

Training facilitation notes from October 19, November 2, November 3, and November 4, 2011

These facilitation notes were developed during the 2011 Health Promotion Champion trainings. The purpose of this particular activity was to think about what was most important to you and your organization in each risk category, who could you perhaps implement or promote some of the key messages and lastly how will you as a health promotion champion educate/train your staff, peers, volunteers and participants in your organization to truly make a difference.

Below are the responses gathered from those sessions organized under each of the risk areas of Physical Activity, Healthy Eating, Injury Prevention, and Mental Health.

The Questions asked at the training were:

- From what you heard today, what key messages resonate with you the most? Which messages are most relevant to your work?
- How might you implement some of these messages into the work that you are doing?
- How will you do the training for your peers, staff or volunteers within your organization?

Physical Activity

What message was most relevant to you and your work?

Be active for a minimum of 30 minutes every day
Can break activity into 10 minute bouts or chunks
Use it or lose it
Make it a priority
Physical Activity is social activity
Exercise now for the future
Start with 1 minute and build up
Enjoyment is key
Connect to falls prevention
Not afraid of growing old, afraid of growing unhealthy – age is a state of mind
Functional fitness = independence
Drink plenty of water
Use medications safely
When in doubt ask about it

How could you implement some of the key messages at work?

Start a walking club (resources listed on PA key messages page)
Develop/introduce Try it days to encourage participation in different activities.
Encourage Bring a friend days to different activities to increase social connections.
Talk the walk encourage person to person word of mouth promotion of exercise
Play some loop videos of simple exercise that can be done any where
Post the Home Support Exercise Program (HSEP) on wall
Post Exercises by the kitchen sink in the kitchen area of program rooms
Be active one step at a time – bite size, small changes add up
Exercise breaks for sedentary groups
Talk about barriers use as a way of breaking down barriers with action steps

Guest speakers/education awareness days
Walking support groups (conduct support groups/counselling sessions while walking)
Introduce Nordic walking
Find an interest based – eg. Dance groups from different cultures
Incorporate Home Support Exercise Program (HSEP) into meetings
Wear the key messages supplied to Health Promotion champions to encourage interest
Practice what we preach – walk the talk- be the change you want to see
Make use of OA peers to deliver programs
Need to educate and empower to control their life
Make the functional connections – holistic approach ie: this activity will help you get out of a chair or help you reach the top shelf of the cupboard.
Promote PA as prevention and maintenance
Promote ideas through bulletins/newsletters
Webinars for staff and participants.
Education others in organizations intake forms
Tell all instructors to talk about other key messages in classes – re: meds check
Take chairs out of meetings or stand for 10 minutes at a time
Develop an Older adult promotion board
Activity is a sense of accomplishment – raking, taking out garbage etc.

What are some ways that we could train staff in the key messages?

Find out where they are and add in to knowledge
Continuous reinforcement – actions speak louder than words, be the change, make change.
Implement changes in team meetings, water on the table, stand during meetings, exercise breaks/stretch breaks
Plan OAATS training and lead by example
Highlight various key messages and use resources from the website for support
Use peers as role models
Use website resources to outreach to other groups

Healthy Eating

What message was most relevant to you and your work?

Social component of eating is very important
Cooking for one is difficult but there are resources available to help.
Dehydration is dangerous and we need to promote drinking water more.
Food security = expiry dates, promote that expiry dates are important.
Portion sizes = smaller sizes or sizes for one are hard to find but not impossible
Prepared food is often very high in sodium, learn to read labels and understand them
Taste buds are different as we age and may have impact on food security
Some medications affect taste
Some older adults have financial impacts and that affects healthy shopping/eating
Transportation to stores can be a barrier to purchasing fresh foods, healthy foods
Take baby steps to eating better – ie. increase water intake one glass or ½ glass at a time.

How could you implement some of the key messages at work?

Create awareness of the key messages through conversations, newsletters and appropriate communication
Increase water intake by offering more water ie: water stations/ in jugs at tables etc.
Put out fact sheets from Eat Right Ontario
Promote the Eat Right Ontario phone number and web site (1-877-510-5102)
Commit to offering healthy snacks at programs & water at events
Provide some cooking demonstrations and allow taste testing, provide recipes
Set out resource materials as handouts and information to take home
Connect fitness staff with older adult groups
Health and wellness fair – talk about key messages – have a booth for OAATS
Show & tell plates “healthy vs. not so healthy” explain the differences
Guest speaker – dietitian from health unit
Set up grocery tours with local supermarkets and address issues like budgets/food security
Provide the shopping list tool from Peel health
Provide sanitizer at food tables
Share the older adult cook book – meals for 1 or 2
Use pot luck events as – educational opportunities to talk about ingredients – how to make it healthier and tasty
Connect youth with older adults for “Older adult chef”
Create Monthly themes /events based on the key messages
Host a village cooking class – bring a friend, enjoy the meal, socialize

What are some ways that we could train staff in the key messages?

Peer training – to staff, volunteers
Monthly training of key messages
Meal prep demonstrations and choose key messages to promote
Online training sessions
Provide info sessions for groups, staff, volunteers, participants
Encourage healthy eating at board meetings
Ask the board to support healthy eating at events, meetings outings etc.
Host lunch and learn sessions choosing key messages to focus on
Add an agenda item ie: OAATS Key message of the month this month Healthy food at team meetings or portion size awareness

Injury Prevention

What message was most relevant to you and your work?

Use your eyes to scan the environment, look for areas of concern
Breaking down messages into small pieces, one piece at a time.
Make activities fun and safe to reduce the fear participants may feel
Prevention of injury through simple activities
Staying active reduces risk to injury
Breakdown stigma of use of walking aids, encourage proper use and how they help
Provide balance training in programming to reduce the risk of injury
Provide nutrition and activity information for osteoporosis
Proper footwear is key – eg. Slippers and flip flops are not safe.
Be active for independence and reduce opportunity for injury

How could you implement some of the key messages at work?

Be the health champion within – offer prevention tips, practice prevention tips
Educate/inform at beginning of a class – provide tips to being safe
Make activities a welcoming environment
Remind participants that active people reduce their risk to injury.
Be proactive; provide referral or suggest a visit to a doctor for check ups
Bring in guest speakers to promote key messages (dr's visits, physical activity etc)
Use teachable moments before a workout
Look at your own policies and procedures see if they promote the key messages
Develop an Issue of the month – to promote key messages and provide resources.
Provide info on what is available to reduce injury. Resources for walkers, bathroom bars, etc.
Teach how to “get up” from a chair, practice the exercise during sedentary activities
Promote drinking water
Provide falls prevention workshops
Provide resources for Health and wellness fairs
Encourage simple exercises to do daily to increase balance, strength,
Send out information though mail/email promoting key messages
Connect the dots between functional fitness and it's relevance to falls prevention
Provide a walking clinic with OT on how to use aids
Talk about clutter/hoarding, give information on how to clear clutter

What are some ways that we could train staff in the key messages?

Wear the OAATS lanyards to create interest and remind us how to promote the key messages
Place one key message on each agenda for a team meeting. Educate people on the message
Use the resources on the website as teaching tools or information to pass along to educate
Provide tips throughout the day as constant reminders
Provide in-service training during meetings
Incorporate training in chunks – one key message at a time
Teach importance of balance and strength training as it relates to injury prevention.

Mental Health

What message was most relevant to you and your work?

Be sensitive to various situations people face ie. loss of loved one, lifestyle changes, etc.
Important to communicate changes (behaviour or others) with co-workers
Be aware, medications can be an underlining issue for behaviour change, weight gain/loss etc.
Become knowledgeable of community agencies that could assist participants and their families.
Look for ways to accommodate changing needs and abilities
Recognize changes and know who to report them to in your organization
Be compassionate
Understand illness vs. mental health
Be sensitive to everyone's level of ability
Create a supportive environment
Recognize loss has an impact on participants
Stigma of mental illness can cause denial and embarrassment for some individuals
Cultural values impact how people deal with and handle mental illness
Take older adults seriously – listen to what they say and don't say.
Have policy in place on how to transition participants into other more suitable programs
Help for caregivers is important
Relate physical and mental health – the connection is strong
Know when to refer to someone and to whom in the organization to connect with
We are not expected to be experts but have some awareness of mental health issues
Remember things like being forgetful may not be mental illness

How could you implement some of the key messages at work?

Introduce Yoga as a stress reducer and physical activity promoting mental health
Prepare a bulletin board with monthly messages
Use Mental health week to build awareness of resources
Invite guest speakers to your organization
Educate other older adults on mental health and mental illness'. How to stay mentally healthy
Give a reward for attending info sessions
Use and highlight OAATS website and resource list
Have brochures/pamphlets available
Recognize 3 levels of older adults and abilities that may not be age related (young older adult, mid older adult, frail older adult).
Use lanyard as teaching tool
Know your clients/participants
Follow up with absent participants
Make commitment to be part of Senior month – June and Mental Health awareness week

What are some ways that we could train staff in the key messages?

Promote Lunch and learns
Monthly staff meetings – one key message at a time on the agenda
Guest speakers to staff
Do a special training on communications, definitions, stigma etc
Personal story sharing in a safe environment
Use the lanyard to focus on one issue at a time
Adopt a senior – one on one
Workshops/video presentations at staff meetings
Sensitivity training
Education sessions on mental health promotion