



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

Facilitator Training Session #7

*Finalizing preparations: Facilitating the Online Passport Pilot*

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

### SESSIONS OBJECTIVES:

- ▶ Experience *Module 6 Your Personal Passport to Healthy Living* observing content adaptations
- ▶ Focus on **holistic approach** to primary and secondary prevention of chronic disease
- ▶ Evaluate impact of participating in the Passport Toolkit modules
- ▶ Identify lessons learned and finalize 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
- ▶ 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 your 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 - Reflection - Patsy Beattie-Huggan, Facilitator
- 9:45 Experience **Module 6 Your Personal Passport to Healthy Living Toolkit**  
Focus: Holistic approaches to primary and secondary prevention chronic disease
- 10:30 **Break**



## Recap Session #6 - 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



## Reflection - Breakout Rooms -12 minutes Large Group - 5 minutes

1. The last session was on **Mental Health**:
  - ▶ Thoughts or questions from the last session
  - ▶ How are you getting along with your lifestyle goals?
  - ▶ What disappointments have you faced?
  - ▶ What have you put in place to support achieving the goal?
2. **Concerns on facilitating the pilot?**
  - ▶ **Copy questions before going to breakout rooms**
  - ▶ **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 on 1 highlight for questions 1 and 2**



## News Bite - Anyone bring a bite!



## Module 6: Healthy Lifestyles –Impact on Chronic Disease



**Creating conditions for healthy choices is critical!**

**Additional Resources:**  
Community Leaders Guidebook - pgs. 7-14

Updated Passport - pgs. 4-11

## Module 6: Healthy Lifestyles —Impact on Chronic Disease

**A View of the Workshop**

**Purpose:** To motivate participants to adopt a healthier lifestyle to manage and/or prevent chronic disease

**Objectives:**

- To review the impact of chronic diseases and their similar relationships to physical activity
- To build on participant knowledge of a healthy lifestyle
- To identify risk factors and motivate participants to modify these to manage/prevent chronic disease

**Equipment/ Materials needed:**

*Tool Kit*

Passports  
Pens/pencils/markers  
Flip charts/masking tape  
Sticky notes  
Optional: Computer with CD disk drive, and monitor or projector.


**Background Knowledge**

Healthy Lifestyle, Impact on Chronic Disease  
Type 2 Diabetes  
Heart Disease  
Cancer  
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: Prevention of Chronic Diseases.....	3
Nutrition Break.....	15
News Bites.....	5
Daily Dose.....	5
Activity: Chart Completion.....	15
Activity: Small Group.....	15
Presentation.....	15
Goal Setting.....	10
Closing.....	10
Evaluation.....	10
Post Class Self-Reflection (For Leader).....	10


90

Tool Kit



## WORKSHOP GOAL: to motivate participants to adopt a healthier lifestyle to manage and/or prevent a chronic disease

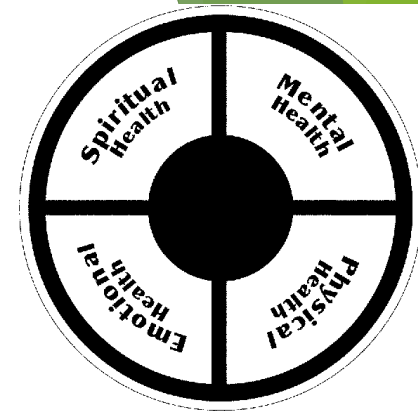
- ▶ To review the relationship between chronic diseases and chronic diseases and their similar relationships to physical activity
- ▶ To build on participant knowledge of a healthy lifestyle
- ▶ To identify risk factors and motivate participants to modify these to prevent/manage chronic disease



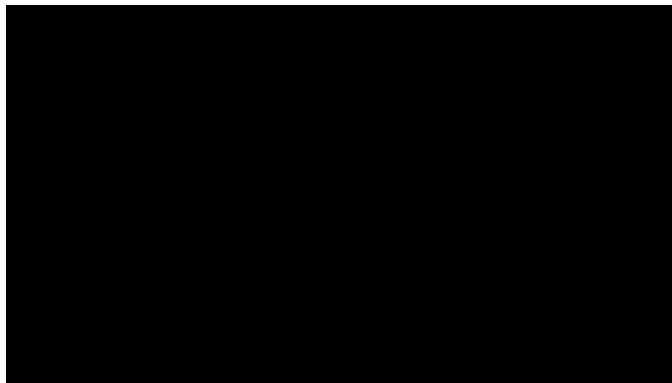
## Holistic Health = Balance Lifestyle choices

In summary:

- Exercise. Fitness and exercise releases endorphins, which make us feel good.
- Eat well. The body and mind connection is a powerful thing. How we eat directly influences our mental outlook.
- Get out. Being outside does wonders for almost everyone. In fact, the more contact we have with nature, the better we feel.
- Get stress relief. Using stress management techniques can be very helpful in reducing negativity.
- Laugh often. They say that laughter is the best medicine, and that a life full of smiling and laughing, from whatever cause will be uplifting and make us more vibrant and healthy.
- Get plenty of rest. Sleep refreshes, provides energy and relieves stress.<sup>1</sup>



## Chronic Disease -



## Chronic Disease - Discussion 15 minutes

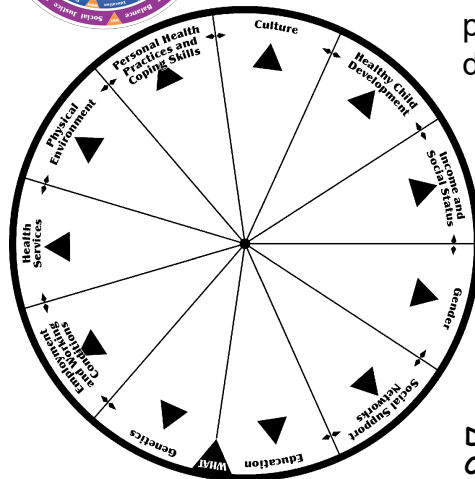
- ▶ Three groups - Cancer, Cardio Vascular Disease, Diabetes
- ▶ Brainstorm and record on word doc:
  1. Risk factors
  2. Impact on lifestyle, signs and symptoms
  3. Management and Prevention techniques (to maintain wellness now and in the future)

**Copy questions before going to groups**  
**Compare notes - any differences? 5 minutes**



## Factors influencing lifestyle

On **what** can we take action to prevent/manage chronic disease?



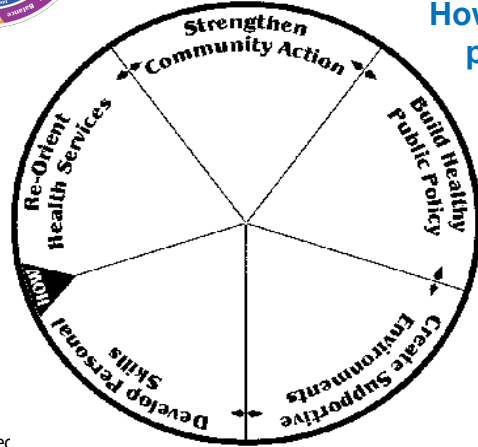
- Determinants of Health**
- Income & Social Status
  - Social Support Networks
  - Education
  - Employment
  - Physical Environments
  - Genetics
  - Personal Health Practices
  - Healthy Child Development
  - Health Services
  - Gender & Culture

**Determinants of Health (Health Canada 1996)**



Creating conditions where people can make healthy lifestyle choices is as important as providing information on what to do.

### How can we take action to promote health?



#### Strategies

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

Ottawa Charter (WHO, 1986)

www.theq...

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## Nutritious Break - 10:30

- Share snack ideas and recipes!





## Agenda - Segment 2

- 10:30 Break
- 10:45 Continue with *Module 6 Your Personal Passport to Healthy Living Toolkit*
- 11:15 Debrief and discuss next steps for delivery of pilot
- 12:00 Close




## Physical Activity

### ► Upper Back Flexibility

1. Sit in an armless chair - feet flat on the floor - shoulder width apart
2. Hold arms in front of you at shoulder height with palms facing outward
3. Relax your shoulders keeping upper body still, and reach forward with your hands. Stop when you feel a stretch or a slight discomfort.
4. Hold position for 10-30 seconds
5. Sit back up
6. Repeat 3-5 times




**Daily Dose**    **5 Minutes**



Activity

The idea of the daily dose<sup>14</sup> is to make physical activity a part of your regular daily routine, things that we all do as part of our day such as getting dressed. The principle is that you attach a physical activity to a daily routine and location. For example when you are getting dressed you can do one or more exercises from the upper body daily dose. The daily dose becomes routine so getting dressed will cue the daily dose routine.

**Upper body daily dose**



This is the third routine of five mini exercises and is associated with getting dressed in your bedroom. One set equals performing an exercise for the number of counts specified.

**"Stick-'Em-Up" pull back**

Pretend you are the victim of a "stickup" or robbery. Raise your arms to shoulder height, elbows bent, hands open and palms facing out. Slowly pull your shoulders back and together, then return your shoulders to a forward position. Perform this exercise 10 times.

## Breakout Rooms - 15 minutes

### Impact of Passport Workshops

There are four charts in *Your Personal Passport to Healthy Living* that are important to fill out now that we are at the end of the program. There are extra charts to fill in at the back of the *Passport*.

Charts to be completed in the workshop

- pg. 19 Track changes in eating habits over time
- pg. 25 Changes in beliefs and attitudes
- pg. 27 Stages of Change for Healthy Eating and Physical Activity
- pg. 30-31 Your Journey to Success

- ▶ **Review the charts**
- ▶ **Discuss the impact of the workshops on personal health**
- ▶ **Large group - 1 new highlight from each group - 5 minutes**

## 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



## Describe your observations

### ► Facilitation skills

Got to facilitate again  
Instructions for each  
activity on slide

Explaining steps clearly

sharing instructions via chat

Time management

Checking in consistently  
with participants to  
ensure their  
understanding and  
comfort

Modelling as a host/cohost

Using personal stories to relate  
to participants

introduce new skills



## 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 ✓✓✓ ✓

## Describe your observations

### ► Learning styles

Active – Group discussions

Applying concepts to concrete, to reliable and relevant examples

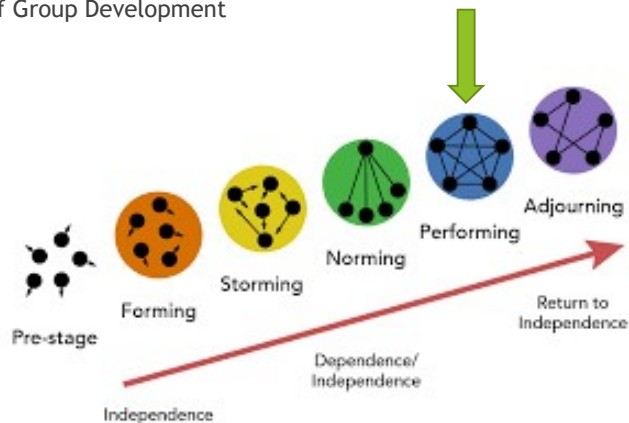
Visual

Reflecting and debriefing

Visual and verbal through video

## Debrief: How is our group developing?

Stages of Group Development





## 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



## 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**



## 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.



## Large Group Discussion - 15 minutes

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



## Evaluation

### Workshop Objectives

- ▶ Experience *Module 6 Your Personal Passport to Healthy Living* observing content adaptations
- ▶ Focus on **holistic approach** to primary and secondary prevention of chronic disease
- ▶ Evaluate impact of participating in the Passport Toolkit modules
- ▶ Identify lessons learned and finalize a plan for facilitating a module in the pilot

### ▶ Poll #3 Did the workshop meet the objectives?

Yes ★★★★★★★★  
No



## One thing you learned that stands out

The tools available in Zoom to help facilitate sessions.

Yes I agree the tools on zoom are super helpful

How we all struggle with some sort of mental health issues

Need to adapt to serve our clients

My health goals might change, and that's okay :)

Learning the material - train the trainer style

there is no bad food only bad diet

How to unshare the screen when someone forgets to unshare.

