

Taking Care of Me!

A Tool Kit for Organizing and Facilitating
Health & Wellness Workshops for South Asian Seniors

PART 2: A GUIDE FOR DELIVERING THE WORKSHOPS



CHATS

Community & Home
Assistance to Seniors

In collaboration with the Social Services Network



SOCIALSERVICESNETWORK
servicing diverse communities



live well, age well, be well

The Workshop Series

Workshop 1: Learning About the Health Care System

Workshop 2: Learning About Community Supports and Recreation Programs

Workshop 3: Managing My Physical Health – Part 1: Heart, Stroke & Asthma

Workshop 4: Managing My Physical Health – Part 2: Diabetes & Falls Prevention

Workshop 5: Delicious & Nutritious! – A Healthy South Asian Diet

Workshop 6: Managing My Mental Health

Workshop 1: Learning About the Health Care System

Table of Contents

1. Session Overview	W1-2
2. Workshop Materials	W1-2
• DVD Chapter 1 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 1	
• Resource Package – Contents Checklist for Workshop 1	
3. Facilitator Notes & Script	W1-4
4. References	W1-12

Workshop 1:

Learning About the Health Care System

1. Session Overview

This workshop offers a beginners guide to health care in Canada. The workshop has been divided in two sections. First, we walk participants through the stages, requirements, and what you can expect when you are attempting to acquire public and private health insurance. This part will include a discussion on how private insurance can help you receive dental and vision care. Secondly, we share information on the kinds of medical services and health care facilities (hospitals, seniors' homes, Long Term Care facilities, and walk-in clinics) that are available and their intended uses. There is one interactive exercise in this workshop.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 1: Learning About the Health Care System
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 1 – Learning About the Health Care System
 - Worksheet: Workshop 1 – Learning About the Health Care System *
 - Evaluation Form

- Resource Package: All items are listed in the [Contents of Resource Package Checklist](#) that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

Checklist for Resource Package – Workshop #1

1. Services for Seniors Guide – Guide to Government of Canada Services for Seniors
 English
2. A Guide to Programs and Services for Seniors in Ontario – Government of Ontario
 English
3. Seniors' Directory – York Region English
4. Ontario Hospital Insurance Plan (OHIP) application form and Facts Sheet English
5. Immigrant Services English
[Available on USB Memory Stick in the Resource Package File]
6. Information on Private Insurance Companies English
7. Dental Care for Seniors – Canadian Dental Association English
8. Brochure – The Patient's Clinic – Faculty of Dentistry, University of Toronto
English
9. Information on the Ontario Disability Support Program (ODSP) and Ontario Works (OW) English
10. Information on the Markham Hearing Clinic English
11. A Guide to RRSPs and Other Registered Plans for Retirement English
12. Information on Health Care Connect English
13. Health Care Services in Markham English
[Available on USB Memory Stick in the Resource Package File]
14. List of South Asian Doctors in Markham English
[Available on USB Memory Stick in the Resource Package File]

3. Facilitator Notes & Scripts

Introduction – 5 minutes

- Welcome everybody and thank you for coming!
- It is often difficult and confusing to figure out what kinds of health care services are out there for you as seniors. We heard from seniors that we spoke to that long waits are frustrating and it is difficult to get immediate care.
- What kinds of health services are out there? How do we pay for them? Who can help us get these services? This is what we are going to talk about today.
- Attached to your agenda is a paper entitled: Workshop 1: Learning About the Health Care System Worksheet. *[Hold this up and ask them to refer to it]*. Because we only have one hour, we wanted to make sure that you can come to us later with more questions or if you need more information. So if there is anything that I am saying that you don't really understand or you would like more information on, write this down on this worksheet.
- You also have a package of important, easy to understand resources that are yours to take home and read. *[Hold this up]* After going through this package, feel free to ask us questions at a later date.
- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.
- Let's begin!

[Start DVD Chapter 1: Learning About the Health Care System. Ensure that you have the correct language DVD, i.e. English, Punjabi, or Tamil. Start Power Point – Slide 2 – How do I Pay for Health Care?]

Paying for Health Care – 15 minutes

- If you are a Canadian citizen or permanent resident, you are eligible for health insurance. This is funded by the taxes you pay. As most of you are aware, the health insurance in Ontario is called Ontario Health Insurance Plan or OHIP.
- As soon as you arrive you should apply for OHIP. However there is a three-month waiting period before OHIP coverage starts.
- How many of you here have your health insurance card? *[If the majority of people have OHIP, skip to Section B]*

Section A

- We have included an OHIP application form in your Resource Package. You can get assistance filling out these forms from the Social Service Network or other agencies serving immigrants in Markham. We have included a list of other agencies that serve immigrants in your resource package.
- When you apply you need to show identification – Passport OR Confirmation of Permanent Residence OR your Permanent Resident Card itself.
- To cover the three-month waiting period we recommend you buy temporary private insurance. If you need help in getting private insurance, put this down on your worksheet and we will be able to assist you to find the insurance company that best meets your needs.
- For refugee claimants who cannot afford private health insurance, you can receive free emergency and essential health services. The cost of this is covered by the Interim Federal Health Program.¹ You have to apply for this. If you are interested in applying for this, please put this down on your worksheet.

Section B

- Private Insurance is a good thing to have if you are a senior even when you have OHIP. It will cover things that are not covered by OHIP, for example:

[Refer to [Power Point Slide 3 – Private Health Insurance](#)]

- ✧ Dental costs;
 - ✧ Prescription drugs;
 - ✧ Prescription eyeglasses;
 - ✧ Semi private or private hospital room, if you require an overnight hospital stay.
- Drug dispensing fees vary across pharmacies. You should compare costs before choosing your pharmacy.

[Refer to [Power Point Slide 4 – Dental Care](#)]

- When you are looking for private health insurance make sure that the health issue that you need is covered by your private insurance plan, (for example dental care or vision care). There is a handout in your Resource Package that gives you phone numbers for some private insurance options.

Dental

- It is important to take care of your teeth. A regular exam and proper flossing and brushing is important. Please see information about proper dental care in your Resource Package.
- Dental Schools also offer a reduced fee for services such as cleanings, emergencies, orthodontics, and reconstruction. Savings vary from free to two thirds of the cost of regular dentist fees. The Patient Clinic at the Faculty of Dentistry at the University of Toronto offers such services. Please see information about this clinic in your Resource Package.
- If you receive social assistance from Ontario Works or the Ontario Disability Support Program (ODSP) there are some dental cost subsidies available to you. Please see the Resource Package for more information.
- The Ministry of Health pays for some dental surgery when it is done in a hospital. You must however pay the cost of regular dental services in a dentist's office.

Hearing Aids

- If you are concerned about your hearing, the first step is to have your hearing tested and then be fitted for a hearing aid.
- If you need a Hearing aid you are eligible for a cost subsidy under the Assistive Devices Program (ADP).

[Refer to [Power Point Slide 5 – Caring for your Hearing](#)]

- You may choose one of the two ways to get this done:
 - ✧ Go to a doctor. The doctor will fill in Section 2 of your ADP form to verify your need for a hearing aid; OR
 - ✧ Go to a registered audiologist who will test your hearing and fill in Section 2 and 3 of your form.
- You need an OHIP card and you have to complete the first section of the ADP Hearing Device Application form.

[Refer to [Power Point Slide 6 – Caring for your Hearing \(same title as previous slide\)](#)]

- ADP will pay the registered hearing clinic up to a maximum of \$500 of the cost of one hearing aid, earmold, and other hearing accessories listed with ADP.

- If you need hearing aids for both ears, the hearing clinic will bill ADP for up to a maximum of \$1,000 of the cost of two hearing aids. If you want more information on the ADP process check this off on your worksheet.
- The Markham Hearing Centre can provide you with further information. Please see your Resource Package for more information on the Markham Hearing Centre.

[Refer to [Power Point Slide 7 – Ontario Drug Benefit Program](#)]

Prescription Drugs

- Through the Ontario Drug Benefit Program, most prescription drug products are covered, if you belong to one of the following groups and you have an OHIP card, you are eligible for drug coverage under the ODB Program :
 - ✧ People 65 years of age and older;
 - ✧ Residents of long-term care homes;
 - ✧ Residents of Homes for Special Care and other programs;
 - ✧ People receiving social assistance (Ontario Works or Ontario Disability Support Program assistance), you are eligible for ODB coverage.

[Refer to [Power Point Slide 8 – Financial Benefit Program](#)]

Financial Benefit Programs ²

- A financial benefit program that is offered in Canada is Old Age Security (OAS). This provides you with a modest pension at the age of 65 if you have been in Canada for at least 10 years.
- If you are a low income senior you may be eligible for other benefits as early as age 60. If you receive OAS and have little or no income – you should apply for the Guaranteed Income Supplement, (GIS). The eligibility is based on marital status and income – so you may qualify even if you did not in previous years.

Here are some figures:

[Refer to [Power Point Slide 9 – Guaranteed Income Supplement](#)]

- ✧ If you are single, your income needs to be below \$14,352;
 - ✧ If you are a spouse of another pensioner, your income needs to be below \$18,864;
 - ✧ If you are a spouse of a non-pensioner, income needs to be below \$34,560.
- Spouses age 60-64 of a pensioner (someone who receives OAS) are also eligible for the GIS benefit.

- If you are 60-64 years, low income and your spouse has died, you may qualify for the Allowance for the Survivor.
- You are considered low income if you spend 20 % or more of your household income on necessities (i.e. food, shelter and clothing). For example, if you are a single person in a large city making \$20,778 or less a year you would be considered low income. For a family of four in a large city this would be \$38,610. ³

[Refer to [Power Point Slide 10 – Am I Entitled to More Benefits?](#)]

- There may be other benefits available to you. Work with SSN staff to investigate this online. You can use the Benefits Finder ⁴ at www.canadabenefits.gc.ca. Indicate on your Worksheet if you would like this assistance.

[Refer to [Power Point Slide 11 – Tax Benefits](#)]

- There are also Tax Savings for seniors and pensioners. Please indicate if you would like more information on tax benefits that you might be eligible for, on your worksheet.
- If you are 50 – 65 years of age, you may consider investing in the Registered Retirement Saving Plan (RRSP). ⁵ See the Guide to RRSPs and Other Registered Plans For Retirement in your Resource Package.
- The age limit for converting a RRSP to a Registered Retirement Income Fund (RRIF) has been increased from 69 to 71.

Health Care Facilities in Markham – 15 Minutes

There are a number of health care services and facilities in Markham.

[Refer to [Power Point Slide 12 – Health Care Services & Facilities. Read them out.](#)]

- Hospitals, community health centres, health-specific centres – for example chiropractic services, vision, hearing, etc., plus walk-in clinics.
- There is a process in which the government expects the people of Ontario to use the health services that are offered.
- The first step in taking care of your health is to get a family doctor or General Practitioner, (GP). Family doctors are considered your “home base” in health care. There is no cost involved, because your Family doctor is covered under OHIP.
- Go to the section entitled: [Family Doctor](#), on your worksheet. Take a moment to check off if you have a family doctor or not. Please write the name of your family doctor on your worksheet if you have one.

- There are ways to find a family doctor if you do not have one. Through **Health Care Connect** – a program with the Government of Ontario, you can find a family doctor. Please refer to the handout in your package titled – Health Care Connect. Indicate on your worksheet if you would like to register for this service to find a family doctor. SSN can help you with this. ⁴
- Also in your Resource Package there is a handout titled – South Asian Family Doctors in Markham.⁶

Seniors' Homes

- Some seniors may wish to have information on seniors' homes. Seniors' homes are special housing for seniors only.
- Some homes are for independent living, which means no special services. Many independent living seniors' homes are in apartment buildings.
- Other homes have health care or personal care services for you. If you need other services, there are 3 types of housing for seniors:

[Refer to Power Point Slide 13 – Three Types of Housing for Seniors]

- ✧ Retirement homes;
- ✧ Supportive housing;
- ✧ Long-term care homes.

Long-term care homes offer more care than retirement homes or in-home supports. They provide 24 hour/day supervision with personal care, eating, bathing, medications, and medical/nursing needs. ⁷

Walk-In Clinics

- In your Resource Package there is a list of Walk-In Clinics in Markham in the document entitled Health Facilities in Markham. *[Refer to Power Point Slide 14 – Walk-In Clinics]*. At a Walk-in or After Hours Clinic, you can see an experienced nurse or doctor, often without an appointment.
- Walk-in Clinics are meant for non-emergency health issues. It is advisable to call the clinic first to see if you need an appointment.
- Use walk-in clinics when: *[Refer to Power Point Slide 15 – Use this Option When]*
 - ✧ You're in a non-urgent situation;
 - ✧ Your family doctor's office is closed OR if you don't have a family doctor;
 - ✧ You need care for minor illnesses and injuries including infection and rashes,

- fractures, advice, stomach upsets, cuts and bruises, minor burns and strains; or
- ✧ You need care for more long-standing or chronic medical problems.

[Refer to [Power Point Slide 16 – Video clip on Walk-In Clinics](#)] ⁸

Emergency Departments

- For medical problems which are more serious and require immediate medical attention, you may need to visit an Emergency department. Emergency departments have long wait times. Often people who visit the Emergency department may have been able to get same day medical attention at a walk-in clinic or at their family doctor.
- Some walk-in clinics provide services such as sutures and splints.
- It is sometimes hard to decide how urgent a health problem might be. You may consider calling Telehealth Ontario at 1-866-797-0000.

[Refer to [Power Point Slide 17 – Deciding what health service to use](#)]

- Telehealth Ontario is a free and confidential telephone service that you can call for advice on whether you need to get emergency care or whether another option is right for you. You can call Telehealth Ontario 24 hours a day, 7 days a week.
- Telehealth Ontario is available in English and French with translation support for 110 languages.
- A call to Telehealth Ontario does not replace 911 — that is always the first number you should call in emergency situations.
- You can also call the hospital Emergency department that you are considering going to, to determine if you need to visit the Emergency department.
- You may wonder why you have to wait so long in the Emergency department. ⁹
- There are many reasons for that wait.

[Refer to [Power Point Slide 18 – Waiting in the Emergency Department](#)]

- How serious your condition is. A nurse, specially trained in emergency care (called a “triage nurse”), will examine you to find out how serious your condition is. A triage nurse has special training in emergency care. This way, the medical staff will treat you based on how severe your symptoms are.
- This process helps make sure that the patients who are in the most urgent need of care are seen first.

- Other considerations such as the time of day you go, the day of the week, the size and location of the hospital you visit – larger hospitals in cities tend to be busier, or unforeseen circumstances (e.g. If there is a big accident in the area or an infectious disease outbreak – this can cause longer than usual delays).
- If you are admitted to hospital for treatment, you may have to spend more time being cared for in the Emergency department until a hospital bed becomes available.
- It makes sense to try other options like walk-in clinics or booking an appointment with your family doctor, if you have a health issue that is non urgent in nature but you would like to be seen as soon as possible.

Exercise – Emergency Department Usage – 20 Minutes

- How many of you have been to the Emergency department in the last few months? Please raise your hands.
[Ask individual participants, what the health reason was that brought them to the Emergency department? Write on the flipchart all the reasons. Then go reason to reason, and ask the group the following question]
- From what you heard today about Walk-In Clinics and Family Doctors, which of these health problems do you think did not require emergency health services? Why?

Closing – 5 Minutes

- We would like to collect your worksheets, so that we can follow-up and begin to address your needs.
- Please also complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- I want you to think about one word or phrase that best describes how you felt about this workshop.
[Go around the room and ask each participant for their word or phrase]
- Thank you so much for taking your health seriously and attending this workshop. You were an excellent group!

4. References

1. Government of Canada. Refer to Services for Seniors Guide at www.seniors.gc.ca. For more information on Old Age Security and the Guaranteed Income Supplement, call 1-800-277-9914.
2. For more information on tax benefits call the Canada Revenue Agency at 1-800-959-8281.
3. EHow.com. Definition of Low Income in Canada.
http://www.ehow.com/about_6400372_definition-low-income-canada.html
4. Government of Canada. For more information on the Benefits Finder, go to www.canadabenefits.gc.ca.
5. Government of Ontario. For more information on RRSPs, see the Guide to RRSPs and Other Registered Plans For Retirement at <http://www.health.gov.on.ca/en/ms/healthcareconnect/public/factsheets.aspx>.
6. The handout entitled, South Asian Family Doctors in Markham is derived from information found at <http://www.ontariodoctordirectory.ca/Markham>.
7. Information on Long Term Care Homes in Ontario was found at [Senioropolis.com](http://www.ontario.senioropolis.com/article.asp?ID=21)
<http://www.ontario.senioropolis.com/article.asp?ID=21>.
8. Government of Ontario. Ministry of Health and Long-Term Care. Information on Walk-In Clinics can be found at <http://www.health.gov.on.ca/en/public/programs/hco/options/walkin.aspx>
9. Government of Ontario. Ministry of Health and Long-Term Care. Information on Emergency Departments can be found at <http://www.health.gov.on.ca/en/public/programs>

Workshop 2: Learning About Community Supports and Recreation Programs

Table of Contents

1. Session Overview	W2-2
2. Workshop Materials	W2-2
• DVD Chapter 2 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 2	
• Resource Package – Contents Checklist for Workshop 2	
3. Facilitator Notes & Script	W2-4
4. References	W2-10

Workshop 2:

Learning About Community Supports and Recreation Programs

1. Session Overview

This workshop offers an overview of what community programs and supports are available for seniors in Markham and how to go about arranging for these. This includes information on personal and home supports, transportation, and recreational programs. The workshop ends with ideas around physical fitness and closes with a demonstration of easy to learn “gentle exercise”. Seniors will be asked to try the exercises. There are six interactive exercises in this workshop.

Note – You will need to write information (from page 3) on a flipchart ahead of time.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 2: Learning About Community Supports and Recreation Programs
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 2 – Learning About Community Supports & Recreation Programs
 - Worksheet: Workshop 2 – Learning About Community Supports & Recreation Programs*
 - Evaluation Form

- ❑ Resource Package: All items are listed in the Contents of Resource Package Checklist that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

Checklist for Resource Package – Workshop #2

1. Information on CHATS – Community & Home Assistance To Seniors ❑ English
2. Information on the Social Services Network ❑ English/Punjabi/Tamil
3. Information on the Community Care Access Centre of York Region ❑ English
4. Information on the Home Adaptations for Seniors’ Independence (HASI) Program
❑ English
5. “In My Language” Housing Related Facts Sheets ❑ English/Punjabi/Tamil
6. The Mobility Plus Application Package ❑ English
7. A map of Markham that highlights points of interest ❑ English
8. York Regional Transit system information ❑ English
9. Information on computer courses offered in Markham ❑ English
10. Information on English language courses – LINC and ESL ❑ English
11. Lifeline exercises pamphlet ❑ English
12. Immigrant Services ❑ English/Punjabi/Tamil
[Available on USB Memory Stick in the Resource Package File]
13. Council of Agencies Serving South Asians (CASSA) website ❑ English
14. South Asian Alliance of Canada ❑ English
15. Canadian Centre for Women’s Education and Development ❑ English
16. Centre for Information and Community Services of Ontario ❑ English
17. Ontario Council of Agencies Serving Immigrants ❑ English
18. South Asian Heart Health Group ❑ English
19. United Hindu Congress Canada ❑ English
20. Common Places of worship for the South Asian Community in Markham
❑ English/Punjabi/Tamil
[Available on USB Memory Stick in the Resource Package File]

Additional Resources for the Tamil Group: English and Tamil

1. Canadian Tamil Women's Community Services ☐
2. Canadian Tamil Congress ☐
3. Tamil Elam Society of Canada ☐
4. Vasantham – A Tamil Wellness Centre ☐

3. Facilitator Notes & Script

Introduction – 5 minutes

- Welcome everybody and thank you for coming!
- Social activities and physical exercise play a huge role in your overall health and happiness. We know that many of you are dealing with many issues related to money, family duties, and health problems.
- There are a variety of programs that have been developed to address the needs that you have. You may be asking yourself – What are the programs that are out there for seniors? How can I arrange for them? Will they suit my individual needs and wants?
- This is what we will be working on today, hearing what is out there and then matching that with what you want and need.
- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.

Home and Community Supports Services – 20 Minutes

Exercise #1: The Help I Need

- First, what is the kind of help that you need?
- Here is a list.

[Refer to the pre-prepared flipchart paper list below.]

- Please refer to your Workshop 2: Learning About Community Supports & Recreation Programs Worksheet.

- Go to the section that is titled: The Help I Need
- Take 5 minutes to rank this list starting with #1 as “Most Important” to # 7 – as Helpful but Least Important to you. Put your numbers in the box provided.

[Circulate around the room to see if anyone needs help ranking this list]

- Now I am going to read each item out loud, and see how we ranked these supports as a group.

Go through each item and ask the following questions. Write each participant's ranking numbers by the relevant item. We want to get a sense of commonality of group needs, in order to develop the most optimal way to address each of their needs in follow-up.

For example if you write this beside a question:

#1 (10) and #3 (5) This means, 10 people rated this #1 and 5 people rated this #3]

- What did you rate the first item in terms of needs and wants? *[read the item]*
 1. Someone to help me or go with me to doctor's appointments, grocery shopping
And other places (list other places) _____
 2. Someone to help me with cleaning my house.
 3. Someone to help me with my laundry.
 4. Someone to help me take care of my grandchildren
 5. Someone to help me with personal care.
 6. Someone to deliver hot and frozen meals.
 7. Someone to assist with my transportation needs.
- The Social Services Network can help you set up the services you need. There is also more relevant information in your Resource Package.
- Please note however that some of the services offered may not be suitable to you. For example “Meals on Wheels” provides vegetarian meals but not specific South Asian cuisine.
- As a group we can come up with ideas that we can work together on. For example we can organize seniors helping other seniors (where people in this very group can go to appointments or do errands together).

Exercise #2 – Seniors Helping Seniors

- Are there people in this group who would like to help another senior? Tell us about the ways you could help? [*Take down all the ideas on a flip chart*]
- For those of you who live on your own and want to continue to do so, there are at home, health and community services available.

[Start DVD Chapter 2: Learning About Community Supports & Recreation Programs. Ensure that you have the correct language DVD (i.e. English, Punjabi, or Tamil. Start Power Point – Slide 2 – Home and Community Supports)]

- There are home and community support services available to you:
 - ✧ Visiting Health Care Professional Services;
 - ✧ Personal Care and Support;
 - ✧ Homemaking;
 - ✧ Community Outreach Programs.

[Refer to Power Point – Slide 3 – How do I arrange for these services?]

- Your Community Care Access Centre (CCAC) will help arrange for these services and determine if you are eligible for government-funded financial programs/services. Once you have contacted CCAC, they will send a case manager to your home to complete an assessment and determine your eligibility for services.
- CHATS is a multi-service agency that provides both in-home, (personal care, homemaking, and respite) and community support services (transportation, Meals on Wheels, Seniors Wellness Programs, and Adult Day Programs). CHATS is funded primarily by the Central Local Health Integration Network (CLHIN), with generous support by the United Way of York Region (UWYR) and private donors. CHATS serves over 6,300 seniors and their caregivers each year. Subsidy may be available, depending on income.
- SSN goal is to enhance the quality of life of the South Asian community. They deliver culturally and linguistically appropriate services to the South Asian community through partnerships developed with other service providers.
- There is financial help available to adapt your home called The Home Adaptation for Seniors Independence (HASI) Program.¹ There is more information on the Home Adaptation for Seniors Independence (HASI) Program in your Resource Package.
- You will find Fact Sheets related to housing in your Resource Package including, information on renting, subsidized housing, tenant and home owner's insurance policies.

Transportation

- It is often difficult to get around, particularly in the winter with the ice and snow. This can make you feel more isolated and lonely.

Exercise #3: Transportation

- How do most of you travel? *[Take down a few responses on the flipchart.]*
- For those of you that use transportation, what routes do you take? *[write the routes down on a flip chart].*
- Are you aware of the York Transit Mobility Plus service here in Markham?
- This is York Region's door-to-door shared ride accessible public transit service for people with disabilities and some seniors. This is for people who are unable to use regular public transit due to a physical or functional disability.
- You must meet specific eligibility criteria, in order to use this service. If you are eligible, you will receive a registration card and number to use the service. If you require an attendant, this person must accompany you on all of your Mobility Plus rides. Attendants ride free-of-charge.
- If you are interested in learning more about this service and/or would like to apply for this, please indicate this on your worksheet. The Mobility Plus Application Package is in your Resource Package.²
- Also in your Resource Package is:
 - ✧ A map of Markham that highlights points of interest;
 - ✧ Information about using the YRT system;
 - ✧ YRT transportation maps.
- Are you aware of CHATS transportation service available in York Region?
- CHATS provides affordable, door to door, personalized transportation for seniors to medical appointments, grocery shopping, personal errands and visiting. See the CHATS brochure in your Resource Package.
- For more information please contact the CHATS office.

Recreation & Educational Programs – 10 Minutes***Exercise #4: Recreation and Educational activities***

- What would you like to do the most in terms of socializing?

[Refer to [Power Point Slide 4 - Social Gatherings](#)]

- Lunches
 - Dinners
 - Exercise programs
 - Yoga programs
 - Computer classes
 - Learn English
 - Sewing class
 - Cooking class
 - Go on day trips, like picnics, museums, etc.
 - Go on weekend trips
 - Other _____
- Information on Computer Classes and English Classes, called ESL – English as a Second Language is available in your Resource Package.
 - You may have also heard about the LINC – Language Instruction for Newcomers to Canada. The difference between the two services are, LINC is funded by the Federal Government under Citizenship and Immigration.
 - LINC classes are intended for permanent residents and convention refugees only.
 - ESL classes are funded by the provincial government and eligibility is not related to your immigration status.
 - Please indicate on your worksheet if you are interested in learning more about learning how to use the computer or taking English language classes.
 - For those of you interested in going on trips for seniors, most seniors' centres offer these. These would be trips to Ottawa or Niagara Falls, etc. Senior group travel can be arranged through some local travel agencies also.
 - The Social Service Network may be willing to fundraise for a trip of this kind.

Exercise #5: Fundraising for Trips

- Would this group be interested in being involved in a fundraiser? If so what kind of ways could we raise money? *[Write the ideas on a flipchart]*

Exercise & Fitness – 20 Minutes

Exercise #6 – Trying Gentle Exercise & Yoga

- Now it is time to get up on your feet! Please stand up and watch the following video clip. Leave enough space between yourself and your neighbour and give these yoga moves a try!
- You're not done yet! Now it is time to try something new. These are exercises that you can do in your home. They are called "gentle exercises". Watch the video clip and try it yourself.
- Gentle exercise is age appropriate, physical exercise and activities that focus on flexibility, balance and coordination. Gentle exercises allow people to participate at their own pace and fitness level. These exercise programs focus on improving or maintaining physical stamina in order to manage activities of daily living at home.
- With all exercise programs, please consult your doctor before beginning any new exercise routine.

[Refer to [Power Point Slide 5 and 6: Video – Gentle Exercise and Yoga demonstration](#)]

- You will find an instruction pamphlet in your Resource Package. You can try this again at home.
- What are some other things you can do, as a group to get physical exercise?
- How many people walk their grandchildren to school? What about a grandparents' walking group? After you drop the children at school you could plan a route to walk at least 3 times a week. How about Mall Walking for the winter? Are people interested in that? Again please indicate your interests on your worksheet.

Closing – 5 Minutes

- We would like to collect your worksheets, to get a sense of your interests and needs.
- Please also complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- I want you to think about one word or phrase that best describes how you felt about this workshop.

[Go around the room and ask each participant for their word or phrase]

- You have worked hard today! Congratulations group!

4. References

1. Canada Mortgage and Housing Corporation. For more information on The Home Adaptation for Seniors Independence, (HASI) Program, contact the Canada Mortgage and Housing Corporation at 1 800-668-2642.
2. York Region Transit. The Mobility Plus Application Package can be found at http://www.yorkregiontransit.com/mobilityplus/Mobility%20Plus%20Application_JUN10_web.pdf
http://www.yorkregiontransit.com/mobilityplus/Mobility%20Plus%20Application_JUN10_web.pdf
3. CHATS – Community & Home Assistance to Seniors. www.chats.on.ca
4. Social Services Network. www.socialservicesnetwork.org
5. Philips Lifeline. Fitness A Key to avoiding falls. www.lifeline.ca

Workshop 3: Managing My Physical Health

Part 1 – HEART, STROKE & ASTHMA

Table of Contents

1. Session Overview	W3-2
2. Workshop Materials	W3-2
• DVD Chapter 3 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 3	
• Resource Package – Contents Checklist for Workshop 3	
3. Facilitator Notes & Script	W3-3
4. References	W3-8

Workshop 3:

Managing My Physical Health

Part 1 – HEART, STROKE & ASTHMA

1. Session Overview

This workshop offers information on why it is important for South Asian people to receive information on heart and respiratory health issues. It will offer an overview on the risk factors and warning signs, but will focus on the things that can be done to prevent and manage heart disease and asthma. There are interactive exercises in this workshop.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 3: Managing My Physical Health – Part 1: Heart, Stroke & Asthma
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 3 – Managing My Physical Health – Part 1: Heart, Stroke & Asthma
 - Worksheet: Workshop 3 – Managing My Physical Health – Part 1: Heart, Stroke & Asthma *
 - Evaluation Form

- Resource Package: All items are listed in the [Contents of Resource Package Checklist](#) that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your

workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

Checklist for Resource Package – Workshop #3

1. The American Heart Association CPR Card English
2. Heart & Stroke Foundation of Canada: Taking Control: Lower Your Risk of Heart Disease and Stroke Brochure English
3. Smoke Free Ontario – Quit You Have It in You! English
4. Toronto West Stroke Network – Dysphagia Booklet: A Patient and Family Education Pamphlets on Swallowing Problems after Stroke: What You Need to Know and How to Help English/Punjabi/Tamil
5. The Lung Association Asthma Action Plan English/Punjabi
6. Meditation Exercises English/Punjabi/Tamil
[Available on USB Memory Stick in the Resource Package File]

3. Facilitator Notes & Script

Introduction – 7 minutes

- Welcome everybody and thank you for coming!
- The Heart and Stroke Foundation of Canada recognizes that there are broader social and economic risk factors that affect the heart health of Canadians. Research studies both nationally and internationally, have shown that people of South Asian descent are more likely to have high blood pressure and Diabetes and are at greater risk of heart disease and stroke than the general population.
- In addition, seniors that we spoke to wanted more information on Asthma.
- What is heart disease? And why are South Asian people at a greater risk than other Canadians? How can we detect the warning signs? What can we do to prevent and manage heart disease and stroke? What is asthma? And what can we do to manage our asthma?

- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.
- Let's start off with the topic of heart health. Why is it important to get information on this health topic?
- Well maybe I will let someone much more exciting than me to tell you.

[Start DVD Chapter 3: Managing my Physical Health – Part 1 – Heart, Stroke & Asthma. Ensure that you have the correct language DVD, i.e. English, Punjabi, or Tamil. Start Power Point Slide 2 – Video segment with Amitabh Bachchan¹ – 1 minute long]

Risk Factors² for Heart and Stroke – 5 Minutes

- Why would one group of people, like South Asians – be at more of a risk than another?
- There are a number of reasons for this, which have to do with individual characteristics.
 - ✧ Genetic predisposition
 - ✧ Being overweight
 - ✧ Enlarged abdominal size
 - ✧ Hypertension
 - ✧ Physical inactivity
 - ✧ Unhealthy eating
- But these individual characteristics are also closely related to risk factors that are out of our control. Research findings tell us the most significant risk for South Asian people living in western countries, relates more to the stress experienced by the migration and settlement process, than due to their genetic predisposition.
- Many things cause stress for new and even more established immigrants, including the following.

[Refer to Power Point Slide 3 – Stress, Stress, and More Stress!]

- ✧ Unable to get work in their professional field
- ✧ Difficult to find any work
- ✧ Daycare is too expensive, so grandparents have to look after grandchildren
- ✧ Poor or overcrowded housing
- ✧ Lack of English
- ✧ New stresses to family structure

- ✧ Concerns about immigration status and sponsorship
 - ✧ Busy lives in Canada – hard to find time for family and leisure
 - ✧ The winter climate
 - ✧ Fear of going outside of your own South Asian community
 - ✧ Depression and other mental health issues
- Then we experience many barriers to getting good health care, such as the following.

[Refer to Power Point Slide 4 – Barriers to Health Care]

- ✧ Ontario Health Insurance Plan not effective until 3 months after landing
 - ✧ Negative experiences with hospitals, clinics, and doctors
 - ✧ Can't afford medical costs and prescriptions
 - ✧ Can't afford health programs or activities
 - ✧ Lack of access to transportation – Hard to get to appointments
 - ✧ Can't find a family doctor that speaks our language
 - ✧ Lack of awareness of health issues
 - ✧ Don't know what health services are out there
- Then all these stresses influence our ability to practice proper physical fitness and eating healthy. Eating habits change since coming to Canada, “Nutrition Transition”

[Refer to Power Point Slide 5 – Nutrition Transition]

- We hear that back home people were buying fresh foods, but here we buy frozen foods and packaged foods.
- Many people we researched reported that they are eating North American foods such as pizza, sandwiches, and that they go to fast food restaurants.

Heart Disease ³

- All this leads to Heart Disease. What is heart disease?
- Your heart is a muscle that gets energy from blood carrying oxygen and nutrients.
- Having a constant supply of blood keeps your heart working properly. Many things affect the structure and function of the heart, such as fatty materials, calcium and scar tissue (called plaque), builds up in the arteries that supply blood to your heart, etc.
- The plaque build-up narrows the arteries and prevents the heart from getting enough blood.

What you can do

The good news is Heart disease is preventable and manageable. There are medical treatments to manage your heart disease, but you can further reduce your risk by considering these steps.

[Refer to [Power Point Slide 6 – What can I do?](#)]

- ✧ Be smoke-free
- ✧ Be physically active
- ✧ Know and control your blood pressure
- ✧ Eat a healthy diet that is lower in fat, especially saturated and trans fat
- ✧ Achieve and maintain a healthy weight
- ✧ Manage your Diabetes
- ✧ Limit alcohol use
- ✧ Reduce stress
- ✧ Visit your doctor regularly and follow your doctor's advice

[Refer to [Power Point Slide 7 – Heart & Stroke Foundation video segment on what heart disease/stroke is, signals, warning signs of stroke](#) ⁴ 7.96 minutes]

- It is a good idea to learn Cardio Pulmonary Resuscitation (CPR)
- CPR is an emergency procedure performed on people suffering cardiac arrest, also called a heart attack
- The purpose of CPR is to provide a continuous flow of oxygen to the lungs and brain until the person regains consciousness

[Refer to [Power Point Slide 8 – Heart & Stroke Video – smoke free, CPR, and summary](#) ⁴]

- Please refer to your CPR card in your Resource Package ⁵

[Walk them through the steps – Refer to [Power Point Slide 9 – CPR – Cardio-Pulmonary Resuscitation](#)]

Asthma⁶ – 8 Minutes

Now we are going to switch topics to Asthma. Some of the seniors we spoke to indicated that this is an issue in their families.

[Refer to [Power Point Slide 10 – What is Asthma?](#)]

- What is Asthma? Asthma is a long-term disease that makes it hard to breathe.

- Asthma can't be cured, but it can be managed. With proper treatment, people with asthma can lead normal, active lives.

[Refer to [Power Point Slide 11 - What is Asthma?](#) (Same title as previous slide)]

- If you have Asthma, your airways (breathing passages) are extra sensitive. When you are around certain things, you are extra-sensitive.
- What sets off your asthma symptoms? Many different things can set off your asthma symptoms. These triggers are different for each person.
- Asthma triggers: If you breathe in something you're allergic to – for example, dust or pollen, animal fur, cold air or smoke, or if you exercise, smog and pollution, some perfume, emotional upsets or anxiety.
- It's important for every person with asthma to know what their triggers and inducers are, so they can avoid them.

What to do in an Asthma Attack?

[Refer to [Power Point Slide 12 – What to do in an Asthma Attack](#)]

- ✧ Sit down, with your back straight
- ✧ Take two puffs of your rescue medicine, usually in a blue puffer (for example, Ventolin®)
- ✧ If your breathing is not getting easier, call 911 or your local emergency number
- ✧ Keep taking puffs of your blue rescue inhaler until the ambulance arrives

Take these steps to manage your asthma

[Refer to [Power Point Slide 13 - Take these steps to manage your asthma](#)]

1. Work with doctor to get your asthma under control
2. Follow your written asthma action plan
3. Avoid your asthma triggers: smoke, cold air, allergies, etc.
4. Use your asthma medications as prescribed
5. Know what to do in an asthma emergency (asthma attack)

Meditation Exercises⁷ – 10 Minutes

- Since we have been talking about asthma and the effects of stress on heart health, we wanted to end this workshop with some relaxation and breathing exercises.
- Let's dim the lights. Are you ready?

[Refer to Power Point Slide 14 – Meditation audio clip]

Closing – 5 Minutes

- These meditation exercises are available in your Resource Package.
- We would like to collect your worksheets, to get a sense of your needs and interests.
- Please also complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- What a great time we had. See you again and remember to breathe!

4. References

1. Heart & Stroke Foundation – South Asian Resources [Amitabh Bachchan: Unforgettable Tour Interview for Heart and Stroke Foundation](http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.3479045/k.6516/South_Asian_Resources.htm)
http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.3479045/k.6516/South_Asian_Resources.htm
2. Doris Rajan for Flemington Health Centre & Social Services Network. [South Asian Diabetes Prevention Program – Research Report](#). April 2009.
3. Heart & Stroke Foundation of Canada. www.heartandstroke.com
4. Heart & Stroke Foundation – South Asian Resources – The Story of Every Heart
http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.3479045/k.6516/South_Asian_Resources.htm
5. The American Heart Association. Information for this section from:
<http://depts.washington.edu/learnpr/pocket.html>.
6. Canadian Lung Association. www.lung.ca.
7. [Meditation Workshops](http://www.meditationworkshop.org). By Sri Chinmoy. www.meditationworkshop.org.

Workshop 4: Managing My Physical Health

Part 2 – DIABETES & FALLS PREVENTION

Table of Contents

1. Session Overview	W4-2
2. Workshop Materials	W4-2
• DVD Chapter 4 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 4	
• Resource Package – Contents Checklist for Workshop 4	
3. Facilitator Notes & Script	W4-3
4. References	W4-10

Workshop 4: Managing My Physical Health

Part 2 – DIABETES & FALLS PREVENTION

1. Session Overview

This workshop offers information on Diabetes and Falls prevention. It begins with explaining why South Asian people are particularly vulnerable to risk factors associated with Type 2 Diabetes and then offers some tips around management. Participants will then be given information on the screening process for Diabetes. The workshop ends with a discussion on how seniors can prevent falls. There is one interactive exercise in this workshop.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 4: Managing My Physical Health – Part 2: Diabetes & Falls Prevention
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 4 – Managing My Physical Health- Part 2: Diabetes & Falls Prevention
 - Worksheet: Workshop 4 – Managing My Physical Health- Part 2: Diabetes & Falls * Prevention
 - Evaluation Form

- Diabetes Screening Materials
 - Measuring Tape
 - Pedometer

- Resource Package: All items are listed in the Contents of Resource Package Checklist that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

Checklist for Resource Package – Workshop #4

1. Canadian Diabetes Association – brochure English
2. Ministry of Health, Ontario – Diabetes Fact Sheets English/Punjabi/Tamil
3. York Region – Your Guide to Falls Prevention English
4. Falls Prevention – Home & Safety Checklist English
5. Winter Safety Tips English/Punjabi/Tamil

3. Facilitator Notes & Script

Introduction – 5 minutes

- Welcome everybody and thank you for coming!
- Research studies both nationally and internationally, have shown that people of South Asian descent are more likely to have high blood pressure and Diabetes and are at greater risk of heart disease and stroke than the general population.
- What is Diabetes and pre-Diabetes? And why are South Asian people at a greater risk than other Canadians? Why is it harmful? How do I know if I am risk? What can I do to prevent and manage Diabetes?
- In this workshop we will also talk about how to prevent falls. An important topic for seniors in all seasons, but especially in Canadian winters!

- Attached to your agenda is a paper entitled: Workshop 4: Managing My Physical Health: Part 2 – Diabetes & Falls Prevention Worksheet. *[Hold this up and ask them to refer to it].*
- Because we only have one hour, we wanted to make sure that you can come to us later with any questions or if you need more information. If there is anything that I am saying that you don't really understand or you would like more information on, write this down on your worksheet.
- In addition, you also have a Resource Package of important, easy to understand information that is yours to take home and read. After going through this package, you can also ask questions at a later time.
- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.

Diabetes – 10 Minutes

What is Diabetes? *1, 2, and 3*

[Start DVD Chapter 4: Managing My Physical Health – Part 2 – Diabetes & Falls Prevention. Ensure that you have the correct language DVD, i.e. English, Punjabi, or Tamil. Start Power Point – Slide 2 What is Diabetes?]

- Diabetes is what is known as a metabolism disorder. Metabolism means the way our bodies use digested food for energy and growth.
- Most of what we eat is broken down into glucose which is the main source of fuel for our bodies. Glucose is a form of sugar in the blood.

[Refer to Power Point Slide 3 – Diabetes is a disease...]

- Our bodies need insulin for glucose to fuel our bodies. Diabetes is a disease in which the pancreas does not produce insulin or does not produce enough insulin.

What are the “types” of Diabetes?

- Your body gets energy by making glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin.
- Insulin is a hormone that helps your body control the level of glucose (sugar) in your blood. Type 1 Diabetes is a disease in which the pancreas does not produce insulin.
- If you have Type 1 Diabetes, glucose builds up in your blood instead of being used for energy. People are usually diagnosed with Type 1 Diabetes before the age of 30,

most often during childhood or their teens.

- Type 2 Diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. If you have Type 2 Diabetes, glucose builds up in your blood instead of being used for energy.
- South Asian people have much higher incidences of pre-Diabetes and Type 2 Diabetes than the majority of other Canadians.
- Pre-Diabetes comes before Type 2 Diabetes and is characterized by higher than normal blood glucose levels.

What can Diabetes do to my body?

[Refer to [Power Point Slide 4 – What can Diabetes do?](#)]

- Diabetes can affect many parts of your body in a negative way. Here are some key body parts that are affected.
 - ✧ Your heart – Diabetes puts people at a greater risk of heart disease. This can lead to heart attacks and stroke.
 - ✧ Your vision – Diabetes can cause damage to the blood vessels in your eyes, cause cataracts - clouding of your eyes, Glaucoma, and cause an increase in fluid that leads to nerve damage and loss of vision.
 - ✧ Your kidneys – Diabetes can damage your kidneys and cause bladder infections.
 - ✧ Your Feet – Diabetes can do damage to nerves in all parts of the body. Nerve damage can lead to numbness or pain. Some people have no symptoms. The longer a person has Diabetes, the greater the risk of having nerve problems. However, when Type 2 Diabetes is diagnosed half of the people already have signs of nerve damage in the feet. It is important to have a foot exam done by a doctor regularly.

Why are South Asian people more at risk?

- There are a number of reasons for this.
 - ✧ Family genetics
 - ✧ South Asian diet is high in fats and sodium
 - ✧ Unhealthy diet, i.e. higher calories, fats, and carbohydrates, results in being overweight and enlarged abdominal size
 - ✧ Higher incidences of hypertension
 - ✧ Lack of physical activity
 - ✧ Chronic stressors related to being an immigrant or refugee

- Many things cause stress in new and even more established immigrants including the following.
 - ✧ Unable to get work in their professional field
 - ✧ Difficult to find any work
 - ✧ Day-care is too expensive, so grandparents have to look after grandchildren
 - ✧ Poor or overcrowded housing
 - ✧ Lack of English
 - ✧ New stresses to family structure
 - ✧ Concerns about immigration status and sponsorship
 - ✧ Busy lives in Canada – hard to find time for family and leisure
 - ✧ The winter climate
 - ✧ Fear of going outside of your own South Asian community
- There is also a relationship between heart health and Diabetes as this video clip explains.

[Refer to Power Point Slide 5 – Video segment from the Heart & Stroke videos where doctor talks about Diabetes⁴ – 3 Minutes]

What can you do ?

[Refer to Power Point Slide 6 – What you can do!]

- There is good news! You can live a healthy life by keeping the amount of sugar in your blood at a target range.
 - ✧ Get regular medical care with your Family Doctor
 - ✧ Eat healthy South Asian meals and snacks
 - ✧ Enjoy regular physical activity
 - ✧ Work on reducing stress in your life
 - ✧ Take Diabetes medications (including insulin), if prescribed by your doctor
- Our next workshop is dedicated to cooking and preparing healthy South Asian foods, so make sure you can attend that workshop!
- Another important step in Diabetes care is early detection.

Explanation of the testing or screening process for pre and Type 2 Diabetes – 5 minutes

The screening process takes place in the following steps:

1. **The nurse will register you** by filling out a questionnaire – Here we collect information on your demographics, family and medical history as it might relate to Diabetes risk factors.
2. **Take your Anthropometric measurements** – Next we take the Height, Weight, calculate your BMI and then measure the waist circumference. Excess abdominal weight puts you at a greater risk for insulin resistance. Therefore we calculate your Body Mass Index or BMI based on your height and weight. The World Health Organization developed specific cut off values for determining the BMI and waist measurements for South Asian people.
3. **Administer a Clinical test** – Next you will have a “prick” test or Fasting Plasma Glucose (FPG) test.
4. **Referral process** – If you are in the pre Diabetes range or higher we would then refer you to your doctor.

Falls Prevention⁵ – 30 Minutes

- Did you know that 1 in 3 seniors fall each year and 90% of all broken hips are because of falls?

[Refer to [Power Point Slide 7 – Why do falls happen?](#)]

- Why does this happen so frequently? Often there is a combination of factors.
 - ✧ Inactivity leading to poor muscle strength and coordination
 - ✧ Taking more than 4 medications
 - ✧ Poor nutrition
 - ✧ Hazards in and outside of your home

What you can do to prevent a fall

- ✧ Stay Active – do flexibility, strength and balance activities. Participate in regular exercise programs.
- ✧ Review what medications you are taking with your pharmacist. Advise your doctor if medication makes you dizzy. Ask your doctor about the side effects of medication(s) and avoid alcohol with medications.

- ✧ Use assistive devices such as canes, walkers, and hip protectors when you are walking, particularly if you are unsteady.
- ✧ Make your bathroom safer – install grab bars and use a long rubber mat inside your tub.
- ✧ Eat healthy – low fat, more fibre, limit salt intake.
- ✧ Have a health exam – for normal changes as you age like, vision, hearing, balance, muscle strength.
- ✧ Examine your home for unsafe areas – go through the Home Safety checklist in your Resource Package – York Region.

Some examples of Home Safety Questions

[Refer to [Power Point Slide 8 – Home Safety](#)]

- ✧ Bedroom – is your light near your bed, is your bed a height that is easy to get on and off of?
- ✧ Bathroom – do you have handrails and grab bars?
- ✧ Floors – do your floor mats have a non-slip backing or are all your cords safely away from walkways?
- ✧ Lighting – Are your lights bright enough that you can see well? Is there good lighting where you keep your medication?
- ✧ Stairs and steps – Are your stairs and steps well lit and do you have a handrail?
- ✧ Kitchen – Can you reach everything without bending, climbing or upsetting your balance?
- ✧ Living room – Can you get out of your chair easily? Is all furniture sturdy?
- Examine the outside of your home – Are the edge of your steps clearly marked? Are the paths around your house in good repair?
- Maintain safe personal habits – I do not hurry. I sit down when I am dressing. I always wear well-fitted shoes. I pull my long skirts up, or watch that my dupatta or scarves are not in the way of my walking.

Exercise #1: Home Safety

- Take a few minutes to think about the rooms in your home. Your bedroom, bathroom, kitchen, and living room. Can you think of anything in these rooms that may be unsafe? What can you do about it? *[Take a few responses]*
- What about your own habits? How many people are always in a rush? Why? What can you do to avoid rushing? What kind of shoes do you wear? What kind of shoes do you think are most safe?
- Falls are particularly an issue in winter. In your Resource Package there is a document in your Resource Package titled Winter Safety Tips and 12 Tips to Prevent Falls. Please take this out.
- Let's review this document together. *[Read out loud the 12 Tips to Prevent Falls.]*
- We are going to end this workshop with a demonstration of how to best get up from a fall.

[Refer to Power Point Slide 9 – Video segment is demonstration of getting up from a fall.]

Closing – 5 Minutes

- We would like to collect your worksheets – to help us follow-up on your needs.
- Please also complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- I want you to think about one word or phrase that best describes how you felt about this workshop today.

[Go around the room and ask each participant for their word or phrase]

- You have been a great group! Congratulations on caring about your health!

4. References

1. Canadian Diabetes Associations. www.Diabetes.ca.
2. Medical News Today. www.medicalnewstoday.com/info/Diabetes/.
3. Colorado Diabetes Prevention and Control Program
www.cdphe.state.co.us/pp/Diabetes/body.html.
4. Heart & Stroke Foundation– South Asian Resources – The Story of Every Heart
http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.4097333/k.328B/The_Story_of_Every_Heart_videos.htm#ddkkenglish
5. York Region. Your Guide to Falls Prevention. 1-800-361-252-9933

Workshop 5: **Delicious & Nutritious!** **A Healthy South Asian Diet**

Table of Contents

1. Session Overview	W5-2
2. Workshop Materials	W5-2
• DVD Chapter 5 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 5	
• Resource Package – Contents Checklist for Workshop 5	
3. Facilitator Notes & Script	W5-4
4. References	W5-12

Workshop 5:

Delicious & Nutritious!

A Healthy South

Asian Diet

1. Session Overview

This workshop offers information on how South Asian people can maintain a healthy and nutritious diet, while still enjoying their various South Asian cuisines. Healthy eating is framed in the context of preventing and managing seniors' health related issues, particularly high blood pressure, Diabetes, heart disease, and stroke. There will be cooking demonstrations on film and there is one interactive exercise in this workshop where participants will have the opportunity to cook a healthy meal themselves.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 5: Delicious & Nutritious! – A Healthy South Asian Diet
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 5 – Delicious & Nutritious! – A Healthy South Asian Diet
 - Worksheet: Workshop 5 – Delicious & Nutritious! – A Healthy South Asian Diet *
 - Evaluation Form

- Cooking Class Materials
 - Kitchen Facility – minimum 2 stoves
 - Cooking Utensils – Include pots and pans
 - Food Ingredients for Vegetable Biryani Recipe**

- Resource Package: All items are listed in the Contents of Resource Package Checklist that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

**Please note – feel free to substitute this recipe with other healthy South Asian recipes.

Checklist for Resource Package – Workshop #5

1. Heart & Stroke Foundation of Canada – Heart-Healthy South Asian Recipes
 English
2. Canadian Diabetes Association – Just the Basics – Healthy Eating for Diabetes Management and Prevention English/Punjabi/Tamil
3. Canadian Diabetes Association Sample Meal Plan – Southern Culture English/Tamil
4. Canadian Diabetes Association Sample Meal Plan – Vegetarian Southern Culture.
 English/Tamil
5. Canadian Diabetes Association Sample Meal Plan – Northern Culture
 English/Punjabi
6. Canadian Diabetes Association Sample Meal Plan – Vegetarian Northern Culture
 English/Punjabi
7. Canadian Diabetes Association – South Asian Food Pictures English/Punjabi/Tamil
8. Canadian Diabetes Association – South Asian Sample Menu for the Northern Culture – Small and Big Appetites English
9. Canadian Diabetes Association – South Asian Sample Menu for the Southern Culture – Small and Big Appetites English
10. Canadian Diabetes Association – South Asian Sample Vegetarian Menu for the Northern Culture English
11. Canadian Diabetes Association – South Asian Sample Vegetarian Menu for the Southern Culture English
12. Health Canada – Canada’s Food Guide. English/Punjabi/Tamil
13. Toronto Public Health and Heart and Stroke Foundation of Ontario – TransFat Fact Sheets. English/Tamil
14. Canadian Cancer Society. Eating well when you have cancer: A guide to good nutrition English/Punjabi

3. Facilitator Notes & Script

Introduction – 5 minutes

- Welcome everybody and thank you for coming!
- We know that people of South Asian descent are more likely to have high blood pressure and Diabetes and are at greater risk of heart disease and stroke than the general population. Eating a healthy diet that is low in fat and sodium is the key to better overall health.
- Today we are going to learn about how to eat healthy versions of favourite South Asian dishes. We will share recipes developed by South Asian dietitians that are delicious and easy to prepare.
- The best part of this, is you are all going to have a chance to try a recipe out!
- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.

Eating a Healthy South Asian Diet – 17 Minutes

[Start DVD Chapter 5: Delicious & Nutritious! – A Healthy South Asian Diet. Ensure that you have the correct language DVD, i.e. English, Punjabi, or Tamil. Start Power Point – Slide 2 and 3 – Video segments – from Heart & Stroke Foundation¹ – Specific on foods to avoid in the South Asian context (4.43 mins) and excerpt from Managing your South Asian diet² (4.40 Min)]

Meal Plans

[For the Tamil Groups] Let's get more specific. Please take out two documents in your Resource Package 1) Sample Meal Plan – Southern Culture and 2) Sample Meal Plan – Vegetarian Southern Culture.

[For the Punjabi Groups] Let's get more specific. Please take out two documents in your Resource Package, 1) Sample Meal Plan – Northern Culture and 2) Sample Meal Plan – Vegetarian Northern Culture.

[Make sure that they have all located the documents before starting. Review the Meal Plan³ to follow]

Sample Meal Plan – Southern Culture

[Tamil group]

Breakfast (CHO: 45 g)

Upma (2/3 cup, 150mL)

Vegetable chutney (2 tbsp, 30 mL)

Low-fat yogurt (1/3 cup, 75 mL)

Chai-tea – no sugar (with low-fat milk ½ cup, 125 mL)

Lunch (CHO: 60g)

3 String hoppers(4", 10 cm each)

Fish (2 oz, 60 g)

Low-fat yogurt (3/4 cup, 175 mL)

Green salad (low calorie dressing 1 tsp, 5 mL)

Sabji (no potato)

½ Medium mango

Black coffee – no sugar

Dinner (CHO: 60 g)

Rice, basmati/brown (2/3 cup, 150 mL)

Sambhar (1 cup, 250 mL)

Tofu curry (1 oz 30 g)

Green salad (low-calorie dressing, 1 tsp, 5 mL)

1 medium orange

Water

Evening Snack (CHO: 15 g)

Low-fat milk (1 cup, 250 mL)

Sample Meal Plan – Vegetarian Southern Culture

[Tamil group]

Breakfast

2 small whole wheat dosa (6", 15 cm each) or 2 whole wheat iddlies (3", 8cm each)
Savoury chutney
Sambhar (1 cup, 250 mL)
Clear tea or black coffee – no sugar

Lunch

Thin vegetable soup
Rice, basmati/brown (2/3 cup, 150 mL)
Sambhar (1 cup, 250 mL)
Green leafy vegetable
Low-fat yogurt (1/3 cup, 75 mL)
Cooked lentils (1/2 cup, 125 mL)

Mid-afternoon Snack

1 slice whole grain bread with vegetable filling
Clear tea or black coffee – no sugar

Dinner

2 small whole wheat chapati (6", 15 cm each)
Dhal (1 cup, 250 mL)
Low-fat yogurt (3/4 cup, 175 mL)
Green vegetables
Sabji (no potato)
1 medium apple
Water

Evening Snack

Low-fat milk (1 cup, 250 mL)

Sample Meal Plan – Northern Culture

[Punjabi Group]

Breakfast (CHO: 45 g)

2 slices whole grain bread
Peanut butter (2 tbsp, 30 mL)
Low-fat yogurt (1/3 cup, 75 mL)
Chai-tea – no sugar (with low-fat milk ½ cup, 125 mL)

Lunch (CHO: 60g)

2 whole wheat chapati (6", 15 cm each)
Low-fat yogurt (3/4 cup, 175 mL)
Green salad (low-calorie dressing, 1 tsp, 5 mL)
Sabji with low-fat paneer (1/4 cup, 60 mL) – no potato
½ Medium mango
Black coffee – no sugar

Dinner (CHO: 60 g)

Rice, basmati/brown (2/3 cup, 150 mL)
Dhal (1 cup, 250 mL)
Fish (1 oz, 30 g)
Green salad (low-calorie dressing, 1 tsp, 5 mL)
Sabji (no potato)
1 medium orange
Water

Evening Snack (CHO: 15 g)

Low-fat milk (1 cup, 250 mL)

Sample Meal Plan – Vegetarian Northern Culture

[Punjabi group]

Breakfast

2 small whole wheat chapati (6", 15 cm each)

Savoury chutney

Dhal (1 cup, 250 mL)

Clear tea or black coffee – no sugar

Lunch

Thin vegetable soup

Rice, basmati/brown (2/3 cup, 150 mL)

Sabji with tofu (1 oz, 30 g), no potato

Low-fat yogurt (1/3 cup, 75 mL)

Dahl (1/2 cup, 125 mL)

1 medium orange

Mid-afternoon Snack

Khichri (1/2 cup, 125 mL)

Clear tea or black coffee – no sugar

Dinner

2 small whole wheat chapati (6", 15 cm each)

Dhal (1 cup, 250 mL)

Low-fat yogurt (3/4 cup, 175 mL)

Green vegetables

Saag

1 medium apple

Water

Evening Snack (CHO: 15 g)

Low-fat milk (1 cup, 250 mL)

Cooking Lesson – 33 minutes

- Now it is your time to cook something! We are going to make Vegetable Biryani. Please refer to the recipe attached to your agenda.
- We are going to work in groups of 2. I am going to count off 1-2 to divide you up into the groups.

[Point to each person assigning them a 1 or 2]

- Everybody in Group 1 please go over there. Everybody in Group 2 please go over there.

[Read out the recipe below and ask them to begin. Circulate to assist them]

Vegetable biryani ⁴ – Makes 4 servings

Ingredients

For the rice:

¾ cups (175 mL) brown basmati rice
 1 tbsp (15 mL) canola oil
 2 tbsp (25 mL) sliced almonds
 ½ tsp (2 mL) turmeric
 ¼ tsp (1 mL) ground cumin
 ¼ tsp (1 mL) ground coriander
 5 whole cardamom pods
 1/8 tsp (0.5 mL) ground cinnamon
 1 ½ cups (375 mL) water
 ½ tsp (2 mL) salt

For the vegetables:

1 tbsp (15 mL) canola oil
 ½ cup (125 mL) sliced onion
 1 inch (2.5 cm) piece of fresh ginger root,
 peeled and grated
 2 cloves of garlic, minced
 ½ tsp (2 mL) whole cumin seeds
 ½ tsp (2 mL) ground coriander
 ¼ tsp (1 mL) ground cardamom
 1 cup (250 mL) cauliflower, diced
 1 cup (250 mL) green beans, cut in half
 1 cup (250 mL) sweet potato, diced
 1 cup (250 mL) carrot, diced
 ¼ tsp (1 mL) salt
 ½ cup (125 mL) water

Directions

For the rice: Place rice in a fine sieve. Rinse with water until the water runs clear. Set aside. In a medium sauce pan heat oil over medium heat. Add the almonds and spices and cook for a few minutes until fragrant. Add the water and salt and bring to a boil. Add the rice and reduce the heat to low. Cover and cook for 50 minutes. While the rice is cooking make the vegetables.

For the vegetables: In a large non stick skillet heat oil over medium heat. Add the onion and cook for 5 minutes. Add the garlic, ginger and spices and cook for 2 minutes. Add the vegetables, water and salt. Cover and cook on medium for 10 minutes or until the vegetables are tender but not mushy. When the rice is finished, add it to the vegetables and stir to combine.

This is the Nutritional value of this dish per 1 ¼ cup or 300 mL:

Calories:275
 Protein:6 g
 Fat:10 g
 Saturated fat:1 g
 Dietary cholesterol:0 mg
 Carbohydrate:42 g
 Dietary fibre:5 g
 Sodium:473 mg
 Potassium:359 mg

Closing – 5 minutes

- Please complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- In your Resource Package there are other recipes, meal plans, and daily choices by food groups. We hope you will read your package at home and try to develop and use new meal plans in your home. Make sure to share this information with your family.
- I want you to think about one word or phrase that best describes how you felt about this workshop today.

[Go around the room and ask each participant for their word or phrase]

- This has been a fun day! Hope you enjoyed it as much as I did! Happy eating!

4. References

1. Heart & Stroke Foundation – South Asian Resources The Story of Every Heart
http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.4097333/k.328B/The_Story_of_Every_Heart_videos.htm#ddkkenglish
2. Government of Ontario – Stand-up to Diabetes Managing your South Asian Diet
http://www.health.gov.on.ca/en/ms/diabetes/en/vid_southasian.html
3. Sample Meal Plans from Canadian Diabetes Associations. www.Diabetes.ca.
1-800-BANTING (226-8464) August 2010
4. Vegetable Biryani Recipe. Developed by Nadine Day, RD. ©The Heart and Stroke Foundation. Posted June 2008.

Workshop 6: Managing My Mental Health

Table of Contents

1. Session Overview	W6-2
2. Workshop Materials	W6-2
• DVD Chapter 6 (English, Punjabi, and Tamil)	
• USB Memory Stick: Handouts Workshop 6	
• Resource Package – Contents Checklist for Workshop 6	
3. Facilitator Notes & Script	W6-3
4. References	W6-18

Workshop 6: Managing My Mental Health

1. Session Overview

This workshop offers information on the topic of mental health. Information will be shared on specific mental health related issues including depression, post-traumatic stress, and Alzheimer's Disease. We will focus on defining and identifying these issues, how to address them, and share some ideas around self management. The latter part of the workshop will involve an exercise where seniors can explore dealing with family conflict, or in the case of the Tamil group dealing with emotional pain associated with war. There is one interactive exercise in this workshop. The exercise is different for the Punjabi and Tamil groups.

2. Workshop Materials

Ensure that you have all the materials outlined in the [Instructions for Organizing the Workshops](#) booklet. You will also need the following workshop-specific materials.

- DVD Chapter 6: Managing My Mental Health
 - English
 - Punjabi
 - Tamil

- USB Memory Stick: Handouts
 - Agenda: Workshop 6: Managing My Mental Health
 - Worksheet: Workshop 6: Managing My Mental Health *
 - Evaluation Form

- Resource Package: All items are listed in the [Contents of Resource Package Checklist](#) that follows. You will need to assemble individual Resource Packages specific to your language group, for each workshop participant prior to your workshop. If materials on this list have not been translated to Punjabi and/or Tamil, the English copy should be included.

*If the worksheet is two pages long, we recommend printing these double-sided.

Checklist for Resource Package – Workshop #6

Information brochures and pamphlets from:

1. Kinark Child & Family Services English
2. Vasantham: Tamil Seniors Wellness Centre English/Tamil
3. Family Services York Region English/Punjabi/Tamil
4. Canadian Mental Health Association – York Region Branch English
5. Across Boundaries: ethno-racial community mental health centre English
6. Mental Health Works English
7. Canadian Centre for Victims of Torture English
8. Reconnect Mental Health Services English
9. Centre for Addictions and Mental Health (CAMH) Facts Sheets English
10. Alzheimer’s Society of Canada and York Region English
11. The Ontario Network for the Prevention of Elder Abuse English

3. Facilitator Notes & Script

Introduction – 5 minutes

- Welcome everybody and thank you for coming!
- When we think of health we naturally think of physical health. In particular physical health conditions like Diabetes, Heart Disease, and Asthma.
- In every workshop of our seniors’ series, whether we were discussing navigating the health and social service systems, how to get financial support or support with daily living, or even talking about physical exercise and healthy eating – one thing we kept coming back to is how all these issues are interconnected with mental health.
- When you eat well you feel happier. When you exercise you feel happier. When you are doing the things that you like to do like going on excursions, watching films, being with friends and family etc., you feel happy.
- When you are confused about how to get and afford proper health care or frustrated with the stresses of your busy life here in Canada, your mental health is affected.

The other workshops explained how stress, diet, and lack of exercise leads to physical health problems that in turn have a negative effect on your mental health.

- Today we are going to talk about specific mental health conditions like Alzheimer's Disease and related Dementias, depression, and post-traumatic stress (Tamil group). What are these things? What causes them? What kinds of health services are out there to help?
- We are then going to talk about your situations and the particular stresses in your lives, in order to come up with solutions to make things better.
- Attached to your agenda is a paper entitled: Workshop #6: Managing My Mental Health Worksheet. [*Hold this up and ask them to refer to it*] Because we only have one hour, we wanted to make sure that you can come to us later with more questions or if you need more information. If there is anything that I am saying that you don't really understand or you would like more information on, write this down on your worksheet.
- In addition, you also have a package of important, easy to understand resources on Mental Health that are yours to take home and read. After going through this package, you can also ask questions to us at a later time.
- We are providing you with general information for you to use as you wish. Please note that you are responsible for your health and medical needs in consultation with health and medical professionals, particularly your family doctor.

What is Alzheimer's disease and related Dementias?¹ – 5 Minutes

[Start DVD Chapter 6: Managing My Mental Health. Ensure that you have the correct language DVD, i.e. English, Punjabi, or Tamil. Start Power Point – Slide 2 – What is Alzheimer's disease and related Dementias?]

Alzheimer's disease is a gradual deterioration of the brain that results in a loss of proper functioning. The Symptoms include:

- Loss of memory;
- Difficulty with day-to-day tasks;
- Changes in mood and behaviour.

With Alzheimer's disease, people may think these symptoms are part of normal aging but they are not. It is important to see your doctor when you notice any of these symptoms.

Warning Signs

[Refer to Power Point Slide 3 – Warning Signs]

Memory loss that affects day-to-day function – It’s normal to occasionally forget appointments, names or phone numbers and remember them later. A person with Alzheimer’s disease may forget things more often and not remember them later, especially things that have happened more recently.

Difficulty performing familiar tasks – A person with Alzheimer’s disease may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal or going for a drive.

Problems with language – Everyone has trouble finding the right word sometimes, but a person with Alzheimer’s disease may forget simple words or substitute words, making sentences difficult to understand.

Disorientation of time and place – It’s normal to forget the day of the week or your destination — for a moment. But a person with Alzheimer’s disease can become lost on their own street, not knowing how they got there or how to get home.

Poor or decreased judgment – People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer’s disease may have decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Problems with more complicated thinking – From time to time, people may have difficulty with tasks that require more complicated thinking, such as balancing a cheque book. Someone with Alzheimer’s disease may have significant difficulties with such tasks, for example not recognizing what the numbers in the cheque book mean.

Misplacing things – Anyone can temporarily misplace a wallet or keys. A person with Alzheimer’s disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Changes in mood and behaviour – Everyone becomes sad or moody from time to time. Someone with Alzheimer’s disease can exhibit varied mood swings — from calm to tears to anger — for no apparent reason.

Changes in personality – People’s personalities can change somewhat with age. But a person with Alzheimer’s disease can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

Loss of initiative – It’s normal to tire of housework or social obligations, but most people regain their desire to do these things. A person with Alzheimer’s disease may become very passive, and require cues and prompting to become involved.

- If your doctor thinks you may have Alzheimer’s disease or you want more information, you can contact:

[Refer to [Power Point Slide 4 – Alzheimer Society of York Region](#)]

Alzheimer Society of York Region

800 Davis Drive, Unit 6
Newmarket, ON L3Y 2R5
Tel: (905)895-1337
Web: www.alzheimer-york.com

- There is more information on Alzheimer’s disease and related Dementias in your Resource Package.

Abuse and Stress^{2, 3} – 5 Minutes

What is elder abuse?

[Refer to [Power Point Slide 5 – What is Elder Abuse?](#)]

- ✧ When there is neglect
- ✧ When your human, legal, and medical rights are violated
- ✧ When you are deprived of money, from making decisions, and not getting the respect you deserve

In what relationships can abuse occur?

[Refer to [Power Point Slide 6 – In what relationships can abuse occur?](#)]

- ✧ In a family
- ✧ Between a husband and wife
- ✧ Between friends
- ✧ Between an older adult and someone they are relying on such as an accountant or other paid professionals
- ✧ When someone is providing services in an older adult’s home

[Refer to [Power Point Slide 7 – You may not want to say anything ...](#)]

If we have experienced abuse in the family, we may not want to say anything because:

- ✧ We have a strong sense of family honour;
- ✧ We want to protect our abusive family member;
- ✧ We depend on our family members for money and care;
- ✧ We are ashamed of the abuse and in our culture we are encouraged to keep it a secret.

- When understanding Elder Abuse in our families we have to keep in mind the stresses of the settlement process and life of an immigrant in Canada.
- The barriers, discrimination, and stresses that we experience as immigrants can sometimes result in elder abuse.

What are some of these stresses that are unique to us as immigrant seniors?

[Refer to Power Point Slide 8 – What are some of these stresses that are unique to us as immigrant seniors?]

- ✧ We are more financially dependent on our family. They may have sponsored us and have had to pay for us until we receive our Old Age Security money from the government.
- ✧ Language barriers make us more dependent on our families.
- ✧ We feel it is our duty to care for our grandchildren, even though this may be difficult for us as we age.
- ✧ We feel it is our duty to cook and clean in our adult children’s homes, while they are working, even though this may be difficult for us as we age.
- ✧ We may have to deal with conflict in the family. With our Canadian raised grandchildren? With our daughter-in-laws? With our own children?
- ✧ All these things combine to make us feel more isolated, sad, and lonely.

What is Depression? ^{4, 5, 6} – 15 Minutes

- It is normal to feel sad at times. It is also normal to have days where you just don’t feel like doing anything. Days when your energy is extremely low.
- If feelings of sadness or low energy persist for weeks, you need to seek medical care.
- Depression can make you want to “give up” or “not care anymore” about things, even your health conditions like Diabetes or heart disease. And this can make your health even worse.
- The main symptom of depression is a sad, despairing mood that:
 - ✧ is present most days and lasts most of the day;
 - ✧ lasts for more than two weeks;
 - ✧ impairs the person’s performance at home, when you are out, or in social relationships.

If you are depressed you may have problems with the following.

[Refer to Power Point Slide 9 – If you are depressed, you may have problems ...]

- ✧ Sleep problems – increased or decreased
 - ✧ Changes in appetite and weight – increased or decreased
 - ✧ Physical symptoms like headaches, muscle pains, and bowel complaints are common
 - ✧ Feelings of worthlessness, helplessness or anxiety, low self esteem
 - ✧ Lack of pleasure from things you once enjoyed like hobbies, relationships, etc.
 - ✧ Withdrawal from family and friends
 - ✧ Irritability
 - ✧ Fatigue
 - ✧ Trouble concentrating, remembering and making decisions
 - ✧ Crying easily, or feeling like crying but not able to
 - ✧ Thoughts about suicide or death
 - ✧ Drug or alcohol abuse
- People who are depressed may feel like it is their fault, or it is a sign of weakness, a sign of not being able to cope in society.
 - People also may think that they will be thought of as “strange”, even with their doctor. Depressed people may be afraid to say they are depressed.
 - Most depressed people want to be left alone. The symptoms of depression make socializing and interacting with friends and family very difficult and even stressful.
 - Alcohol is often used to provide a temporary break from some of the symptoms of depression. However, this “self-medication” hides depression – and often makes it worse.
 - Depression in older adults – Some people have the mistaken idea that it is normal for older adults to feel depressed. Older adults often don’t want to discuss feeling hopeless, sad, a loss of interest in normally pleasurable activities, or prolonged grief after a loss.

What can I do?

[Refer to Power Point Slide 10 – What can I do?]

Depression can be treated by:

- ✧ Psychotherapy or “counselling”;
- ✧ Medication;
- ✧ Support groups.

- The first step is to see your family doctor. Your doctor can assess you and treat you with medication and some even do counseling.
- A combination of medication and counseling is the usual first step.

Psychotherapy

- Psychotherapy describes a form of treatment that is based on “talking work” done with a therapist.
- The goal of this *talking work* with a therapist is to relieve distress by discussing and expressing feelings, to help change attitudes, behaviour and habits that may be unhelpful, and to promote better ways of coping.
- If it seems that you may need more than this, your family doctor may refer you to a psychiatrist, who can treat you as an outpatient or, if necessary, admit you to a hospital.
- Some people see depression as a weakness, rather than a legitimate medical disorder. Depression is an illness that, without treatment, can worsen significantly and even become life-threatening.
- If you feel suicidal or are thinking of ways to kill yourself tell your doctor immediately.
- If you do not have a doctor, call your local distress centre or go for help to the emergency department of the nearest general or psychiatric hospital.

Medication

- Antidepressant medications can relieve and resolve the symptoms of depression. Many people hesitate to take medication because they view reliance on them as a sign of weakness.
- Elderly patients are given lower dosages of medication, because they are more sensitive to medication, prone to confusion, and may have more trouble tolerating side-effects.
- It is important to inquire how drugs interact with one another and to be aware of side effects.

Support Groups

- Support groups may provide the motivation needed to be with other people, particularly those who are also dealing with depression.

- Part of recovery involves encouraging people with depression to gradually reintroduce themselves to social situations and structured group activities.
- It is important that you have someone with whom you can talk to.

What causes Depression?

- *[Refer to Power Point Slide 11 – What causes depression?]*

There are many reasons for depression.

- ✧ Your genetics or family history of depression
 - ✧ Your psychological make-up
 - ✧ Your biology, such as imbalances in brain chemistry and in the immune systems
 - ✧ The stress in your life and things that have happened to you
1. **Genetic and family history** – Those with a family history of depression have slightly higher chances of becoming depressed at some stage in their lives. A genetic predisposition alone, however, is unlikely to cause depression. Other factors, such as traumatic childhood or adult life events, may act as triggers.
 2. **Psychological vulnerability** – The way you have learned to deal with your problems, may contribute to the onset of depression. Do you have a low opinion of yourself? Do you worry a lot? Do you depend on others a lot? Are you a perfectionist? Do you expect too much from yourself or others? Do you hide your feelings and emotions? All these things may put you at greater risk of becoming depressed.
 3. **Biological factors** – Depression may appear after unusual physiological changes such as childbirth, infections, or changes in the hormonal cycle of women. During menopause, women must adjust to the effects of reduced levels of the hormone estrogen. Symptoms of depression may be a reaction to another illness, such as cancer or a heart attack.
 4. **Life events or environmental stresses** – Individual characteristics are also closely related to risk factors that have to do with the stresses of your environment. The stresses that South Asian people experience when living in western countries related to the migration and settlement process, can have a negative effect on your mental health
- Many things cause stress in new and even more established immigrants, including the following.

[Refer to Power Point Slide 12 – Stress for immigrant seniors]

- ✧ Lack of money
 - ✧ Daycare is too expensive, so grandparents have to look after grandchildren
 - ✧ Poor or overcrowded housing
 - ✧ Lack of English
 - ✧ New stresses to family structure
 - ✧ Concerns about immigration status and sponsorship
 - ✧ Busy lives in Canada – hard to find time for family and leisure
 - ✧ The winter climate
 - ✧ Fear of going outside of your own South Asian community
 - ✧ Depression and other mental health issues
- OR maybe you have had childhood or other trauma in your life or maybe family conflict is hard to cope with.

Areas where conflict may occur in the family for seniors.

- ✧ You depend on your children to take you to doctor and other appointments
- ✧ You depend on your children to translate for you and explain the details of when you have to have tests or appointments, etc.
- ✧ You depend on your children for money, food, to pay for medication
- ✧ Children need to use your pension money because they need the money. You may feel obligated to them, since they cared for you when you first came to Canada
- ✧ It is difficult looking after your grandchildren, or cooking and cleaning
- ✧ You have lost the respect you had when you were financially independent back home
- ✧ You have difficulties with your teenage grandchildren, your daughter-in-law, and your own children

[Punjabi group skip to Section B]

Section A

Coming from a War Torn Country^{7, 8, 9} – 30 Minutes

- Tamil people have experienced war. Whether you have recently arrived in Canada or have been here for decades, you still carry the memories and pain around with you.
- In fact you may still be waiting for a loved one to come here to Canada.

[Refer to [Power Point Slide 13 – What we carry with us](#)]

What we carry with us...

- ✧ Personal loss of loved ones
 - ✧ Torture at the hands of our oppressors
 - ✧ The constant threat of violence
 - ✧ The horror of air attacks
 - ✧ The stress of being displaced and the experience of confinement
 - ✧ The poor conditions of living in camps
 - ✧ Loss of property and livelihood
 - ✧ Lack of access to information during the conflict – what is true and what is not?
- Despite all this, we also know we are very strong people. In fact a research paper was written in 1993, that marvelled at the lack of mental problems for Tamil refugees given the conditions that they have come from. This is entitled: Mental Health Resilience of Refugees: The Case of Tamil Refugees by Megan Stuart Mills.¹⁰
 - These are the reasons that they felt Tamil people are strong people.
 - ✧ Pride in our history and culture as Tamil people
 - ✧ Close family and kin ties
 - ✧ Religion helps explain life and gives us ways to cope with adversity
 - In fact the stresses associated with migration and settlement as mentioned earlier, is often a relief or distraction from our experiences in Sri Lanka. Securing employment and proper housing, etc., is a welcome relief from the longstanding fear and suffering in our former environment.
 - Some mental health problems may present themselves. There is a “disorder” called Post Traumatic Stress Disorder. This is a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma.
 - The traumatic event may involve the threat of death to oneself or to someone else, or to one’s own or someone else’s physical, sexual, or psychological being.

- You are considered to have this if you cannot do the things you normally do for over a period of a month.

The Symptoms are as follows. [Refer to [Power Point Slide 14 - Post Traumatic Stress](#)]

- ✧ Re-experiencing the original trauma through flashbacks or nightmares
- ✧ Avoiding places that remind you of the event
- ✧ Difficulty falling or staying asleep
- ✧ Trouble concentrating
- ✧ Irritability
- ✧ Anger
- ✧ Blackouts or difficulty remembering things
- ✧ Increased tendency and reaction to being startled
- ✧ Excessive watchfulness to threat
- ✧ Alcohol abuse

What can we do to get help?

- You should see your family doctor and let them know how you are feeling.
- There are some notable differences however with the experience of Post Traumatic Stress Disorder for Tamil people. The same research paper found that Tamil people have a different experience with Post Traumatic Stress Disorder, i.e. Tamil people are more likely to be anxious than depressed or Tamil refugees may have physical issues as a result of the trauma, like headaches etc.. more often than others.
- If taking medication, you may need a lower dosage of anti-depressants.
- The talking therapy may not be as helpful unless it is with a therapist that really understands the situation in Sri Lanka and can speak Tamil.
- You may also want to ask your doctor or others about more traditional Tamil forms of naturopathic medicine.
- Being in a support group with other Tamil people of your age group like this one.
- Please indicate on your worksheet if you would like to be involved in a Tamil support group to discuss these issues further.

Discussion

- Have you ever experienced any of these symptoms related to the conflict and war? Let's talk about them.

- If so, what do you think would help you? For example medication, naturopathic medicine, therapy, starting a support group to talk about what you are struggling with, with other Tamil seniors or with a counselor individually.
- For others in this group, do you find that some of the problems you are experiencing here within the family difficult? Like family problems, money, etc...?

[Record all the answers on Flipchart paper]

- Please write down any more information that you want or the kind of help you might need, on your Worksheet.

[Go to the end of Section B – The Closing]

Section B – Punjabi Group

Making Things Better at Home – 30 Minutes

Exercise

- Have you ever experienced any of the systems of depression that we spoke about? Any of the other mental health issues that we spoke about?

[Have them identify which symptoms that they have experienced]

- What do you think would help you? i.e. medication, naturopathic medicine, talking therapy, starting a support group to talk about what you are struggling with, with other South Asian, Punjabi speaking seniors or with a counselor individually?

[Record all the answers on Flipchart paper]

- Let's explore some of the issues that you might be struggling with, within your family. I am going to divide you into two groups to do the following Role Play exercise.

[Count off people 1 to 2. Then direct all the 1s to one side of the room, all the 2s to another.]

- Now in your group, you are going to do some acting! I want you to select as a group, a family situation that is most troubling for you. Here are some examples.

[Refer to Power Point Slide 15: Examples of conflict]

- ✧ A conflict with your children over needing to get to an appointment or needing money for something.
- ✧ How you feel when you have to ask your children for money, or to buy your medication, or to get you to an appointment.
- ✧ A conflict with your teenage grandchildren.
- ✧ A conflict with your daughter-in-law.
- ✧ Other family conflicts.

[Refer to Power Point Slide 16 – Steps for Exercise]

Step 1: Decide on the family conflict that you are going to present to the larger group.

Step 2: Discuss it and write down notes on the main problems that occur in that situation.

Step 3: Select the main characters in that situation and decide who in the group will play them.

Here is an example: [*Refer to [Power Point Slide 17 – Examples of Scenarios](#)*]

Step 1: Family conflict: An argument with your teenage grandchildren about doing the dishes.

Step 2: Main problem: The children do not speak to me with respect. The children seem to think of me as worthless, a burden. I have to do the work even though I am tired.

Step 3: Roles: Who will play the teenager, who will play the grandparent, who will play the parents (mother and father)?

- You have 15 minutes to do these 3 steps and then you will come back as a group and present your “scene” to the group.

[During the 15 minutes, circle to each group to see if they need any help. After 15 minutes, call everyone back into the large group]

[Each group has 5 minutes to show their scenario. After the scenarios, ask the large group the following questions]

- What aspects of these situations can you relate to the most?

[Ask them about specific relationships and interactions. For example, do you think the mother-in-law handled the situation with her daughter-in-law in an appropriate way? What other things could she have done? Do you feel the grandfather spoke to his granddaughter in an effective way? If not, why not? What could he have done differently? Etc.]

Closing – 5 minutes

- You can contact the following organizations if you think you need more support with a mental health issue. There is more detailed information about these organizations in your Resource Packages.

[Refer to [Power Point Slide 18- Mental Health Organizations](#)]

- ✧ Family Services York Region (They have handouts in Punjabi and Tamil available in your Resource Package)
- ✧ Canadian Mental Health Association – York Region Branch
- ✧ Kinark Child & Family Services
- ✧ Vasantham: Tamil Seniors Wellness Centre
- ✧ Across Boundaries: Adult Mental Health Programs and Support Services

- Please also complete the evaluation form attached to your agenda. You do not have to put your names on the evaluation form.
- Please make sure to write down any more information that might want or the kind of help you might need, on your worksheet. You can return this to us on another day.
- I want you to think about one word or phrase that best describes how you felt about this workshop today.

[Go around the room and ask each participant for their word or phrase]

- Thank you for your amazing participation today!

4. References

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3. Christine A Walsh. [Elder Abuse Ethnocultural Issues & Persepctives. http://pcerii.metropolis.net/events/2010%20Nodem meetings/Elder%20abuse%20among%20immigrant%20adults%20Metropolis-Walsh.pdf](http://pcerii.metropolis.net/events/2010%20Nodem meetings/Elder%20abuse%20among%20immigrant%20adults%20Metropolis-Walsh.pdf).
4. Depression Canada. www.depressioncanada.com.
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6. Centre for Addiction and Mental Health (CAMH). http://www.camh.net/about_addiction_mental_health/mental_health_information/depression_mhfs.html
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8. Medicine.net.com: [Post-traumatic Stress Disorder. http://www.medicinenet.com/post_traumatic_stress_disorder](http://www.medicinenet.com/post_traumatic_stress_disorder).
9. Jolanda De Vries. "Mental Health Issues in Tamil Refugees and Displaced Persons – Counseling Implications". [Patient Education and Counseling – An International Journal for Communication in Healthcare](#). Copyright@2001 Elsevier Science Ireland Ltd. All rights reserved.
10. Megan Stuart Mills [Mental Health Resilience of Refugees: The Case of Tamil Refugees](#). Refuge Vol. 13, No.3 (June 1993).