

Overview of Third Age Outreach Program

Third Age Outreach is a community outreach program dedicated to promoting senior independence, personal growth, and well-being.

A **Social Worker** provides short-term counselling in the client's home or at the Third Age Outreach office.

The Social Worker also provides two support groups:

- *Widows and Widowers: Taking the First Steps*
- *The Caregivers' Journey*

Dedicated *senior volunteers* facilitate wellness programs in the community. Some of the programs are:

Fully Alive: A 10-week Wellness Program

Senior Health Promotion Series - a series of discussion groups on senior issues such as: LIVING ALONE; DEALING WITH CHANGE AND LOSS; NUTRITION FOR OLDER ADULTS; AGEING AND ESTEEM, HOME SUPPORT EXERCISE PROGRAM; DEALING WITH STRESS; EXPLORING CREATIVITY, SPIRITUALITY AND ALIVENESS.

A Social Time for Seniors - an on-going program providing support and friendship for 12 quite frail, elderly seniors.

LIVING ALONE AND LIKING IT: A discussion group based on information from the Ministry of Citizenship. The program outlines the benefits of living alone, helps seniors face some of the disadvantages, and gives suggestions about how to overcome the challenges.

CHALLENGES OF DEALING WITH CHANGE AND LOSS: An information and discussion group promoting a better understanding of grief and other losses resulting from ageing.

NUTRITION FOR OLDER ADULTS: An information and discussion group focusing on nutritional issues such as meal planning, Canada's Food Guide, active living and nutrition and reading food labels.

AGEING AND SELF-ESTEEM: A discussion group dealing with ageing and self-esteem. Seeing yourself in a positive light and meeting changes confidently can make your life richer.

HOME SUPPORT EXERCISE PROGRAM: A video presentation, demonstration and discussion on the importance of exercise for the elderly population. Participants receive an explanation and illustrations for ten simple exercises to improve their mobility and independence.

STRESS: SPICE OF LIFE OR ARSENIC?: An information and discussion group on stress. What are the sources of stress and how does it affect you? We can't always control what happens, but we can control our reaction to the situation.

Widows and Widowers Taking the First Steps

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| SESSION 1 | Getting Acquainted and
Beginning to Understand Grief |
| SESSION 2 | Understanding Grief |
| SESSION 3 | Stress and Coping |
| SESSION 4 | Role Changes |
| SESSION 5
Feelings | Expressing and Accepting |
| SESSION 6 | Remembering Realistically |
| SESSION 7 | Honouring Your Memories
Creatively |
| SESSION 8 | Handling Anniversaries and
Holidays |
| SESSION 9 | Support Systems & Meeting New
People |
| SESSION 10 | Closure and Celebration |

EMOTIONAL CHALLENGE OF AGEING

- ◆ **RETIREMENT**
- ◆ **LEISURE LIFE**
- ◆ **FINANCIAL ADJUSTMENTS**
- ◆ **RELATIONSHIP ADJUSTMENTS**
- ◆ **PHYSICAL HEALTH**
- ◆ **BEREAVEMENT**

**"Caring With Confidence"
Care-giver Support Group**

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| SESSION 1 | Coping with Change |
| SESSION 2 | Dealing with Burnout |
| SESSION 3 | Communicating Better |
| SESSION 4 | Asserting Yourself |
| SESSION 5 | Dealing with Resistance |
| SESSION 6 | Caring for Yourself |

The 5 A Vitamins



A good dose of “A vitamins” will help us feel good about ourselves, feel right about people, and help us meet the demands of daily life.

Acceptance - the need to belong and to be part of a group whose aims and values are similar to our own.

Appreciation - the need to feel that we are needed, that we have a particular contribution to make as an individual for the good of the whole.

Affection - the need to relate ourselves closely to other people - one or many, the need to feel that someone is concerned about our welfare, cares about us, and the need to feel concern for someone outside ourselves.

Achievement - the need to feel that we have accomplished something by our efforts, that our time, thought and energy have not been wasted. When we actually finish something that we set out to do, it makes us feel mentally healthy.

Amusement - We all need to laugh. We need to have fun and play games.