




Online Passport to Healthy Living: Supporting Healthy Aging of Older Adults in Ontario

Facilitator Training Session #3
Integrating online skills in Passport workshops

SESSION GOAL: Integrating online skills in practice


SESSION OBJECTIVES:

1. Integrate group process and holistic health concepts
2. Observe and assess online facilitation in delivery of Module #2
3. Experience Module #2 noting online adaptations of content
4. Debrief: identify lessons learned and next steps for Session #4



Best Practice Guidelines - Zoom

- ▶ Today's meeting is set up in 90 minute segments to allow for breaks
- ▶ Presentations are in the morning - stretch as you wish
- ▶ Small groups and large groups will enable interaction and brainstorming
- ▶ In discussions, one person speaks at a time
- ▶ Use the hands up image if you wish to speak
- ▶ If not speaking, turn off your video, e.g. during presentations
- ▶ Reboot your computer before next session starts to maximize function



Agenda - Segment 1

9:15 **Login in** to Zoom for system check of mics, speakers – Once complete, pause and get your coffee!


9:30 **Welcome** – Icebreaker - Patsy Beattie-Huggan, Facilitator

9:45 Review agenda and objectives

9:50 Experience **Module 2 Your Personal Passport to Healthy Living Tool Kit**

Focus: Assessing online adaptations facilitating group process

10:30 Break




Icebreaker - You choose the group to join

- ▶ Write 3 of your interests on a piece of paper
- ▶ Each person is to read their top interest
- ▶ Identify groups with similar interests
- ▶ Join a group in a breakout room and discuss interests for 5 minutes



Module 2: Motivating Change



Module 2: Motivating Change

A View of the Workshop

Purpose: To motivate participants to make change-based healthier choices.

Objectives:

- To create a safe learning environment for all participants.
- To become familiar with the stages of change.
- To set personal SMART goals for themselves.

Equipment/ Materials needed:

- Room Air
- Aluminum
- Pen/pencil/markers
- Handouts
- Paper or name tags
- Flip chart/markers tape
- Optional: Computer with CD disk drive, and monitor or projector


Background knowledge

- Understanding Change
- Goal Setting, SMART Goals
- Tips for the Leader

Workshop Format

	Minutes
Welcome	5
Session Overview	5
Reflect on Previous Module/Group Check In	20
Introduction	10
Safety	5
Activity: Home Owner and the Builder	15
Physical Activity Warm-up	5
Presentation	15
Video: Making Lifestyle Changes	4
Nutrition Break	15
Video: Plate Size Matters	2
Focus Time	5
Daily Drive	5
Activity: Setting SMART Goals	15
Video: Plate Size in Stockholm	2
Activity Option: SMART Goals	15
Goal Setting	10
Closing	10
Evaluation	10
Peer Class Self-Reflection (for Leader)	10

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Module 2 - Passport

- ▶ 9:55 Reflection - Breakout Rooms to discuss progress on goals set last week Issues? New thoughts since reading the Passport
- ▶ 10:05 Large Group - Highlights, Questions
- ▶ 10:15 Safety tips
- ▶ 10:20 Activity - Overhead arm raise
- ▶ 10:25 Prepare for Break - share recipes in chat

<http://www.unlockedfood.ca/en/seniors.aspx>





Homework - Module 1

Read through page 28 in the Passport

- Invite people to think of a goal that they would like to focus on before we meet again for the next workshop. Tell the group to think of a small realistic change that they would like to make in their lives. If people are struggling, make some suggestions just to get people thinking (e.g. drink a glass of water at one meal every day, add fruit to lunch, walk 10 minutes, 5 times a week, etc.)
- Ask participants to write their goal on page 29 of the Passport.
- Invite participants to share their goal with the group and to think of any pros/cons that they may face. Encourage group discussion.

Note to the Leader: Make sure the goals for the participants are simple, realistic, and attainable over the next week. It may be helpful here to model setting a goal for yourself, so that participants can see you are also engaged in the process.



Reflections - Breakout Rooms


You are randomly assigned to a group of 4

- ▶ Discuss progress on goals set last week Issues?
 - ▶ Pg. 28, 29 Passport
- ▶ New thoughts since reading the Passport
- ▶ Return to large group to share highlights



Safety Tips



- ▶ Start slow
- ▶ Listen to your body
- ▶ Go at a pace that is comfortable for you
- ▶ Wear comfortable clothing and supportive footwear
- ▶ Remember to breathe naturally



Activity

Overhead Arm Raise

- ▶ Keep feet on the floor
- ▶ Start **without** using weights
- ▶ Slowly breathe out as you raise both arms up over your head
- ▶ Hold for 1 second
- ▶ Breathe in as you slowly lower your arms
- ▶ Repeat 10-15 times
- ▶ As you progress, rest after the first set and repeat 10-15 times more

Module 2 - Passport

- ▶ 10:45 Home Owner and the Robber - work in pairs - p. 47 Tool kit
- ▶ 11:00 News bites
- ▶ 11:05 Stages of Change - SMART Goals p. 40-44 Tool Kit
- ▶ 11:15 Small group - Types of problems setting goals at each stage of change
- ▶ 11:25 Write your personal goal in the chat
- ▶ 11:30 Homework - record progress on your SMART goals, daily dose




Home Owner and the Robber - 10

You are randomly assigned to work in pairs


- ▶ Its all about change!
- ▶ You will be assigned to work with one other person
- ▶ One person is a home owner and one a robber
- ▶ Take a few minutes to observe each other
- ▶ Now turn around while the robber changes 7 things
- ▶ Then face each other again and tell the robber about the changes you see
- ▶ Repeat - robber makes additional changes

▶ Activity ends -




Home Owner and Robber Debrief - 10

- ▶ How quickly did the robber "undo" the changes?
- ▶ What is the purpose of the activity?
- ▶ What level of change is comfortable for you?




Stages of Change - 5 minutes

The Process of Change



Stages -
p.40 Tool Kit;
p.17 Community Leaders Guidebook

- ▶ Precontemplation - denial
- ▶ Contemplation - within 6 months
- ▶ Preparation - ready to take action
- ▶ Action - taking action; moving ahead
- ▶ Maintenance - sustaining change
- ▶ Relapse - normal - need to rethink and make changes as necessary



SMART GOALS -


Pg. 21 Community Leaders Guidebook
Pg. 42 Tool Kit
Pg. 28 Passport

Explained

- ▶ Specific - Who? What? Where? When? Which requirements, restraints? Why?
 - ▶ Eg. Join a health club and workout 3 days a week
- ▶ Think about what is attainable and realistic given personal likes, interests, abilities
- ▶ Timely - join the club next week
- ▶ Tangible - I will walk to the club

SMART

- ▶ Specific
- ▶ Measurable
- ▶ Attainable
- ▶ Realistic
- ▶ Timely
- ▶ Tangible



Setting Goals

Setting goals is important. It can help to give you a focus and measure your success. You may want to consider the different sections of the Passport and make a goal based on a particular area, such as physical activity, healthy eating, mental health, and so on.

Helpful Hint
Setting goals is important. Use the SMART method when you set each goal.

S: Specific
M: Measurable
A: Attainable
R: Realistic
T: Timely

When making a goal, consider using the SMART method as it will help you to create a specific goal that will be attainable, instead of a general goal that is difficult to be measured.

An example of a general goal would be, "To get in shape", or "Eat better".
A specific goal would be: "Start walking two mornings a week for 15 minutes each day, rain or shine", or "Include a piece of fresh fruit with every lunch meal", or "Drink two glasses of water every day". These goals are specific, measurable, attainable and realistic (depending on your current lifestyle) and timely.

Setting Goals

Write down your goals below, check off the boxes to make sure your goal meets all five points, and you will have already improved your chances of success.

My goal is: S M A R T

My goal is: S M A R T

My goal is: S M A R T


My goal is: S M A R T

My goal is: S M A R T

My goal is: S M A R T

My goal is: S M A R T

My goal is: S M A R T



Breakout rooms - 10 minutes

- ▶ What problems might you encounter at each stage of change?
- ▶ What are the barriers that might be in the way of you achieving your goal?
- ▶ What can you do to overcome the barriers?
- ▶ Think 10% Barriers - 90% Solutions
- ▶ Write your goal and strategy to complete it in the chat



Agenda - Segment 2

10:45 Continue *Module 2 Your Personal Passport to Healthy Living Tool Kit*

11:30 Debrief and reflections on the morning

12:00 Evaluation and Close

Homework: Record progress on your SMART goals, daily dose

Handouts:

- ▶ Passport for Healthy Living, Community Leaders Guide, Toolkit
- ▶ Facilitator Tips
- ▶ Adult Education Principles
- ▶ Tips for teaching online



Debrief - 20 minutes

- ▶ Reflecting on Managing Group Dynamics
 - ▶ Forming, Norming, Storming, Performing
 - ▶ What are the tips for managing group dynamics? What stage now? Are we doing ok?
- ▶ Review Key Skills: Setting up breakout rooms
 - ▶ Random
 - ▶ Pairs
 - ▶ Assign
 - ▶ Self select



Evaluation

+ I liked....

- ▶ Homeowner and robber
- ▶ Exercise perspectives - and reflection on change
- ▶ Stretch break
- ▶ Learn more about participants interests
- ▶ Breakout rooms
- ▶ Reflection on what we have just learned
- ▶ Walk through Zoom
- ▶ Process of using Zoom

- I did not like or wish for

- ▶ Wish I could see the buttons facilitators see
- ▶ Ditto - need visuals
- ▶ Would like to learn how to modify the background
- ▶ Want more reference to the Tool Kit
- ▶ Want to learn how to invite people
- ▶ Want to learn more about the Circle of Health



Evaluation

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▶ Poll #3 Did the workshop meet the objectives?

1. Yes
2. No

