



COSCO Seniors' Health and Wellness Institute

Free workshops for seniors

COSCO Workshops

Better living

- Advocacy2
- Age-friendly communities2
- Care for the care giver.....2
- Chair yoga2
- Healthy eating for seniors2
- Life without driving.....2
- Memory and aging.....2
- Senior sexuality.....2
- Sleep2
- Social connectedness2
- Staying fit at home.....2
- Technology and aging in place2

Better health

- Cancer screening2
- Chronic diseases2
- COPD.....2
- Dealing with stress.....2
- Diabetes2
- Hearing.....2
- Hypertension3
- Identifying addiction3
- Knowing your bladder3
- Medication awareness.....3
- Mental health.....3

- Navigating the health care system3
- Osteoarthritis.....3
- Osteoporosis.....3
- Palliative care3
- Parkinson’s disease.....3
- Skin conditions3
- Stroke3
- Vision3

Legal and financial

- Financial literacy3
- Frauds and scams3
- Housing.....3
- Pension and tax options3
- Personal planning.....4
- Wills and estate planning.....4

Safety

- Emergency preparedness.....4
- Falls prevention4
- Preventing elder abuse and neglect4
- Mature driver assessment procedures4
- Pedestrian safety.....4
- Safety in the home.....4

Updated February 2016

COSCO Workshops

Better living

Advocacy

Whether you are advocating for yourself or someone else, important skills, strategies and practical suggestions are presented.

Age-friendly communities

This workshop will assist individuals and groups to promote community environments that support health and well-being, not only for older adults but for all citizens.

Care for the caregiver

We examine causes of caregiver burnout and suggest how to prevent it. Sources of assistance and support are reviewed.

Chair yoga

Presented by an expert yoga teacher.

Healthy eating for seniors

How to use Canada's revised Food Guide and food labels to make healthy food choices.

Life without driving

The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning, and outline alternatives to driving.

Memory and aging

This workshop explains how memory functions and how it changes as we age. We give tips for maintaining and improving memory, and

information about when to seek professional help.

Senior sexuality

This workshop explores the myths surrounding senior sexuality and provides factual information about the maintenance of intimate relationships as we age. Information about health concerns is included.

Sleep

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is provided.

Social connectedness

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of social connectedness they need and how to achieve it.

Staying fit at home

If you're not comfortable joining fitness groups or going to the gym, this workshop describes simple exercises that may be used at home to maintain and improve health and wellness.

Technology and aging in place

We describe how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed.

Better health

Cancer screening

This workshop, which was developed by a team of doctors, helps people to recognize the warning signs for four of the most prevalent cancers.

Chronic diseases

We outline the warning signs of four of the diseases that are most likely to affect the health of senior adults: Cancer, Diabetes, Heart Disease and Lung Disease. Early recognition is emphasized.

COPD

Chronic Obstructive Pulmonary Disease is an umbrella term that includes two different types of lung diseases: chronic bronchitis and emphysema. The workshop examines the potential causes and treatment options, including helpful breathing techniques.

Dealing with stress

None of us can lead totally stress-free lives, however, excessive stress harms the quality of life of many seniors. We help to identify and handle sources of stress.

Diabetes

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and managing the disease are discussed.

Hearing

We review the anatomy of the ear, common causes of hearing

COSCO Workshops

loss, various remedies, and how to choose hearing aids.

Hypertension

We review the effects of high blood pressure. The workshop discusses the need to monitor blood pressure, treatment options, and the importance of prompt diagnosis.

Identifying addiction

Three major kinds of addiction that seniors may need to deal with are Alcohol Abuse, Gambling Addiction and Medication Abuse. We examine the risk factors, and suggest how to approach a friend or family member when you suspect addiction.

Knowing your bladder

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. We discuss possible remedies and life style changes that can help to reduce or eliminate this problem.

Medication awareness

The potential misuse of medications is a growing concern. Information about how seniors can interact with doctors and pharmacists to ensure safe and effective use of medications is presented.

Mental health

Are you concerned about your mental health? An overview of mental disorders and ways individuals can contribute to their own mental health are discussed.

Navigating the health care system

We review many of the available medical services and what you can

expect from them. Effective communication between the patient and the health care provider is emphasized.

Osteoarthritis

This debilitating disease is the most common form of arthritis. We describe the symptoms, explain self-management strategies, and review various therapies.

Osteoporosis

This bone disease, often called the “silent thief”, is the underlying cause of many falls. We discuss the causes, risk factors, and recent treatment options.

Palliative care

The focus of this workshop is on the comfort and dignity of patients as they cope with serious illness. The scope of palliative care is explained. The overall goal is to manage pain, and to provide appropriate care to enable the individual to live to the fullest.

Parkinson's disease

This workshop provides a clear explanation of the changes in the brain which cause the disease. Signs and symptoms are discussed and treatment options are examined.

Skin conditions

Four major skin problems are discussed: cancer, shingles, nails fungus and pressure sores. Pictures illustrate potential warning signs. The importance of early diagnosis is emphasized.

Stroke

As we age, the possibility of ex-

periencing a stroke increases. We describe the types of strokes emphasizing mini-strokes, early warning signs and information about prevention.

Vision

We describe the structure of the eye and explain major diseases that may affect older adults. We stress prevention and explore possible treatments.

Legal and financial

Financial literacy

This workshop gives an overview of how to handle and protect your money including banking and borrowing. We discuss and explain financial terminology.

Frauds and scams

We investigate the ways in which fraudsters take in people in order to rob them of their money and possessions. Seniors are frequent victims, and need to be aware of how to protect themselves.

Appropriate housing

We explain the continuum of care for housing in BC. Requirements and procedures for accessing appropriate housing are discussed.

Pension and tax options

This workshop describes the potential pension benefits that may occur if a couple enters involuntary separation. The workshop also

COSCO Workshops

deals with the rules which govern tax allowances for caregivers and disabled persons. The procedures and forms to use to apply for these allowances are reviewed.

Personal planning

The wisdom of having a personal plan is emphasized. Representation Agreements, Powers of Attorney and Advance Directives are needed to express your wishes regarding personal care, certain financial matters and end of life care if you are no longer able to speak for yourself.

Wills and estate planning

We review the legal rules for preparing wills in B.C., the duties of an executor, legal terminology, and pitfalls to avoid.

Safety

Emergency preparedness

When disaster strikes people need to be ready. We explore the preparation of emergency kits, safety procedures in dangerous situations and give information about when and how to seek help.

Falls prevention

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

Preventing elder abuse and neglect

Abuse and neglect of seniors takes many forms. Participants learn how to identify suspicious signs and symptoms. We review potential causes, intervention techniques, and where to find help.

Mature driver assessment procedures

For various reasons, people may be ordered to have their driving skills assessed. One of those reasons is reaching the age of 80. The workshop describes how aging may affect driving skills, and suggests how people may compensate. The B.C. assessment process is described in detail, and participants are advised

how to do their best in the various testing situations they may face.

Pedestrian safety

Although walking has many benefits for older adults there is also a need to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

Safety in the home

We provide detailed checklists of potential dangers outside the home and in every room indoors. We review fire hazards, medications and childproofing the home. We show safety devices, and provide tips for effective renovations.

How to book a free workshop for your seniors' group

Over the last few years, 25,000 people throughout BC have participated in the COSCO Seniors' Health and Wellness Institute's free health promotion workshops. We now offer workshops on 43 different issues and topics of particular interest to seniors.

Each 60 to 90 minute workshop is available free of charge to any seniors' group of 10 or more. A trained senior volunteer presents practical and usable information. These workshops are not intended to provide any specific legal, medical or financial advice, just a better understanding and practical suggestions.

To book a workshop for your group, please contact:
Gordon Dainard, Workshop Coordinator
eMail: ws_coord@coscoworkshops.org
Phone: 1-604-820-1300



COSCO Seniors' Health
and Wellness Institute
Free workshops for seniors