
Falls Prevention .....	7
Keeping Seniors Safe.....	7
Pedestrian Safety.....	7
Safety in the Home.....	7
<b>How to Request a Free Online Workshop for Your Seniors Group.....</b>	<b>8</b>



## 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 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 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 and reviews the Canada Food Guidelines.

## *Hearing*

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

## *Heart Operations*

If you are interested in how the heart operates or are or know someone who may be considering a heart operation, this will provide more information. The heart chambers, valves and blood vessels are described with animated slides, as well as a typical heart operation, diagnosis and the short- and longer-term recovery

## *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 addictions 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 incontinence problems.

## *Life Without Driving*

The 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 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 improving memory, and information about when to seek 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*

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

## Navigating Health Care

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, risks, and treatments

## 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 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*

This introductory session emphasizes the wisdom of planning. It outlines legal, personal, and financial plans you may wish to put in place to ensure that your loved ones follow your wishes and needs.

### *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. The first steps include conversations with family and/or friends to draft a written summary of your values and instructions. This workshop outlines why planning is important and what your options are for preparing written documents for your future care.*

## *Representation Agreement*

These legal and binding documents allow an individual to have someone else speak for them should they be incapable of speaking for themselves, with regard to health and personal care as well as routine financial affairs. There are two types of Representation Agreements in BC and we discuss their importance and their differences. In addition, we consider criteria for choosing your Representative as we outline the duties and responsibilities of that role.

## *Power of Attorney*

There are four types of Power of Attorney [PoA] in BC, most people are familiar with only one. In this workshop, we discuss all four types, consider when you need a PoA, what potential problems there might be with one, considerations for selecting and appointing an Attorney given their duties and responsibilities, and how you would change your Attorney if needed.

## *Advance Directive*

Creating an advance directive takes the results of your advance care plan and outlines how you might proceed, including brief overviews of the legal documents you may want to prepare to ensure specific aspects of your wishes are given legal standing, to further ensure they are known and followed.

## *Wills*

We review the legal rules for preparing wills in B.C., the duties of an executor, legal terminology, and pitfalls to avoid.

## 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@seniorshelpingseniors.ca](mailto:president@seniorshelpingseniors.ca)

Access our website quickly with your smartphone or tablet:



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