



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

Facilitator Training Session #4
Reflecting on Experience and Thinking Forward

SESSION GOAL: Reflecting on experience - thinking forward

SESSION OBJECTIVES:

- ▶ Experience *Module #3 Passport Toolkit* observing online adaptations of content, activities
- ▶ Assess personal lifestyle changes given your Passport experience
- ▶ Become familiar with online workshop platform host/cohost functions
- ▶ Debrief: identify lessons learned and next steps for Session #5



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 the next session 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** – Review Module 4 agenda and objectives
- 9:35 Group Check-in
- 9:50 Tour Zoom as cohost
- 10:00 Experience Module 4 – Assessing online adaptation, facilitation
- 10:30 Break**



Recap: Evaluation Session #3

+ 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 wish for

- ▶ I could see the buttons facilitators see - need visuals
- ▶ To learn how to modify the background
- ▶ More reference to the Tool Kit
- ▶ To learn how to invite people
- ▶ To learn more about the Circle of Health



Reflection/Group Check-in (10 minutes)

1. Discuss your lifestyle goal and your daily dose activity.

- ▶ Are your goals SMART?
- ▶ What pros/cons factors are you experiencing?
- ▶ What are your strategies for success?
- ▶ How are you overcoming barriers?

2. What are your Zoom goals?

Report Zoom Goals to large group

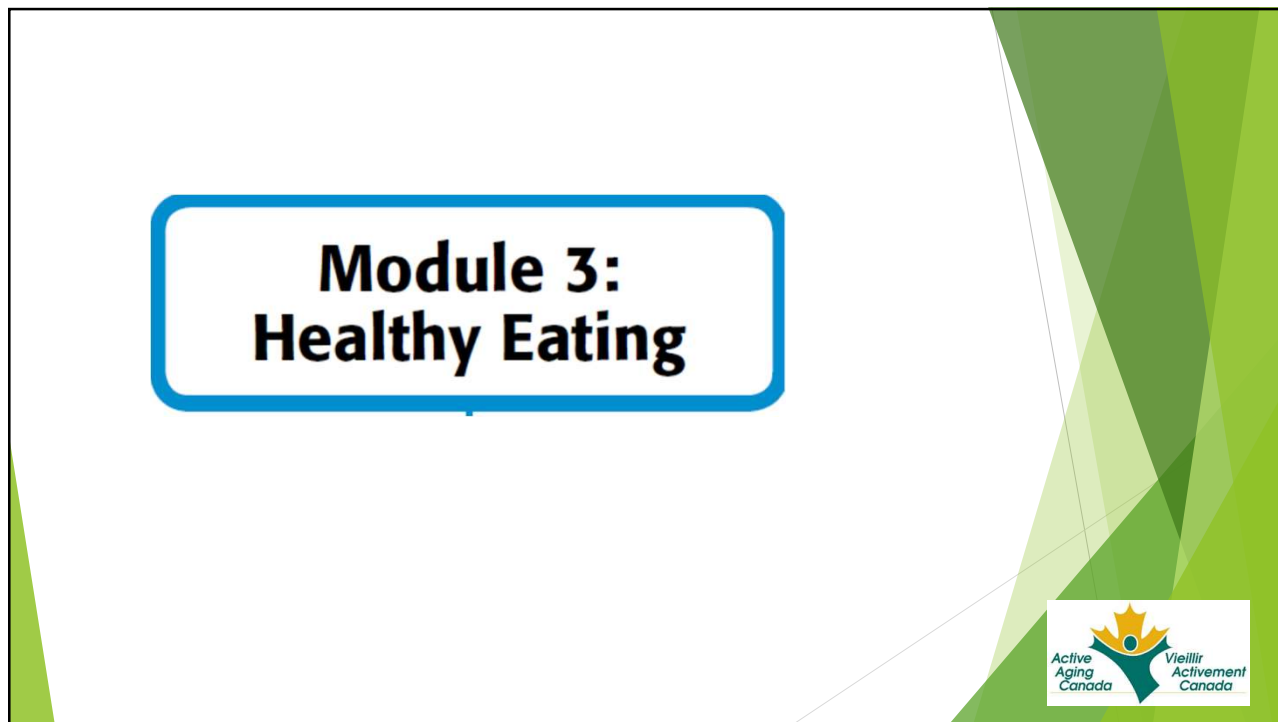


Zoom Goals - report from chat

- ▶ Group 1 -We want to increase our comfort:
 - ▶ *Being a participant and a host, maneuvering. Creating a re-occurring link and how to send it out, understand what to click on and what to do.*
 - ▶ *Understanding the buttons and things to use as a facilitator*
- ▶ Group 2 - We want to increase our skills:
 - ▶ *Creating the breakout rooms, polls,*
 - ▶ *Creating a backgrounds for the facilitator*
- ▶ Group 3 - We want to know:
 - ▶ *How going to get a whole group of seniors comfortable of using zoom when they are at different levels of technology; maybe having practice time before start the course; having visual prompts for them and explain the buttons;*
 - ▶ *Can we learn enough to coach people when they are having difficulties?*

Zoom Tour as Cohost - 10 minutes





Updated Passport:
Pg.24-29
Canada's Food Guide
Revised

**Module 3:
Healthy Eating**

A View of the Workshop

Purpose: To increase knowledge on the importance of healthy eating and to motivate people to make healthy food choices.

Objectives:

- To build on participant knowledge of healthy eating
- To increase awareness of the barriers to making healthy food choices
- To identify ways to make healthy eating easier

**Equipment/
Materials needed:**

Tool Kit

Passports

Pens/pencils/markers

Flip chart/masking tape

Nutrition labels

Participant Handouts

- *Action Plan*
- *A Guide to Healthy Eating for Older Adults*

Optional: Computer with CD disk drive, and monitor or projector

Background Knowledge

Healthy Eating

Tips for the Leader

Workshop Format **Minutes**

Welcome.....	3
Session Overview.....	5
Reflect on Previous Module/ Group Check-in.....	20
Safety.....	3
Physical Activity Warm-up.....	10
Presentation.....	15
Nutrition Break.....	15
News Bites.....	5
Daily Dose.....	5
Activity: Reading Nutrition Labels.....	20
3 EatRight Ontario Videos.....	9
Activity: Action Plan for Healthy Living.....	20
Activity: Group Activities (Optional).....	15
Goal Setting.....	10
Closing.....	10
Evaluation.....	10
Post Class Self-Reflection (For Leader).....	10

Note: You could hold this meeting at a local grocery store. Many grocery stores have meeting space and a dietitian who could do a presentation to the group or lead a grocery store tour.

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Tool Kit

Active Aging Canada / Vieillir Activement Canada

Healthy Eating

- ▶ Canada's Food Guide has changed
- ▶ Tips on pg. 29 Community Leaders Guide, pg. 56 Tool Kit are being updated
- ▶ Passport information is current and correct - pg.24 - 29



Breakout Rooms - (10 minutes)

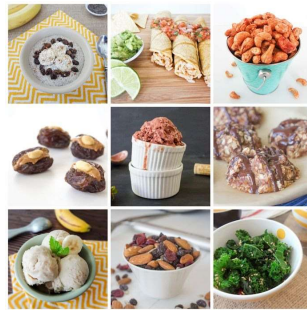
In 3 small groups have a discussion on your eating habits.

- ▶ What challenges do you see with the eating habits outlined in the Passport? Examples
- ▶ Brainstorm about the barriers and ways to overcome them. Barriers might include: cost, time, boredom, eating alone, etc.
- ▶ Report 1 **new** key challenge, barrier and solution from each group (5 minutes)



Activity - (5 minutes)

- ▶ Create a healthy dinner plate for your supper in chat.
- ▶ What foods would you suggest for a healthy break?



Agenda - Segment 2

10:45 - Continue *Module # 4 Passport to Healthy Living Toolkit*

11:30 - Debrief and reflections on the morning

12:00 - Evaluation and close

Homework: Based homework assigned in *Module 3 Passport Toolkit - Create a plan*

Handouts:

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



Activity - Knee Curl

- ▶ Stand behind a sturdy chair - hold on for balance
- ▶ Lift one leg straight back without bending your knee or curling your toes; Breathe in slowly
- ▶ Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee and keep your hips still. The leg you are standing on should be slightly bent.
- ▶ Hold position for 1 second.
- ▶ Breathe in as you slowly put your foot on the floor.
- ▶ Repeat 10-15 times.
- ▶ Repeat 10-15 times with the other leg.
- ▶ As you get stronger repeat 10-15 times with each leg!



Presentation - Daily Dose (5 Minutes)



Lower body daily dose

This is the second routine of four mini exercises and is associated with when you brush your teeth in the bathroom. To complete the set repeat the exercise 10 times. Hold the bathroom counter for support.

Alternating hamstring curl

Be sure to tuck in your pelvis and tighten your stomach muscles (like when you are coughing). Stand straight with your legs apart, knees slightly bent. Slowly lift your right heel up behind you toward your buttock, and then lower to the ground. Repeat the exercise, alternating legs.

News Bites - Healthy Aging (5 minutes)

- ▶ Has anyone seen, heard or read any news bites of interest regarding healthy aging?
- ▶ Do we know who wrote it?
- ▶ Do we know their qualifications?
- ▶ Are the sources they are using credible?
- ▶ Is the source providing the news credible?
- ▶ Does the news/advice in the article apply to me?
- ▶ For whom might this information be dangerous?
- ▶ **What is Credible? –worthy of belief or confidence; trustworthy: e.g. a credible website.**
- ▶ **Invite someone to bring a “news bite” to the next session**

Food Labelling



Select a package of food from your kitchen and explore the label for:

- ▶ Serving size
- ▶ Calories
- ▶ % Daily value
- ▶ Nutrients

Action Plan for Healthy Lifestyle

- ▶ Setting goals and having an action plan is critical to success. Writing an action plan is a process which will help you to focus your ideas and to decide what steps you need to take to achieve your goals.
- ▶ When you write your Action Plan make the goal(s) something you can and WANT to do. Make the steps something you can do in the next month. Writing it down makes it real!
- ▶ Decide what YOU want to do
- ▶ **Achievable**—something you can do in the next month
- ▶ **Action-specific** (write steps as behaviors - losing weight is not a behavior, but avoiding snacks between meals is a behavior).
- ▶ **Answer the questions:**
 - ▶ • What?
 - ▶ • How much? (e.g., walking four blocks).
 - ▶ • When? (e.g., after dinner or Monday, Wednesday, Friday or four times; try to avoid “every day”).
 - ▶ • How often?
 - ▶ • What is needed to put the plan into action and keep it in action?
- ▶ **Is it realistic?** Revise if necessary

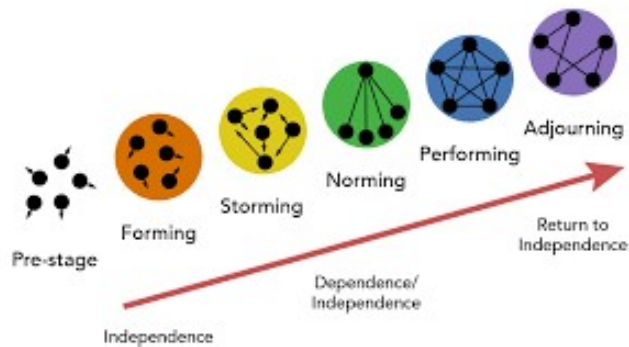
Action Plan template - Pg. 67 Tool Kit

Retrieved from Strategies to Support Self-Management in Chronic Conditions: Collaboration with Clients—Best Practice Guidelines

- ▶ Name: _____
Date: _____
- ▶ The change I want to make happen is: _____
- ▶ My goal for the next month is: _____
- ▶ The specific steps I will take to achieve my goal are (include what, when, how, where, and how often): _____
- ▶ The things that could make it difficult to achieve my goal include: _____
- ▶ My plan for overcoming these challenges include: _____
- ▶ Supports and resources I will need to achieve my goal include: _____
- ▶ My confidence that I can achieve my goal is: _____ .
(scale of 0 to 10, with 0 meaning not confident at all, and 10 being extremely confident)

Debrief: How is our group developing?

Stages of Group Development



Debrief

► Poll #1 Check the facilitator functions you observed

- a) Analyze and Conceptualize
- b) Communicate
- c) Facilitate Group Dynamics
- d) Manage
- e) Relate to Others
- f) Facilitate online

Debrief

Polling Question #2 - What learning styles were considered

1. Active
2. Visual
3. Intuitive
4. Reflective
5. Global
6. Sequential
7. Sensing
8. Verbal

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Evaluation

Workshop Objectives

- ▶ Experience *Module #3 Passport Toolkit* observing online adaptations of content, activities
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- ▶ Poll #3 Did the workshop meet the objectives?
 1. Yes
 2. No



Debrief

- ▶ What facilitator adaptations did you observe?
- ▶ What is one thing you learned?
- ▶ What is one question you still have?
- ▶ What word describes how you are feeling?

