



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

Facilitator Training Session #6
Initiating preparations: Facilitating the Online Passport Pilot

SESSION GOAL: Initiating a plan for facilitating online pilot workshops with older adults

SESSIONS OBJECTIVES:

- ▶ Experience *Module 5 Your Personal Passport to Healthy Living* observing content adaptations
- ▶ **Focus on balance in mental, emotional, spiritual and physical health – apply COH**
- ▶ Review recommendations for adapting delivery to online
- ▶ Identify lessons learned and initiate a plan for facilitating a module in the pilot



Best Practice Guidelines - Zoom

- ▶ Today's meeting is set up in 90 minute segments to allow for breaks
- ▶ **One hour break scheduled for lunch**
- ▶ Reboot your computer at lunch to maximize function
- ▶ 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



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 - Reflection - Patsy Beattie-Huggan, Facilitator
- 9:45 Experience **Module 5 Your Personal Passport to Healthy Living Toolkit**
Focus: Apply the Circle of Health to planning for mental health
- 10:45 **Break**



Recap - Session #5

I liked

- ▶ Longer discussion times in breakout rooms x6
- ▶ Liked being a host
- ▶ Enjoy the polls
- ▶ Enjoy sharing my experience and hearing that others are sharing as well
- ▶ Sharing information x2
- ▶ Like how the breakout rooms have become social opportunities with their own dynamics; a networking opportunity, possible collaboration in future
- ▶ Love the chat feature

I wish for

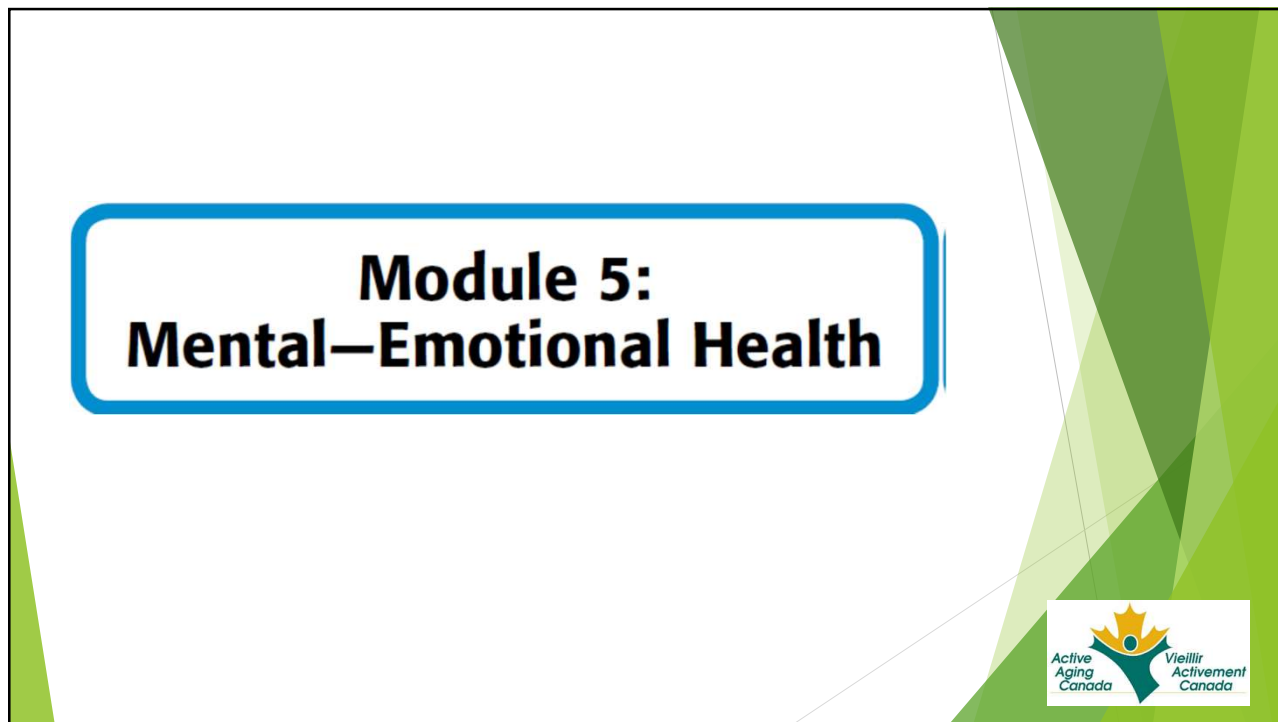
- ▶ Want to practice on Zoom
- ▶ Having a running tip sheet on what we have learned on Zoom that we can use in planning presentations x2
- ▶ Want to be the co-host x4
- ▶ Need more practice x2
- ▶ Is there somewhere on Zoom to record the ideas to structure report back - YES - a word doc
- ▶ Excited to get into facilitation; feel more confident at this point



Reflection - Breakout Rooms -10 minutes Large Group - 10 minutes

- ▶ The last session was on **Physical Activity**:
 - ▶ How are you getting along with your goal?
 - ▶ What challenges have you faced?
 - ▶ What have you put in place to support achieving the goal?
- ▶ Any **new thoughts on sustainability** for the group?
- ▶ **The recorder will open a word document and take notes, sharing his/her screen so group members can see the notes**
- ▶ **The recorder will share his/her screen with the full group to report back**





There is no health without mental health!

Additional Resources:
Community Leaders Guidebook - pgs. 59-60

Updated Passport - pgs. 30-32

**Module 5:
Mental-Emotional Health**

A View of the Workshop

Purpose: To have a better understanding of the link between mental health and chronic disease

Objectives:
To review the relationship between mental health and chronic disease
To build on existing knowledge of mental health
To explore supportive factors

Equipment/ Materials needed:
Tool Kit
Passports
Pens/pencils/markers
Handouts-Lifestyle
Flip chart/masking tape
Index cards
Optional: Computer with CD disk drive, and monitor or projector

Background Knowledge
Mental-Emotional Health
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
Video: Positive Outlook on Life Helps Depression.....	4
Nutrition Break	15
News Bites	5
Daily Dose	5
Activity: Mental Health.....	20
Video: Benefits of Active Living	3
Goal Setting.....	10
Closing.....	10
Evaluation.....	10
Post Class Self-Reflection (For Leader)	10

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Tool Kit

Active Aging Canada / Vieillir Activement Canada

WORKSHOP OBJECTIVES:

- ▶ To review the relationship between mental health and chronic disease
- ▶ To build on existing knowledge concerning mental health
- ▶ To explore supportive factors



Holistic Health = Balance

- ▶ **“To connect to others is a biological need. It ties back to the idea that to be part of a group is adaptive to survival.”**
- ▶ The crisis of loneliness poses as grave a threat to public health as obesity or substance abuse.
- ▶ Feeling lonely results in a 60 percent increased risk of functional decline and a 45 percent greater risk of death.
- ▶ Between 20 % and 50% of older adults who have a chronic disease have symptoms of depression
- ▶ Untreated depression in individuals with chronic conditions increases morbidity and mortality rates and reduces capacity for self-management



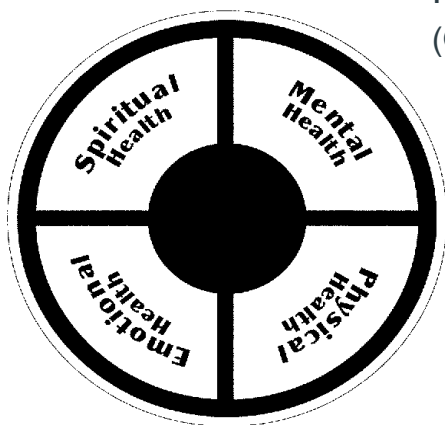
Icebreaker - Remember this?? See pg. 85 Tool Kit

What did you do for your health today?

- ▶ Morning yoga
- ▶ Walk and enjoyed sunrise
- ▶ Enjoy nature so all I hear is Mother nature
- ▶ Walked my dog
- ▶ Stretches x2
- ▶ 2 cups of coffee; lemon
- ▶ Special concoction x2
- ▶ Healthy breakfast x3
- ▶ Workout x2; water
- ▶ Walk with muffin
- ▶ Conscious decision to limit coffee
- ▶ Putter in garden

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First Nations Medicine Wheel

Holistic Health – (Goals, i.e. To meet what needs?)

Spiritual Health

- .Connectedness with other creations

Emotional Health

- .Recognition
- .Understanding
- .Acceptance
- .Discipline
- .Love
- .Privacy
- .Limits

Mental Health

- .Concepts
- .Ideas
- .Thoughts
- .Habits

Physical Health

- .Air
- .Water
- .Food
- .Clothing
- .Shelter
- .Exercise
- .Sex
- .Safety



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You as Facilitator

- ▶ A facilitator models 'well being' by:
 - Acting from values 
 - Respecting emotional, physical, mental and spiritual dimensions of human beings 


- ▶ Things to consider :
 - Put yourself in the Circle
 - Become familiar with your own values
 - Discover what makes you 'whole'
 - Understand your learning style



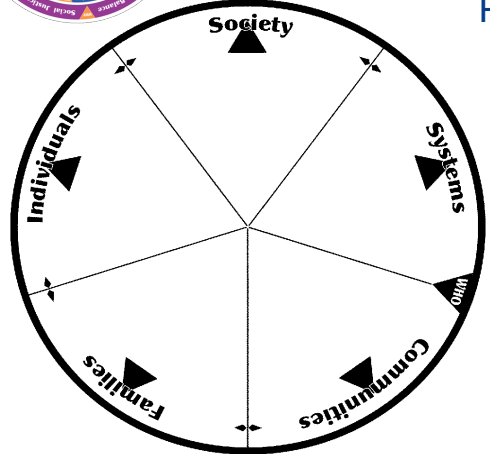
Values

- Values
 - Why take action to improve address the issue of loneliness?





Circle of Health



Populations


Who is impacted by loneliness?
Who should we involve?

Populations

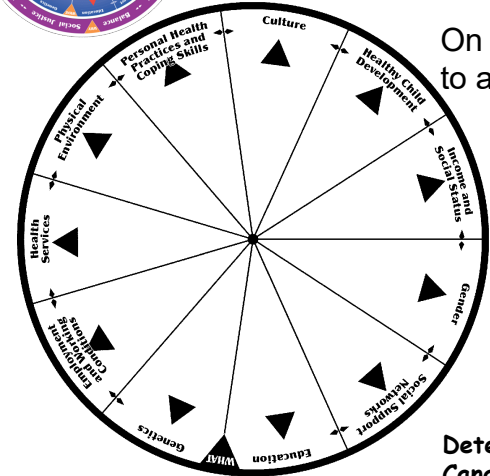
- Individuals
- Families
- Communities
- Systems
- Society

Social theory as portrayed by Bhatti & Hamilton, 1996

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Determinants of Health



Determinants of Health

On **what** should we take action to address loneliness?

Determinants of Health

- Income & Social Status
- Social Support Networks
- Education
- Employment
- Physical Environments
- Genetics
- Personal Health Practices
- Healthy Child Development
- Health Services
- Gender & Culture

Determinants of Health (Health Canada 1996)

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Strategies

How should we take action to address loneliness and promote health?

Strategies

- Build Health Public policy
- Create Supportive Environments
- Strengthen Community Action
- Develop Personal Skills
- Reorient Health Services

Ottawa Charter (WHO, 1986)


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Reflection - Breakout Rooms

15 minutes

- ▶ What thoughts come to mind as we review the components?
- ▶ How could you use the Circle of Health in your work?
- ▶ What might be different if you use the Circle of Health?

Report Back - 1 highlight from each group - 5 minutes



Physical Activity

► Back Stretch

1. Sit up as straight as possible - feet flat on the floor
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist further if possible.
3. Hold the position for 1–30 seconds - Slowly return to face forward
4. Repeat on the right side
5. Repeat 3-5 times



► Nutritious Break - and recipe sharing!

Agenda - Segment 2

- 11:00 Review expectations of pilot and select module to facilitate
- 11:15 Small Group: Explore plans to facilitate selected module
- 11:45 Large Group: Present ideas to group for feedback
- 12:30 Lunch**



Expectations re Module Facilitation

- ▶ You will work in pairs to prepare a plan:
 - ▶ Material is outlined in the Tool Kit, Passport, Leaders Guide and Slides
 - ▶ Each will take a role facilitating and supporting (like Wendy and Patsy)
 - ▶ Be creative in deciding on activities and facilitation styles
 - ▶ Incorporate focus on learning styles and group process
 - ▶ Decide on evaluation process
- ▶ Wendy and Patsy are here to support you
- ▶ Your peers will participate as group members when not facilitating



Tips for online facilitation – Review handouts: Teaching adults online; Tips for Zoom

1. Explore the content and the tools used to deliver the content. Get familiar with the Passport, Tool Kit Modules, screens and notifications and how the participants can engage online (chat, video, emoticons)
2. Always start your session with cameras on so people have a sense of “who’s in the room”. Depending on bandwidth, you may need to turn cameras off
3. Encourage everyone to log on early to do a mic check **before** the session starts.
4. Get everyone comfortable with the chat function that you’ll be using. Do something in the chat within the first 10 minutes of your first session.
5. Break activities into chunks and use a mix of activities that encourage engagement: chat, polling, large group and small group discussion, etc.).
6. Time management is a key skill when delivering content online. Be sure to keep an eye on the clock and follow the start and stop times that participants agreed to.



Break out Rooms - 30 minutes

- ▶ Explore how you will facilitate selected module
 - ▶ Together review the content of the module you are facilitating
 - ▶ Create an outline of the activities you want to include
 - ▶ Make a list of materials you need
 - ▶ Make a plan for next steps and a list of questions
- ▶ Record your plan on a word doc to share with the large group



Large Group Discussion - 15 minutes

- ▶ Each group presents their plan
- ▶ Others provide feedback
- ▶ Discussion



Agenda Segment 3

13:15 Continue with *Module 5 Your Personal Passport to Healthy Living Toolkit*

14:00 Debrief and discuss next steps

14:15 Close



News Bite - Anyone bring a bite!



Activity - Breakout Rooms - 15 minutes

- ▶ What can you do to enjoy your life and achieve balance?
- ▶ Create a bucket list and share with the group.

Carousel

- ▶ Each person says what they like about the idea (from the head not the heart)
- ▶ Each person says how they feel about it - (from the heart not the head)
- ▶ Each person says one concern they have about the idea
- ▶ Each person says what they suggest to improve the idea



Debrief - 10 minutes

- ▶ Purpose of the activity is to interrupt the habit of group members to become fixed in one role or being the primary person speaking in a group.
- ▶ What was it like for you?



Goal Setting - Homework

- ▶ Take 5 minutes to update your goals
- ▶ Check in to see if you are making progress
- ▶ Record your progress in the Passport



Recap - Key Concepts

- ▶ Need to address mental health concerns first, as it can impact a person's interest in improving other aspects of life
- ▶ It is important to support older adults through the aging process and to ensure that they do not feel that challenges associated with mental health are personal weaknesses or shameful
- ▶ Reminders:
 - ▶ Record activities in your Passport
 - ▶ Complete checklist on p. 31 of Passport. If you answer yes to any of the questions you should talk to someone
 - ▶ Bring a news bite concerning mental health in the pandemic



Evaluation

- ▶ What is one thing you learned?
- ▶ What is one question you still have?
- ▶ What is one word that describes how you are feeling?
- ▶ What is an action you will take now?



Feeling at the end of the day

- ▶ Positive - I like it! Good variety - of opportunities
- ▶ Thoughtful
- ▶ Overwhelmed - full day tested our learnings
- ▶ Positive - brain feels full in a good way
- ▶ Overwhelmed - and a bit anxious
- ▶ Invigorated - waiting to be challenged some more
- ▶ A bit anxious - less confused
- ▶ Confident
- ▶ Excited - empathetic