



Recreationable
Inclusive Recreation Forum
Thunder Bay 2009

Building Innovative Community
Programs to Support Frail Seniors

- Introduction to Specialized Geriatric Services
- Third Age Outreach Programs
- Partnerships
- Lean on Me
- ASAP
- Community Development and Capacity Building



Specialized Geriatric Services

- Who we are:
- Regional Geriatric Program
- Day Hospital
- Geriatric Rehab Unit
- Musculoskeletal Unit
- Geriatric Clinics



Specialized Geriatric Services

- Geriatric Psychiatry Program
- Geriatric Mental Health Program
- DriveABLE
- Acute Care of the Elderly Unit
- Geriatric Emergency Management
- Third Age Outreach



Specialized Geriatric Services

- Multidisciplinary teams: Therapeutic Recreation, Physiotherapy, Occupational Therapy, Nursing, Speech-language Pathology, Social Work, Registered Dietitian, Geriatricians, Audiology, Rehab Therapists, Neuropsychologist, Psychiatrists, Dental, Pharmacists, Research and Evaluation, Volunteers, and Support Staff



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- Community development
- Capacity building
- Partnerships-SCA
- TR referrals and assessments



Programs

- Fully Alive
- Acorns and Oak Trees
- Your Anatomy
- Grey Matters
- Educational Opportunities

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Programs

- Widow and Widowers
- Living Alone and Liking It
- Softshell/Pointerware Computer
- Golf

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Programs

- Rexpo
- Lean On Me
- ASAP

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Partnerships

“An agreement between two or more parties that have committed to work together in the pursuit of common goals”

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Partnerships

Key Components:

- Identifying and meeting a need
- Focus on those served
- Honesty, openness and trust
- Respecting each agencies mission, mandates and capacity

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Partnerships

- Work as a team
- Share work, resources, glory and risks
- Identify uniqueness, expertise and skills
- Flexibility
- Commitment

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Outcomes of Successful Partnering

- Goal attainment
- Creates opportunities for new goals as needs identified/change
- Increases capacity
- Enhances communication and awareness
- Eliminates “silos” and duplication

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Outcomes of Successful Partnering

- Improves efficiencies
- Leads to sustainability
- Strengthens networks

So let's tell you about our successes.....

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Lean On Me

- Volunteer training program
- Open to any community based volunteer
- 2005 Community Action Plan
- Day Hospital D/C
- Service to frail seniors
- Active community engagement
- Nearly 100 Volunteers trained

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Program Objectives

- To increase capacity of volunteers within community centres & community services
- To better serve the needs of **all** seniors

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Program Objectives

- To increase the quality and quantity of services & seniors' participation in activities
- To improve continuity of care
- To enhance partnerships & linkages within the community

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Module 1: Boundaries, Barriers, Relationships & Health Issues

- Establishing a volunteer relationship
- Defining boundaries
- Recognizing barriers to participation
- Common health concerns

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Module 2: Safe Mobility

- Principles for safe movement
- Mobility aids
- Proper body placement for sit to stand
- Environmental barriers
- Public transit and car transfers
- Warning signs
- Falls

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Module 3: Hearing, Vision & Communication Challenges, Cultural Understanding

- Hearing loss
- Visual impairment
- Speech and language challenges
- Communication and culture

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Module 4: Intellectual Challenges, Dementia & Mental Health

- Intellectual challenges: communication & understanding
- Dementia: symptoms & communication strategies
- Mental health: Common illness, myths & reality

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Delivery

- Each module is over a 3 hour period
- Facilitator is an expert in that field
- Clinical & literature based
- Hands on “Let’s Practice”

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Delivery

- Vignettes “Don’ts and Do’s”
- Discussion
- Evaluation

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Let's Practice!



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Vignette: Environmental Barriers



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Process Evaluation

- Methodology
Comparison of actual vs. planned
- Results
Size of class/time
Facilitation challenges

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Outcome Evaluation Methodology

- Satisfaction of the participants and facilitators
- Post-pre test of self-reported knowledge and confidence

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Greatest Change in Knowledge

- What to do if a client falls (both groups)

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Greatest Change in Confidence

- Communicating effectively with someone who has an intellectual disability (first group)
- Being able to set boundaries to my role as a volunteer (first group)
- Helping clients safely negotiate stairs (last group)

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Least - Change in Knowledge

- Symptoms of dementia (first group)
- Signs and symptoms of depression (first group)
- Using non-verbal cues to improve understanding (last group)

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Least - Change in Confidence

- Feeling confident in helping physically challenged clients safely negotiate stairs (first group)
- Communicating effectively with a person who has an intellectual disability (last group)

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Conclusions

- Volunteers reported an increase in their knowledge & confidence
- Found the delivery method was beneficial
- Reported use and application of this knowledge

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Future Directions

- Continued training
- Offer additional courses (i.e. Cultural sensitivity course, speech & language strategies)
- Development of a facilitators guide

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Future Directions

- Adherence to adult learning principles
- Develop caregivers version
- Expand evaluation to further explore measures of success

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Vignette: Barriers



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A.S.A.P.

- Accessible Seniors Aquatic Program
- Partnership between Boys & Girls Club of London's Horton St. Seniors' Centre
- Third Age Outreach, Specialized Geriatric Services, St. Joseph's Health Care London

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Horton St. Senior Centre

- Contributes to the overall health and well being of over 1,300 seniors in London
- Operated by the Boys and Girls Club of London since 1987
- Funded by the Ministry of Health, the United Way and the City of London

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Horton St. Senior Centre

- Offers a wide range of recreational, physical, health and social activities for adults over 55
- Has two pools, one is over 90 degrees
- Transportation is available
- Has a Seniors Advisory Committee

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Getting On With The Rest of Your Life After Stroke

- Partnership with Department of Physical Medicine & Rehabilitation, Parkwood Hospital, St. Joseph's Health Care London
- A study which aims to examine the effectiveness and sustainability of a community-based program for persons with stroke

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ASAP

- Accessible Seniors Aquatic Program
- Grant through Communities in Action Fund (Ontario)
- Changed Age Requirement
- "Grandfathered" participants

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ASAP

- Three 13 Week Sessions
- Small Fee Charged
- Testing - TUG and Balance Test
- 12 participants
- 5 Male, 7 Female

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ASAP

- 3 Staff, 2 Volunteers
- Male Support Worker
- Dr.'s Permission Required
- Exclusion Criteria/Contraindications
- Referrals from Day Hospital and Stroke Program

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Aquatic Exercise



- Water walking
- Balance
- Range of Motion
- Strengthening
- Sit to Stand
- Water Play
- Noodles and Balls

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Qualitative Outcomes

- Snorkeling in Mexico
- No Floatation Devices needed
- Stopped Antidepressant
- Reported Increased Mobility & Balance
- Increased Confidence
- Increased Socialization
- Increased Awareness of Leisure Opportunities

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Outcomes

- Most participants increased their TUG and FICSIT scores
- All participants reported that they felt their walking, balance and mood improved

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Participant	FICSIT Land/28	FICSIT Water/28	TUG	Diagnosis
#1 pre	14	17	17	CVA
post	18	28	14.7	
	+4	+11	-2.3	
#2 pre	19	26	11.72	Severe O.A.
post	24	28	8.72	
	+5	+2	-3	
#3 pre	18	12	41.69	CVA
post	26	23	35	
	+8	+11	-6.69	
#4 pre	14	26	16.49	CVA
post	23	28	12.53	
	+9	+2	-3.96	
#5 pre	4	16	35.45	CVA
post	10	20	32.64	
	+6	+4	-2.81	
#6 pre	22	n/a	13	Dermatomyositis
post	24	n/a	12.65	
	+2		-.35	
#7 pre	18	n/a	7.36	Huntington's
post	21	n/a	10.91	
	+3		+3.55	
#8 pre	21	16	19.96	CVA
post	24	26	15.6	
	+3	+10	-4.36	
#9 pre	23	26	15.08	Cerebella atrophy
post	27	28	13.53	
	+4	+2	-1.55	
#10 pre	10	13	26.9	Brain stem tumour
post	14	24	25.2	
	+4	+11	-1.7	

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Future Directions

- Both Organizations Committed
- Funding-Grants/User Fees?
- More Evaluation Needed
i.e. aquatic measures, Q.o.L., Transition from Hospital

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Other Examples Community Development & Capacity Building

- NuStep
- Community mapping/resource list
- Frailty scale
- Rexpo
- Aquatic workshop
- Grants/letters of support

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Other Examples Community Development & Capacity Building

- Resource sharing
- Stepping Out Safely
- Consultations
- Seated exercise class
- Referrals

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Community Partners

- Horton St. Senior Centre
- Kiwanis Senior
- Hamilton Road Senior Centre
- City of London
- Intercommunity Health Centre
- VON
- Community Resource Centres
- Day Programs
- CCAA
- CCAC
- Grandwood Park
- Thehealthline.ca
- London Senior Games
- Addiction Services of Thames Valley
- London Middlesex Health Unit
- Community Living London
- Meals On Wheels London
- Regional Mental Health Care London
- Seniors Community Association
- Council for London Seniors
- Chelsey Park Health Club

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And this is why we continue to need more innovative community programs and partnerships....



Thank You!

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This document is complimentary and is provided from the National Recreation Database by the [Lifestyle Information Network \(LIN\) www.lin.ca](http://www.lin.ca)

