



Seniors' Health and Wellness Institute

COSCO

WORKSHOPS

2025

Table of Contents

Workshop Descriptions

Advance Care Planning.....	2	Osteoporosis.....	5
Advance Directive.....	2	Palliative Care.....	6
Advocacy for Caregivers.....	2	Parkinson’s Disease.....	6
Age-Friendly Communities.....	2	Pedestrian Safety.....	6
Age Well, Live Well with Safe Medication Use.....	2	Pension and Tax Options.....	6
Aging in Place.....	2	Personal Planning Overview.....	6
Care for the Caregiver.....	2	Powers of Attorney.....	6
Chronic Diseases.....	3	Representation Agreements.....	6
COPD.....	3	Safety in the Home.....	7
Dealing with Conflict.....	3	Skin Conditions.....	7
Dealing with Stress.....	3	Sleep.....	7
Diabetes.....	3	Social Connectedness.....	7
Emergency Preparedness.....	3	Stroke and TIA.....	7
Falls Prevention.....	3	Technology and Aging.....	7
Frauds and Scams.....	3	Vision Health.....	7
Healthy Eating for Seniors.....	4	Wills.....	7
Hearing Health.....	4		
Heart Operations.....	4	Theme-Based Series	
Housing and the Care Continuum.....	4	Advocacy and Caring.....	8
Hypertension.....	4	Diseases that Target Seniors.....	8
Identifying Addiction.....	4	Health and Wellness.....	8
Keeping Seniors Safe.....	4	Personal Planning.....	8
Knowing your Bladder.....	4	Safety.....	9
Life without Driving.....	5	Silent Threats.....	9
Medication Awareness.....	5	Workshops in Cantonese.....	9
Memory and Aging.....	5	You are What you Eat.....	9
Mental Health.....	5		
Money Smarts for Seniors.....	5	Workshop Disclaimer	
Navigating the Emergency Department	5	Book a Free Workshop for Your Seniors’ Group	
Navigating the Health Care System.....	5		
Osteoarthritis.....	5		

Workshop Descriptions

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.

Advance Directive

Creating an advance directive ensures legal standing for very specific wishes about some aspects of your potential healthcare. Complementary but separate legal documents are also discussed within the context of how they link to overall care in medically extreme situations.

Advocacy for Caregivers

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 you age, your body changes, 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.

Aging in Place

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. This workshop outlines the advantages as well as the challenges of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place.

Care for the Caregiver

Causes of caregiver burnout are examined and suggestions made as to how to prevent this all-too-common result. Sources of assistance and support are also reviewed.

Chronic Diseases

Four of the diseases that could affect the health of seniors are Cancer, Diabetes, Heart Disease and Lung Disease. This workshop briefly outlines each one in terms of its risk factors, early warning signs and tips for managing and living with the disease.

COPD

Chronic Obstructive Pulmonary Disease is an umbrella term that includes two different types of lung diseases: chronic bronchitis and emphysema. This 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 trifles or potentially life-changing challenges. Communication strategies that help us work calmly through conflict are discussed to help find solutions where everybody feels like a winner.

Dealing with Stress

None of us can lead totally stress-free lives. However, excessive stress can harm your quality of life. This workshop helps to identify stressors 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 management strategies are discussed.

Emergency Preparedness

When disaster strikes, people need to be ready. The preparation of emergency kits, safety procedures in dangerous situations and information about when and how to seek help are explored.

Falls Prevention

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended.

Frauds and Scams

How fraudsters manage to rob people of their money and possessions is this workshop's focus. Seniors are frequent victims and being aware of the tricks used and how to protect themselves is critical.

Healthy Eating for Seniors

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

Hearing Health

The anatomy of the ear, common causes of hearing loss, various remedies and some tips on how to choose hearing aids are presented.

Heart Operations

This workshop describes how the heart works using animated slides as well as offering information about a typical heart operation and short- and longer-term recovery from such surgery.

Housing and the Care Continuum

The continuum of care for housing in BC is explained. Requirements and procedures for accessing appropriate housing are presented.

Hypertension

The effects of high blood pressure are reviewed and the need to monitor blood pressure is discussed. Treatment options are outlined and the importance of a prompt diagnosis is emphasized.

Identifying Addiction

There are three key addiction potentials for abuse that seniors may need to deal with: alcohol, gambling and medication. This workshop examines the risk factors and suggests how to approach a friend or family member when you suspect addiction may be an issue.

Keeping Seniors Safe

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

Knowing your Bladder

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. Possible remedies and lifestyle changes that can help to reduce incontinence problems are presented.

Life without Driving

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

Medication Awareness

The potential misuse of medications has become a growing concern. Ways for seniors to interact effectively with doctors and pharmacists to ensure safe and effective use of medications is presented.

Memory and Aging

How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented.

Mental Health

An overview of mental disorders and ways individuals can contribute to their own ongoing mental health are discussed.

Money Smarts for Seniors

This workshop gives an overview of how to handle and protect your money, including banking and borrowing. Financial terminology is explained.

Navigating the Emergency Department

This workshop presents some reasons for going to the Emergency Department and reasons not to go. It also looks at how to prepare for a visit and what to expect when you arrive.

Navigating the Health Care System

Many of the available medical services and what you can expect from them are reviewed. Effective communication between the patient and their healthcare provider is emphasized.

Osteoarthritis

This debilitating disease is the most common form of arthritis. Its symptoms, self-management strategies and various available therapies are presented.

Osteoporosis

This bone disease, often called the "silent thief", is the underlying cause of many falls and fractures. Its causes, risks and treatments are presented.

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 life 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.

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.

Pension and Tax Options

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

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 are able to follow your wishes and needs.

Powers of Attorney

There are four types of Power of Attorney (PoA) in BC; most people are familiar with only one. This workshop presents all four types, considers when you might need a PoA and what potential problems there might be with one. Considerations for selecting and appointing an Attorney and how to change your Attorney, if needed, are also covered.

Representation Agreements

These legal and binding documents allow an individual to have someone else speak for them should they be incapable of speaking for themselves regarding health and personal care as well as routine financial affairs. There are two types of Representation Agreements in BC, and their importance and their differences are presented. In addition, considerations for choosing your Representative and an outline of their duties and responsibilities are provided.

Safety in the Home

This workshop provides detailed checklists of potential dangers both outside the home and in every room indoors. Fire hazards, medications and childproofing your home are reviewed. Safety devices and tips for effective renovations are also provided.

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 can affect your health. 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 and TIA

Aging includes the possibility of experiencing a stroke. Types of strokes are described, emphasizing mini strokes. Early warning signs and prevention tips are also described.

Technology and Aging

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

Vision Health

The structure of the eye is described and major diseases that may affect older adults are explained. Prevention and possible treatments are stressed.

Wills

The legal rules for preparing wills in BC are reviewed as well as the duties of an executor, legal terminology and pitfalls to avoid.

Theme-Based Series

As an alternative to selecting sessions individually, you may wish to opt for a theme-based grouping of workshops. For your convenience we have created some potential groupings based on our knowledge of all our workshops. All sessions are listed alphabetically but you may opt for selections within a group in any order you choose. **Please note** that at this time each session must be booked individually.

Advocacy and Caring

This series outlines the needs of the caregiver, the care recipient and how to navigate the healthcare and financial issues that both may face.

Workshops in this series include Advocacy for the Caregiver, Care for the Caregiver, Housing and the Care Continuum, Navigating the Emergency Department, Money Smarts for Seniors, Navigating the Health Care System and Pensions and Tax Options.

Diseases that Target Seniors

Diseases that seniors may get as they age are discussed and ideas provided on the management of both the illness and the related challenges each presents.

Workshops in this series include COPD (Chronic Obstructive Pulmonary Disease), Chronic Diseases, Osteoarthritis, Parkinson's Disease and Skin Conditions.

Health and Wellness

As we age, our bodies change. This series focusses on steps to take to ensure we stay healthy.

Workshops in this series include Age-Friendly Communities, Dealing with Conflict, Hearing Health, Knowing Your Bladder, Sleep, Social Connectedness, Technology and Aging and Vision Health.

Personal Planning

This series addresses the wide range of issues that are embedded in “putting your affairs in order”. This gift of love to your family and friends takes considerable reflection, as well as the time and clear understanding to deal with all aspects - personal, financial and legal.

Workshops in the series include Advance Care Planning, Advance Directives, Palliative Care, Personal Planning Overview, Powers of Attorney, Representation Agreements and Wills.

Safety

The focus of this series is on how seniors can protect themselves and their possessions. Workshops in this series include Emergency Preparedness, Falls Prevention, Frauds and Scams, Keeping Seniors Safe, Life without Driving, Pedestrian Safety and Safety in the Home.

Silent Threats

This series traces the effects of stress on your life and its possible consequences if ignored or if related symptoms are left untreated.

Workshops in this series include Dealing with Stress, Hypertension, Memory and Aging, Osteoporosis and Osteoarthritis.

Workshops in Cantonese

The following workshops are part of our regular set of 47 workshops but, thanks to a Cantonese speaking presenter, they are available in Cantonese. Should you wish to book any of these sessions in that language, please specify that you require a Cantonese-speaking presenter. Workshops available are Advance Care Planning, Age Well, Live Well with Safe Medication Use, Emergency Preparedness, Falls Prevention, Frauds & Scams, Mental Health for Seniors and Wills.

You are What you Eat

The focus in this series is on how to optimize diet and medication to stay healthy and well. Workshops in this series include Age Well, Live Well with Safe Medication Use, Diabetes, Healthy Eating for Seniors, Identifying Addiction and Medication Awareness.

Workshop Disclaimer

While every care has been taken in compiling the information contained in these workshops, the authors cannot guarantee its applicability in specific situations or with individuals. If you are caring for others, you should exercise your own independent judgment concerning their care and treatment based on any special circumstances.

Anyone using this information does so at their own risk and releases and agrees to indemnify the COSCO Seniors' Health and Wellness Institute and all individual subject matter experts who worked on these materials, as well as presenters who deliver the workshops, either on-line or in-person, from any and all injury or damage arising from such use.

Book a Free 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.

Instead, they will provide a better understanding and offer practical suggestions.

To book a workshop for your group, please visit our website:

<https://www.seniorshelpingseniors.ca/>

We are always interested in recruiting and training presenters. If interested, please contact us through our website.

Access our website quickly with your smartphone or tablet:



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