



# Seniors' Health and Wellness Institute

COSCO

# Workshops



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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.

### *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 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 handle sources of stress.

### *Deprescribing*

Deprescribing is the supervised process of reducing dosage or stopping a medication that might be causing harm or is no longer of benefit. Some medications need to be reduced slowly to avoid withdrawal effects. Deprescribing is done with the help of your health care provider. The goal of this deprescribing workshop is to explain why reducing your medications should be something you should ask your health care provider to consider.

### *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*

How to use Canada's revised Food Guide and food labels to make healthy food choices.

### *Hearing*

We review the anatomy of the ear, common causes of 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 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 life style changes that can help to reduce or eliminate this problem.

## ***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.

## ***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 the 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 provided.

## ***Social Connectedness***

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

## ***Stroke***

As we age, the possibility of experiencing a stroke increases. We describe the types of

strokes emphasizing mini-strokes, early warning signs and information about prevention.

## ***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***

We describe the structure of the eye and explain major diseases that may affect older adults. 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 Agreements, Power of Attorney and Advance Directives) 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 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 or friends an advance care plan is a written summary of the discussion about the individual's values and instructions. This PowerPoint looks at the options that 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 consider 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***

These legal and binding documents allow 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, 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, and 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 give 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 outside the home and in every room indoors. We review fire hazards, medications and childproofing the home.

We show safety devices and provide tips for effective renovations.

## How to Book a Free Workshop for Your Seniors' Group?

Each 45 to 60 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. These workshops are for information only.

*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 contact:

[ws\\_coord@coscoworkshops.org](mailto:ws_coord@coscoworkshops.org)

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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