



fountain of health



Fountain of Health Initiative for Optimal Aging

SENIOR PEER LEADER
PACKAGE



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Stay Healthy for Life!

Healthy Living Sessions for Positive Aging

Introduction



Fountain of Health Stay Healthy for Life

Module 1: Introduction

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation 1
- Name tags, markers
- Flip chart
- FOH Booklets (enough for every participant)
- Pens
- Handouts of the SMART table from slide 11 (bottom row blank)

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting, introduce yourself, invite them to complete a name tag, and show them where they can sit.	15 minutes before meeting
Welcome	<ul style="list-style-type: none">• Welcome participants and introduce yourself.• Tell the group that you are pleased they have joined this first of several sessions to talk about positive aging and healthy living.• Ask people to introduce themselves by telling everyone:<ul style="list-style-type: none">○ Their name; and○ Something interesting that has happened to them in the past month (it can be anything from “I ate a hot fudge sundae and loved it” to “I won an Olympic gold medal”).• Role model how the introductions should flow by re-introducing yourself (the repetition helps people remember your name) and sharing something interesting that happened to you. Use only one sentence to describe the interesting experience.	0:00 15 minutes

Item	Content	Approximate Timing
FOH Overview	<ul style="list-style-type: none"> • Present slide 3 and the content in the speaker’s notes with the slide. • Display slide 4 and invite the group to think about answers to the question “what do you think are the most important things that help with healthy aging?” • Tell participants that you will ask each person for one answer, and will keep going around the room asking for answers until we run out of answers. Let them know if they cannot think of an answer, they can just say “pass” and you will move on to the next person. Ask the first person for an answer and write it on the flip chart. Keep writing answers down until they run out of ideas. • Move to slide 5 and review the five messages related to positive aging. Use examples from the flip chart that the group just prepared to show how their ideas fit into the five key messages. 	0:15 15 minutes
The FOH Booklet and the Pledge	<ul style="list-style-type: none"> • Display Slide 6 and pass out the FOH booklets • Encourage everyone to write their name on their booklet and ask them to bring these booklets each week. • Explain the booklets summarize some of the key points we will be discussing. Ask people to turn to page 14. Page 14 is a pledge that we will ask everyone to sign at the end of our sessions. People are more likely to commit to making a change if they sign a contract with themselves to make the change. So we are asking everyone who participates in our Stay Healthy for Life sessions to sign a pledge to themselves that they agree to set some goals and make at least one positive change or action in the next month. 	0:30 10 minutes
Goal Setting	<ul style="list-style-type: none"> • Display slide 8 and transition by saying “Let’s talk about goal setting.” • Present the information on slides 8 to 11 and the content in the speaker’s notes with the slides. • Display slide 11 and handout a blank worksheet based on the table on this slide. Ask people to work with a partner to fill out the table for whichever goal they choose for the exercise (we might have to pretend for the sake of the exercise that you find the sample goal relevant to you). Sample goals are provided on the slide, however people can pick their own goal if they prefer. • Allow partners to work on their goal for 10 minutes, and then ask each pair to share what they came up with. 	0:40 30 minutes

Item	Content	Approximate Timing
Evaluation	<ul style="list-style-type: none"> • Explain that the sessions are being evaluated to see how they could be improved in the future. Would appreciate your help in evaluating it by completing a short survey. • Review whatever consent process is prepared by the evaluator, then handout the survey, allow time to complete it and collect completed surveys. 	<p style="text-align: center;">1:10 15 minutes</p>
Recap	<ul style="list-style-type: none"> • Summarize the key items covered in the session today <ul style="list-style-type: none"> ○ Overview of the Fountain of Health ○ Reviewed the five messages that we will explore in greater detail in coming sessions ○ Reviewed the booklet and signed the pledge to ourselves ○ Reviewed goal setting and practiced how to make SMART goals. • Advise group of when next meeting is and remind people to bring their handbook. • Ask if there any questions. If you cannot answer them, advise the group that you will get the answer and bring it back next week. 	<p style="text-align: center;">1:25 5 minutes</p>
Farewell	<ul style="list-style-type: none"> • Bid everyone farewell with your hope that you will see them again next time. 	<p style="text-align: center;">1:30</p>



SMART Goal Setting

Intention of Goal	Specific	Measurable	Action-Oriented	Realistic	Time-Limited
<p>What would you like to accomplish in the next few months?</p> <p>(Try using a more general/broad goal)</p>	<p>How <i>specifically</i> can you go about this goal?</p> <p>What <i>concrete steps</i> would you need to take?</p>	<p>How can you <i>measure</i> your progress?</p> <p>(Score out of 10? How often or for how long?)</p> <p>How will you know when the goal is achieved?</p>	<p>Is the goal an action that you can take?</p> <p>What specific <i>actions</i> you will need to take?</p>	<p>Is this goal <i>realistic</i> for you to achieve?</p> <p>Is it doable in the next few weeks or months?</p>	<p>What timeframe does this goal require to achieve?</p> <p>Is it doable in the next few weeks or months?</p>
Socially Active:					
Physically Active:					
Change How You Think about Aging:					
Take Care of My Mental Health:					
Learn New Things:					



SMART Goal Setting

Intention of Goal	Specific	Measurable	Action-Oriented	Realistic	Time-Limited
<p>What would you like to accomplish in the next few months?</p> <p>(Try using a more general/broad goal)</p>	<p>How <i>specifically</i> can you go about this goal?</p> <p>What <i>concrete steps</i> would you need to take?</p>	<p>How can you <i>measure</i> your progress?</p> <p>(Score out of 10? How often or for how long?)</p> <p>How will you know when the goal is achieved?</p>	<p>Is the goal an action that you can take?</p> <p>What specific <i>actions</i> you will need to take?</p>	<p>Is this goal <i>realistic</i> for you to achieve?</p> <p>Is it doable in the next few weeks or months?</p>	<p>What timeframe does this goal require to achieve?</p> <p>Is it doable in the next few weeks or months?</p>
<p>Socially Active:</p> <p><i>Attend the Seniors Lunch Social</i></p>	<p>I can talk to a neighbour about more information or I could sign up on the sheet for the next Seniors Lunch Social in my community</p>	<p>Seniors Lunch Socials are held once a week at the Seniors Centre, on Thursdays for two hours (11-1) and are ongoing throughout the year</p>	<p>I need to put it in my calendar to sign up and attend the Seniors Lunch Social</p>	<p>Yes- I'm free on Thursday from 11-1. The Social takes place at the Seniors Centre, and I can afford the costs associated with it.</p>	<p>I will attend the next four Seniors Lunch Socials over the month of November.</p>
<p>Physically Active:</p> <p><i>I need to get more exercise</i></p>	<p>I can find out where there are safe, level walking paths or trails in my area from the recreation guide or call the recreation dept.</p>	<p>I can go every day in the mornings before 10 am or late afternoon</p>	<p>I will add a walk 4 mornings a week to my calendar and do it!</p>	<p>Yes – I can go as long as the weather is good and the path/trail is clear</p>	<p>I will walk 4 mornings a week for one month.</p>
<p>Change How You Think about Aging</p> <p><i>I'd like to feel better about getting older</i></p>	<p>I can make sure I think about the good things in my life.</p> <p>I can get a small notebook at the Dollar Store.</p>	<p>I can write three things I'm grateful for in my life</p>	<p>Every morning, after I have breakfast I can write in my notebook</p>	<p>I have time to do this each day</p>	<p>I will write 3 things that I'm grateful for in my life each morning for 3 months.</p>
<p>Take Care of My Mental Health:</p> <p><i>I want to feel better</i></p>	<p>I can review my medications with my Dr. and we can talk about the best times to take them during the day</p>	<p>I will take my medications on time each day</p>	<p>I can put a medication schedule on my fridge and set an alarm on my computer/phone</p>	<p>I can do this for two weeks to start</p>	<p>I will take my medications on time each day for two weeks.</p>
<p>Learn New Things:</p> <p><i>I would like to learn to cook</i></p>	<p>I could ask a friend to show me or I could take a cooking class –but I don't know where.</p> <p>(Together you phone the local recreation dept. or food coalition to find out about classes.)</p>	<p>Community cooking classes are 3 hours per week, on Wednesdays from 9-12, for six weeks.</p>	<p>I need to put it in my calendar, attend classes each week for six weeks.</p>	<p>Yes- I am free on Wednesdays, have a car to drive, and can afford the cost.</p>	<p>I will complete 18 hours of the cooking class within the next two months.</p>



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Stay Healthy for Life!

Healthy Living Sessions for Positive Aging

Stay Socially Active



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Module 2: Stay Socially Active

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation
- Name tags, markers
- Extra FOH Booklets (in case someone forgets theirs)
- Pens
- Handout with list of community resources for seniors in the area where the group is being held

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting, greet them, and invite them to complete a name tag.	15 minutes before meeting
Welcome and Guidelines for Group Discussion	<ul style="list-style-type: none">• Welcome everyone.• Let the group know that we will be discussing issues related to health and there will be opportunities for people to share information. For this reason it is very important that the discussions within the group remain confidential and are not discussed outside of the group. Ask if everyone agrees to keep discussions confidential and make sure you have some sort of positive acknowledgement from each person (verbal or a nod).	0:00 10 minutes

Item	Content	Approximate Timing
Information about Social Activity	<ul style="list-style-type: none"> • Invite people to open their handbook to page 4. • Present slides 2 to 5. • At the self-reflection slide (#6) invite people to complete the bottom of page 4 in their handbook. After everyone has completed the handbook, continue to present slides 6 to 16. • Ask people to look at the list on page 5 of their handbook. Start some discussion about ways to be social with a few questions such as: <ul style="list-style-type: none"> ○ What do you think of this list? Has anyone tried any of these things? Was it easy or hard to do? What made it easy or hard? ○ Do you have any other ideas about how to socialize more? • Display slide 18, handout the list of local resources for seniors that you have compiled. Review the list. 	0:10 20 minutes
Setting a social activity goal	<ul style="list-style-type: none"> • Display slide 19 and remind people of the SMART goal approach that we discussed at the last session • Display slide 19 and ask people to turn to page 15 in their booklet and complete a goal for social activity. Remind people that this goal is just for them and they do not need to share it, although you will invite people who want to share their goal to do so in a few minutes. Give people a few minutes to think and write. • Ask if anyone would like to share their goal. 	0:30 10 minutes
Sharing	<ul style="list-style-type: none"> • Ask people to introduce themselves to one other person in the room and share with each other what they do for social activity. • After a few minutes, bring the large group back together and ask if there are any volunteers who would like to share the results of their discussion 	0:40 10 minutes
Recap	<ul style="list-style-type: none"> • Review key messages slides 22 • Ask for and answer any questions 	0:50 10 minutes
Farewell	<ul style="list-style-type: none"> • Bid everyone farewell with your hope that you will see them again next time. 	1 hour



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Stay Healthy for Life!

Healthy Living Sessions for Positive Aging

Change How You Think About Aging



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Module 3: Change How You Think about Aging

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation
- Extra FOH Booklets (in case someone forgets theirs)
- Gratitude and Benefits to Ageing Forms for participants
- Smart Goal Forms for participants
- Pens

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting greet them	15 minutes before meeting
Welcome	<ul style="list-style-type: none">• Welcome everyone.• Remind people of the agreement to keep information that is shared in the meeting confidential and not to discuss it outside of the group.	0:00 5 minutes
Review	<ul style="list-style-type: none">• Display and review slides 3-4 to recap information from the last session and to answer any questions from last session.• Ask people who they did with their Socially Active goal from last session.	0:05 5 minutes
Information About Positive Thinking	<ul style="list-style-type: none">• Invite people to open their handbooks to page 6.• Display slide 6 and invite people to complete the self-reflection and quiz at the bottom of the page. Remind them that the answers are just for them and they do not need to share them.• Display and review slides 7 and 8.• Ask the group to offer suggestions to answer the question on slide 9.	0:10 20 minutes

Item	Content	Approximate Timing
	<ul style="list-style-type: none"> • Write all answers on the flip chart. • Now ask people to consider how they feel about the stereotypes. Are they true? Other discussion questions: “why are the majority of stereotypes about aging are negative?” “Have you ever challenged them? How?” • Display and review slides 9-20 • At slide 17 give everyone 2 minutes to list 3 things they are grateful for and 3 things they like about themselves (strengths) in the form provided • At slide 19 give everyone 1 minute to list 5 benefits of ageing they have enjoyed 	
Let's Practice Reframing a Message	<ul style="list-style-type: none"> • Have the group suggest one or two negative thoughts and put them on the flip chart. • Then ask the group to come up with a way of reframing each message. • If the group does not come up with suggestions, here are a few examples you can use: <ul style="list-style-type: none"> ○ I am terrible at meeting new people; this party will be awful. (Reframed: There might be someone interesting at that party and it might be fun.) ○ I never do anything well. I can't learn anything new. (Reframed: If I go to this beginner's class I might learn something new.) 	0:30 15 minutes
Setting a positive thinking goal	<ul style="list-style-type: none"> • Display slide 23 and remind people of the SMART goal approach. • Using a Smart Goal Form ask people to develop a SMART goal around Thinking Positively around Ageing. • Ask people to turn to page 15 in their booklet and write in a goal for positive thinking. Remind people that this goal is just for them and they do not need to share it, although you will invite people who want to share their goal to do so in a few minutes. Give people a few minutes to think and write. • Ask if anyone would like to share their goal. 	0:45 10 minutes
Recap	<ul style="list-style-type: none"> • Display and review slide 25. 	0:55 5 minutes
Farewell	<ul style="list-style-type: none"> • Bid everyone farewell with your hope that you will see them again next time. 	1 hour



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Module 3: Change How You Think about Aging

List 3 things you are grateful for:

1.

2.

3.

List 3 things you like about yourself:

1.

2.

3.



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Healthy Living Sessions for Positive Aging

Stay Physically Active



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Module 4: Stay Physically Active

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation 2
- Extra FOH Booklets (in case someone forgets theirs)
- Pens

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting greet them.	15 minutes before meeting
Welcome	<ul style="list-style-type: none">• Welcome everyone and• Remind people of the group's agreement to keep information that is shared in the meeting confidential and not to discuss it outside of the group.	0:00 5 minutes
Review	<ul style="list-style-type: none">• Display and review slides 3-4 to recap information from the session on positive thinking and to answer any questions from last session.• Ask people (who attended the last session), to share how they did on working towards their <i>Positive Thinking About Aging</i> goal.	0:05 5 minutes
Information About Physical Activity	<ul style="list-style-type: none">• Invite people to turn to page 8 in their handbook and to complete the self-reflection and the question at the bottom of the page. Remind them that the answers are just for them and they do not need to share them.• Ask if there is anyone who would like to share what they do for physical activity.• Display and review slides 7 - 22.	0:10 30 minutes

Item	Content	Approximate Timing
Setting a physical activity goal	<ul style="list-style-type: none"> • Display slide 23 and remind people of the SMART goal approach that we discussed in previous sessions • Provide goal setting sheet, if people don't have a copy. • Share example on sheet. • Using a Smart Goal Form ask people to develop a SMART goal around • Ask people to turn to page 15 in their booklet and complete a goal for physical activity. Remind people that this goal is just for them and they do not need to share it, although you will invite people who want to share their goal to do so in a few minutes. Give people a few minutes to think and write. • Ask if anyone would like to share their goal. 	0:40 10 minutes
Recap	<ul style="list-style-type: none"> • Display and review slide 24. 	0:50 5 minutes
Farewell	<ul style="list-style-type: none"> • Bid everyone farewell with your hope that you will see them again next time. 	0:55



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Healthy Living Sessions for Positive Aging

Take Care of Your Mental Health



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Module 5: Take Care of Your Mental Health

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation
- Extra FOH Booklets (in case someone forgets theirs)
- Pens
- Mental Health Mobile Crisis Team Cards to hand out (Optional)

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting greet them	15 minutes before meeting
Welcome	<ul style="list-style-type: none">• Welcome everyone and remind people of the agreement to keep information that is shared in the meeting confidential and not to discuss it outside of the group.• Display and review slides 3-4 to recap information from the session on physical activity and to answer any questions from last session.• Ask people (who attended the last session), to share how they did on working towards their <i>Physically Active</i> goal.	0:00 5 minutes
Information About Mental Health	<ul style="list-style-type: none">• Display slide 6 and invite people to turn to page 10 in their handbook and to complete the self-reflection at the bottom of the page. Remind them that the answers are just for them and they do not need to share them.• Display and review slide 7 and encourage discussion on the questions listed on the slide.• Display and review slides 8 to 29.	0:05 50 minutes

Item	Content	Approximate Timing
Setting a mental health goal	<ul style="list-style-type: none"> • Display slide 30 and remind people of the SMART goal approach. • Using a Smart Goal Form ask people to develop a SMART goal around taking care of their mental health. • Ask people to turn to page 15 in their booklet and write in a goal for mental health. Remind people that this goal is just for them and they do not need to share it, although you will invite people who want to share their goal to do so in a few minutes. Give people a few minutes to think and write. • Ask if anyone would like to share their goal. 	0:45 10 minutes
Reflection	<ul style="list-style-type: none"> • Display slide 31 and invite people to reflect again on seeking help. 	:55 2 minutes
Recap	<ul style="list-style-type: none"> • Display and review slide 32 and 33. 	0:57 3 minutes
Farewell	<ul style="list-style-type: none"> • Bid everyone farewell with your hope that you will see them again next time. 	1 hour



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Stay Healthy for Life!

Healthy Living Sessions for Positive Aging

Continue to Learn New Things



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Module 6: Continue to Learn New Things

Facilitator's Guide

Room Layout:

- Chairs/tables in a semi-circle so all participants can see each other and also the front of the room where the facilitator will be

Materials Needed for Session:

- Laptop, projector and screen with module presentation 2
- Extra FOH Booklets (in case someone forgets theirs)
- Pens

Item	Content	Approximate Timing
Pre-meeting	<ul style="list-style-type: none">• As people arrive at the meeting greet them.	15 minutes before meeting
Welcome	<ul style="list-style-type: none">• Welcome everyone and remind people of the group's agreement to keep information that is shared in the meeting confidential and not to discuss it outside of the group.• Display and review slides 3 and 4.• Ask people (who attended the last session), to share how they did on working towards their mental health goal.	0:00 5 minutes
Information About Life Long Learning	<ul style="list-style-type: none">• Display slide 6 and invite people to turn to page 12 in their handbook and to complete the self-reflection and the question at the bottom of the page. Remind them that the answers are just for them and they do not need to share them.• Ask if there is anyone who would like to share what they would like to learn.• Display and review slides 7-16.	0:05 10 minutes

Item	Content	Approximate Timing
Setting a life-long learning goal	<ul style="list-style-type: none"> • Remind people of the SMART goal approach that we discussed in previous sessions. Display slide 17 and 18. • Using a Smart Goal Form ask people to develop a SMART goal around lifelong learning. • Ask people to turn to page 15 in their booklet and complete a goal for lifelong learning. Remind people that this goal is just for them and they do not need to share it, although you will invite people who want to share their goal to do so in a few minutes. Give people a few minutes to think and write. • Ask if anyone would like to share their goal. 	0:15 10 minutes
Recap of the Sessions	<ul style="list-style-type: none"> • Display and review slides 19-25 	0:25 10 minutes
Take the Pledge	<ul style="list-style-type: none"> • Display slide 26 and ask people to turn to page 14 in their booklets. Page 14 is a pledge that we will ask everyone to sign at the end of our sessions. People are more likely to commit to making a change if they sign a contract with themselves to make the change. So we are asking everyone who participates in our Stay Healthy for Life sessions to sign a pledge to themselves that they agree to set some goals and make at least one positive change or action in the next month. • Take a moment for people to consider and sign the pledge • Ask people to think about the five key messages that we have discussed. They are actually listed in the coloured boxes on page 15. • Display slide 27. Say “Thinking about the five key messages, answer the two questions on the bottom on page 14 about the easiest and toughest areas for you to improve. This information is only for yourself and you do not need to share it with anyone if you don’t want to.” • Give people a few minutes to complete the self-reflection. • Ask if there is anyone who would like to share what they believe is the easiest area for them to improve. 	0:35 10 minutes
Evaluation	<ul style="list-style-type: none"> • Remind people about the evaluation of the project, use the consent process provided by the evaluator and ask people to complete the session survey and the post-session survey. 	0:45 10 minutes
Thank you	<ul style="list-style-type: none"> • Display slide 28-30. Thank everyone for participating and advise the group that this is our last session. 	0:55 5 minutes
Farewell	<ul style="list-style-type: none"> • Adjourn. 	1 hour