



# SENIORS' HEALTH AND WELLNESS INSTITUTE

COSCO

## WORKSHOPS

2023

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## Healthy Living

### *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 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.

### *Ageing 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.

## *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. 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 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 Health*

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 short- and longer-term recovery.

## *Hypertension*

We review the effects of high blood pressure. This 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 if 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 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 their health care team 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.

## *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 and TIA*

As we age the possibility of experiencing a stroke increases. 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 Health*

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 how fraudsters prey upon seniors to defraud them of their money and possessions. Seniors are frequent victims and should 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.

### *Powers 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 might 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.

## *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, 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.

### *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.

### *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.

### *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 and 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, it is also necessary 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.

We show safety devices and provide tips for practical renovations.

## Selection by Theme:

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. Please note that at this time each session must be booked individually.

### *Diseases that Target Seniors:*

In this series, we explore some of the disease's seniors may get as they age, and we provide ideas on the management of both the illness and the related pain.

Workshops in this series are **COPD [Chronic Obstructive Pulmonary Disease], Chronic Diseases, Skin Conditions, Osteoarthritis, and Parkinson's Disease.**

### *Health and Wellness:*

As we age, our bodies change. In this series we focus on steps to take to ensure we stay healthy.

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

### *Legal, Medical and Financial:*

We explore the needs of the caregiver and the care recipient and how to navigate the health care and financial issues that both faces.

Workshops in this series are **Advocacy for Caregivers, Housing and the Care Continuum, Care for the Caregiver, Navigating the Emergency Department, Navigating the Health Care System, Financial Literacy, and Pensions and Tax Options.**

### *Personal Planning:*

In this series we address 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, both personal and legal. Workshops in the series are **Personal Planning Overview, Advance Care Planning, Powers of Attorney, Representation Agreements, Advance Directives, Palliative Care, and Wills.**

### *Safety:*

In this series we focus on the ways seniors can protect themselves and their possessions. Workshops in this series are **Falls Prevention, Safety in the Home, Pedestrian Safety, Life without Driving, Emergency Preparedness, Keeping Seniors Safe, and Frauds and Scams.**

### *Silent Threat:*

In this series, we trace the effects of not dealing with stress in your life and the possible consequences of untreated stress including high blood pressure, stroke and what happens when you have a heart operation. Workshops in this series are **Osteoporosis, Hypertension, Memory and Aging, Dealing with Stress, Mental Health, Stroke and TIA, and Heart Operations.**

### *You are What you Eat:*

It's true! What you consume can have a significant impact on your health and wellness. This includes food, drink and medication. Workshops in this series are **Healthy Eating for Seniors, Medication Awareness, Age Well, Live Well with Safe Medication Use, Identifying Addiction, and Diabetes.**

### *Cantonese Workshops:*

While most of our sessions have handouts available in several languages, currently we have the following workshops available for presentation in Cantonese: **Age Well, Live Well with Safe Medication Use, Emergency Preparedness, Falls Prevention, Frauds and Scams and Mental Health.**



### *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 specific 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 Society and all individual subject matter experts who worked on these materials, as well as facilitators who deliver the workshops either on-line or in-person, from any and all injury or damage arising from such use.



## *How to Request 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.**

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

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

<https://.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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