

A Spectrum of Services for Newcomer Seniors



Pathway to Prosperity 2019 Conference

Community Based Seniors Services (CBSS)

Leadership Council of British Columbia

Advocate for increasing capacity of community-based seniors services to meet the growing needs of BC aging population, including identifying systemic and emerging policy issues

CBS 7 core areas:

- Nutritional Support**
- Health and Wellness**
- Physical Activity**
- Education, Recreation, Creative Arts**
- Information, Referral and Advocacy**
- Transportation**
- Affordable housing**

Programs/Services are offered through a range of municipal and non-profit agencies including: senior centres; community centres; neighbourhood houses; community coalitions; ethno-cultural organizations; and multi-service non-profit societies.

Community Based Seniors Services (CBSS) Leadership Council of British Columbia

CORE: Collaborative Online Resources and
Education Knowledge Hub for CBSS organizations
and allied agencies and individuals in British
Columbia:

<https://healthyagingcore.ca/>

C O R E

Discussion Groups: information and stories, ask questions, learn and collaborate

Training: training modules, curricula, archived webinars and other training resources

Resources: checklists, toolkits, reports, studies, videos as well as resources on topics such as ageism, caregiving, research, organizational and sector development. Resources are vetted to ensure they are relevant, current, and reflective of best practice

Choose to Move Project for Isolated Seniors

Jenny Lam

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Options Community Services Society (OCS)

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Options Community Services Society



Vision: Inspire hope and belonging for all

Mission: United in the purpose of helping people to help themselves and promoting safe, healthy and vibrant communities

B.C. Service Regions: Surrey, White Rock, Delta, Langley

Choose To Move (CTM)



- Funded by United Way of Lower Mainland



- University of British Columbia (UBC) is the researcher and evaluator
- More than 200 groups in Canada
- Options started the first group for Mandarin speakers

Choose
to Move

Choose To Move (CTM)



Target:

- Chinese seniors 55 and above
- Isolated and inactive

Objectives:

- physical activity
- social connectedness
- access to info & resource in the community

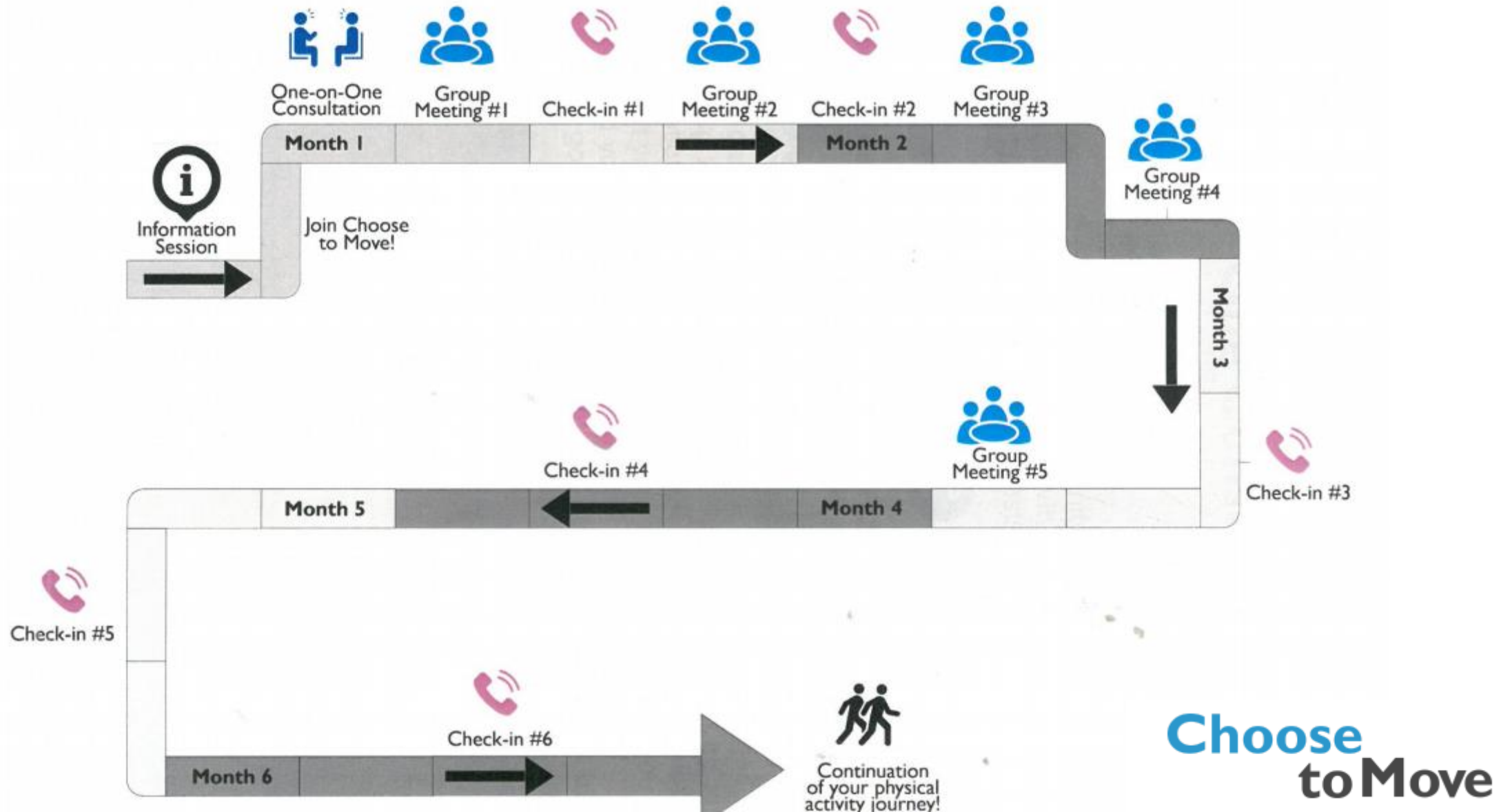
Choose
to Move

Choose To Move (CTM)

Original Program Model:

- 6 months
- Group of 12-18 physically inactive and socially isolated seniors will set personal goals
- PAR-Q (Physical Activity Readiness Questionnaire)
- Original models:
 - 1 one-on-one consultations
 - 5 group meetings in 3 months
 - 6 telephone check-ins

Choose to Move at a Glance



Choose To Move (CTM)

Modified Program Model:

- Mandarin seniors are interested in weekly face-to face meetings, workshops and activities
- Instead of weekly phone check ins, they came to our office for:
 - physical activities



Choose To Move (CTM)

Tai chi, chair yoga, traditional
Chinese dance



Choose To Move (CTM)

- Field trips in the community



Choose To Move (CTM)



- educational or recreational workshops



Choose To Move (CTM)

- Instead of the closed group in the original design (rationale: group dynamics change with membership fluctuation)
- continuous registration procedure, so seniors:
 - can drop out and join later to accommodate Chinese newcomer seniors':
 - * travel plans to their home countries
 - * celebrate ethnic holidays (Lunar New Year's Day celebration)
 - * family obligations (looking after grandchildren during school breaks) etc.

Choose To Move (CTM)

Expected Outcomes:

- Newcomer Senior Clients
 - become more active physically, socially and gain independence
- Volunteer Activity Coaches
 - improve their confidence and various skills
- Community
 - promote healthier aging, easier access to community resources, improved physical and mental health in the community

Choose To Move (CTM)



Challenges:

- Client recruitment
- Retaining clients
- Volunteer recruitment
- Language barrier

Choose
to Move

Choose To Move (CTM)



Success Stories:

- One CTM senior went from never walking to walking 2 hours a day in 2 months. During phone check-in, he said he feels “better and less joint pain.” He has already talked to many of his Mandarin-speaking neighbours to join the program

Choose
to Move

Choose To Move (CTM)



Success Stories:

- One CTM senior, who walks with a cane, went from barely moving around at all to doing tai chi and walking without a cane in 2 months. She is encouraging her husband to join CTM but he is taking English classes

Choose
to Move

Choose To Move (CTM)



Success Stories:

- Another CTM senior said she feels better than before. She is happy that she is doing more exercise than before. She has also met some new friends in the park to dance together

Choose
to Move

Options Community Services Society



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Newcomer Senior Leaders

Zarghoona Wakil

Senior Manager, Specialized Programs

MOSAIC

(zwakil@mosaic.org)





Empowering newcomers to fully
participate in Canadian society





MOSAIC Senior Leaders' Project

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Zarghoona Wakil
Senior Manager
Specialized and Innovative
Programs

Pathways to Prosperity 2019 National
Conference



MOSAIC

MOSAIC Organizational Profile

Non-profit Society and Registered Charity

Governed by a volunteer Board of Directors

Over 300 employees

700+ volunteers

Accredited by CARF



MOSAIC ON THE MAP WITH 50 CLIENT-ACCESSIBLE LOCATIONS

Since 1976, MOSAIC has worked to strengthen communities by supporting newcomers in building their new lives in Canada.

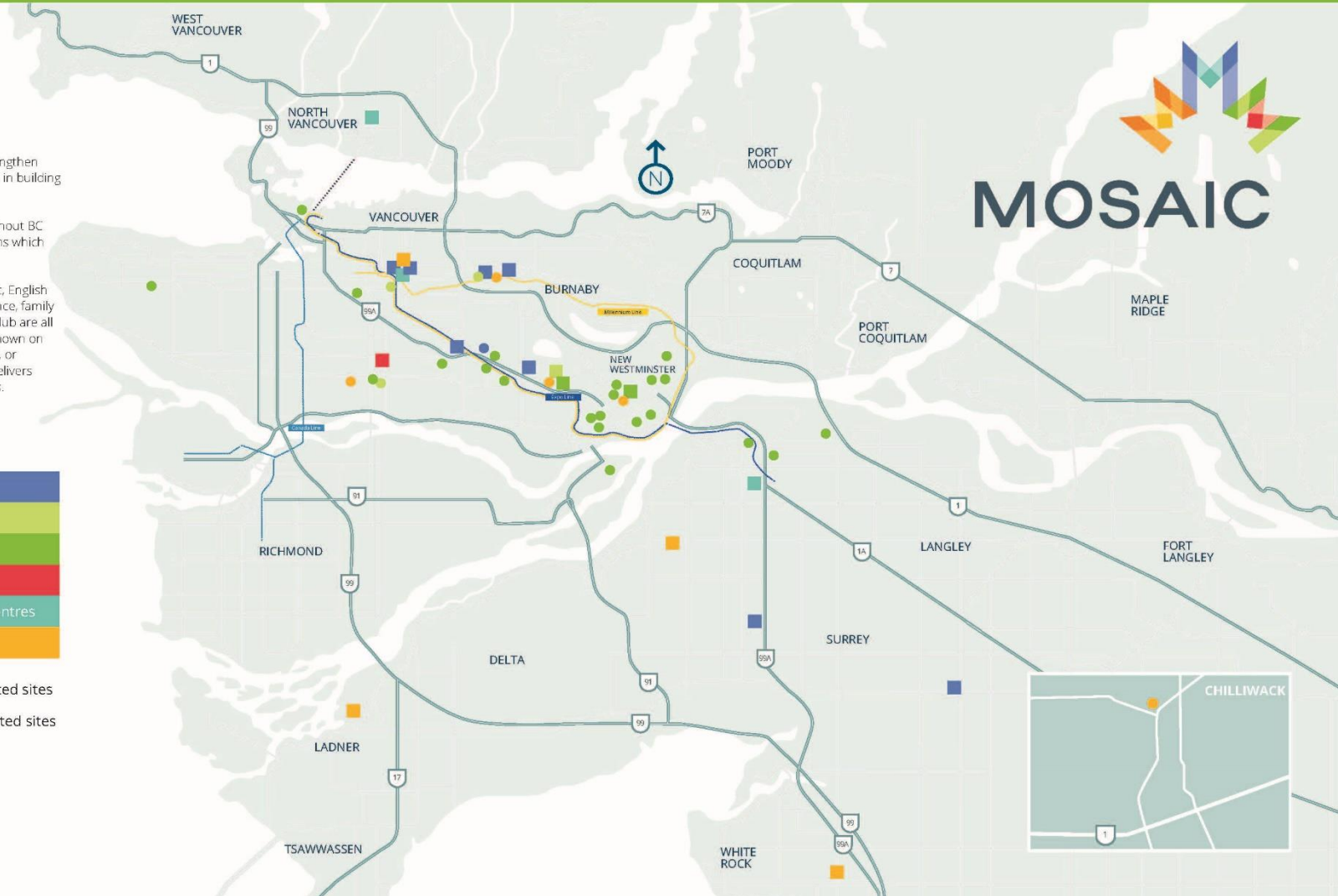
Today, our services are available throughout BC and overseas as well, thanks to programs which are delivered online.

In Metro Vancouver, settlement support, English language learning, employment assistance, family and youth programs, and our Seniors Club are all accessible at a variety of locations, as shown on the map. Sites are operated by MOSAIC, or partner organizations where MOSAIC delivers services for newcomers and immigrants.

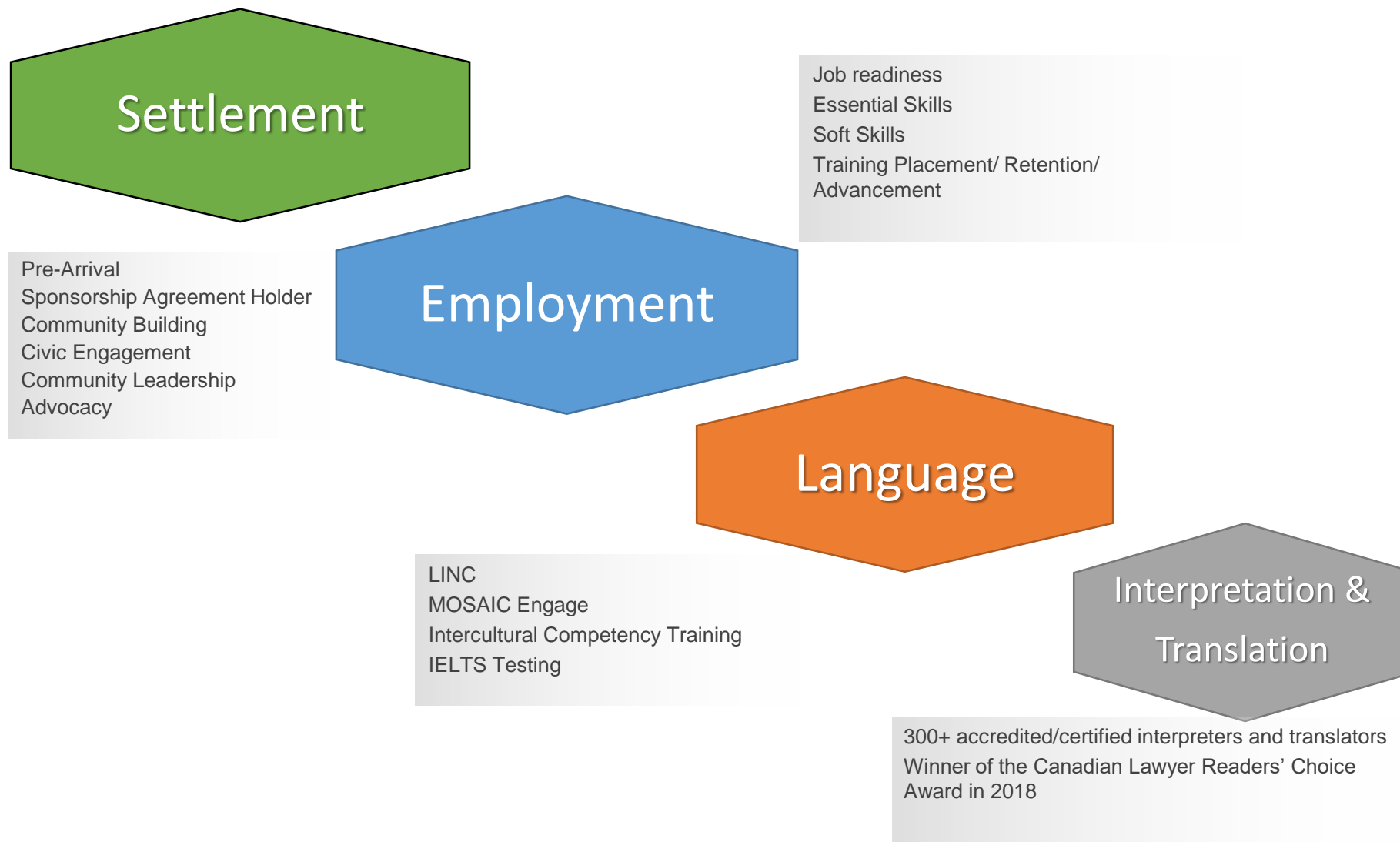
LEGEND

Multiple services
Family and Children services
Settlement services
Youth services
Language and Childminding Centres
Employment services

● ● ● ● ● Partner-operated sites
■ ■ ■ ■ ■ MOSAIC-operated sites

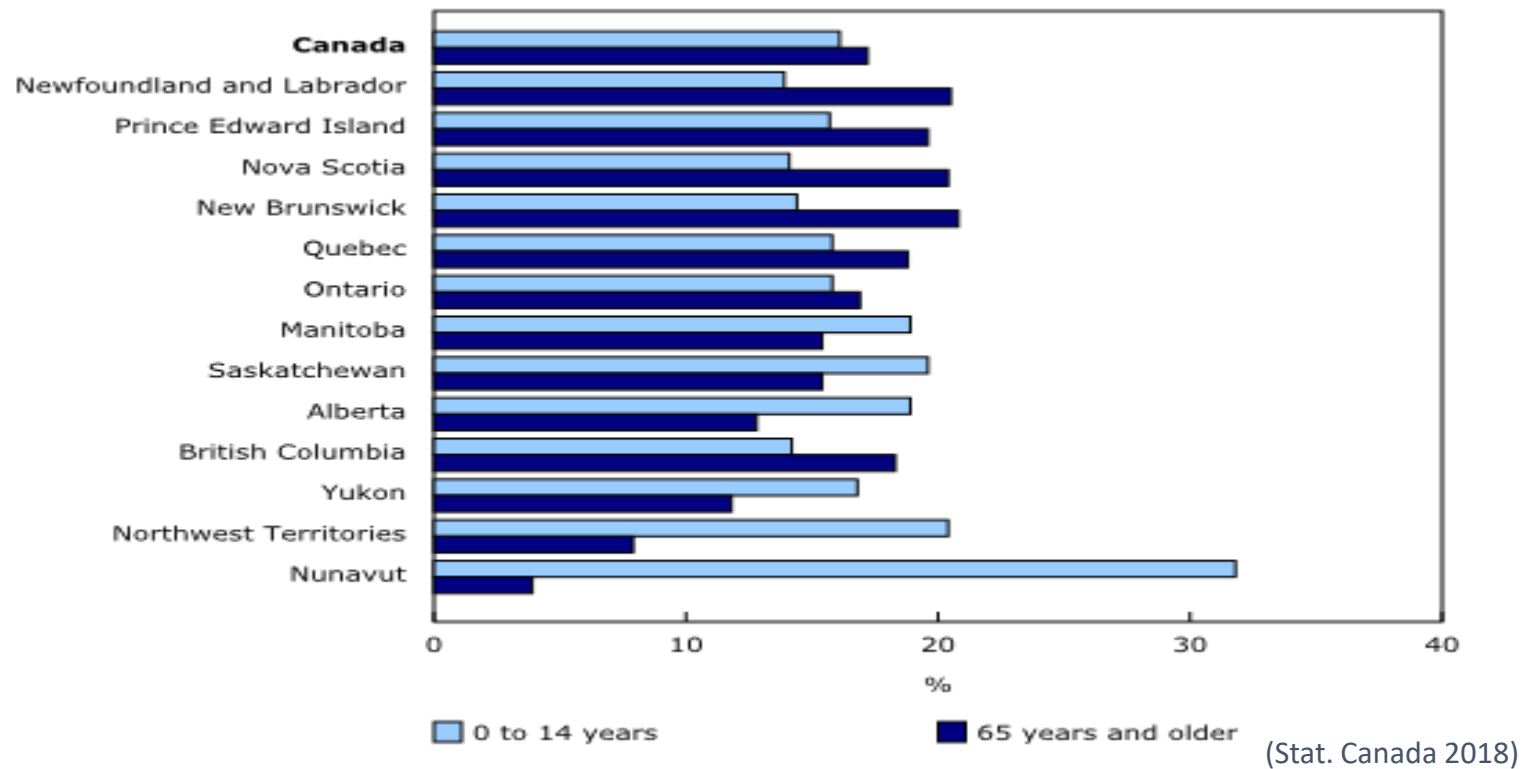


MOSAIC Services



Aging Population & MOSAIC Seniors' Club

Proportion of the population aged 0 to 14 years and 65 years and older, July 1, 2018, Canada



The Province of BC **senior population** will exceed national average (UWLM)

Aging Population

Vancouver has a fast-growing immigrant seniors population

People aged 65+

23.6%

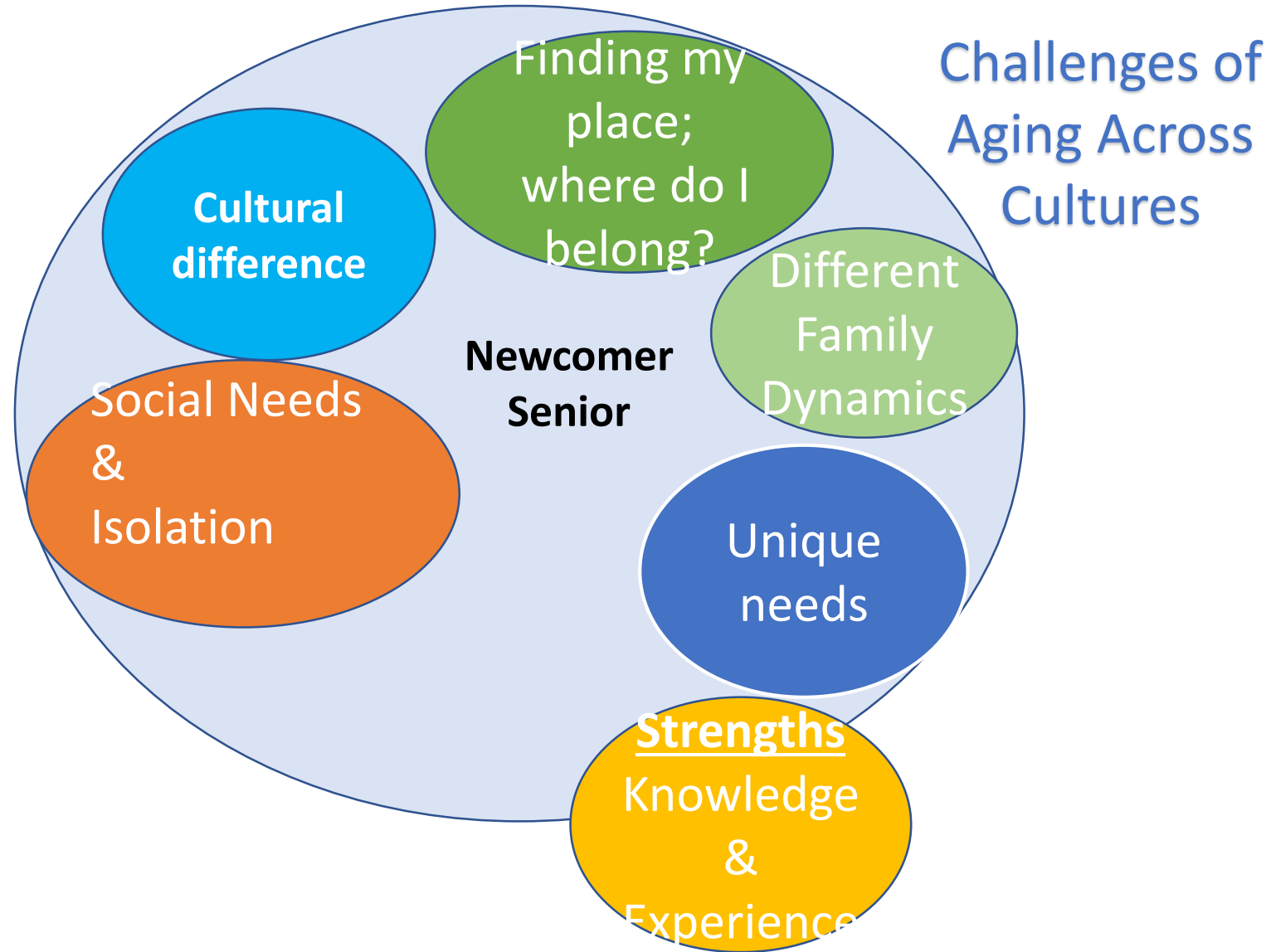
of total immigrant
population

9.6%

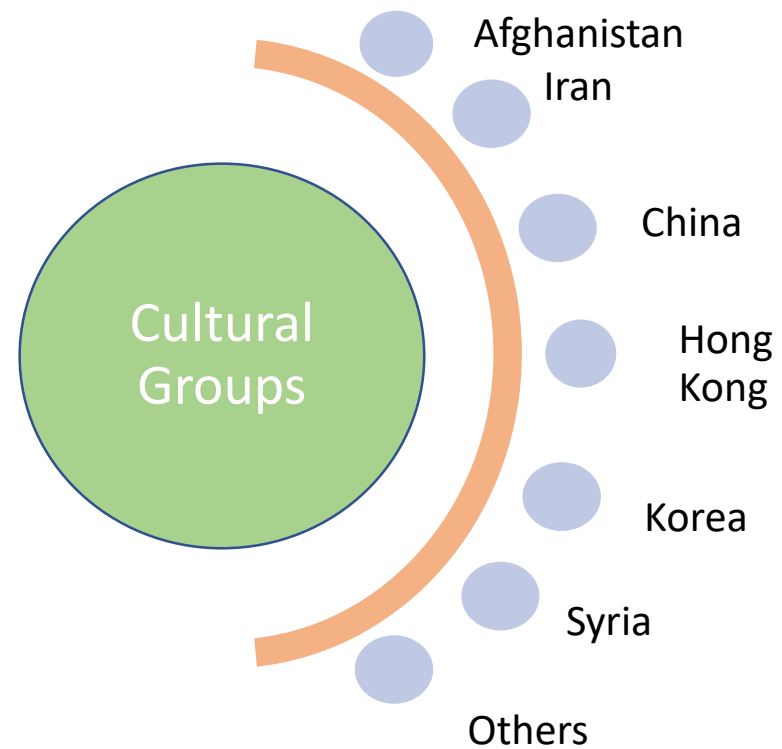
of Canadian born
Population

Census 2016





MOSAIC Senior Club:



Senior Leaders Project

Facilitation
Communication
Conflict Resolution
Peer Support
Public Speaking





Community Garden



Workshops



Public Transit Workshop



English Conversation Class



Tai Chi



Thank You!



Elder Abuse: Does this concept exist for Chinese Newcomer Seniors?

Mary Kam

Program Director, Family and Community
Services,

S.U.C.C.E.S.S.

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Working Together to Reduce Elderly Abuse – Outreach to Chinese Immigrant Communities in Metro Vancouver

Mary Kam
Program Director
Family and Community Services





Bridging people to S.U.C.C.E.S.S.

OUTLINE

- Challenges Chinese immigrant seniors face
- The Project
- Outputs
- Outcomes
- Lessons Learned and Recommendations



Bridging people to S.U.C.C.E.S.S.

Challenges Chinese Immigrant Seniors Face

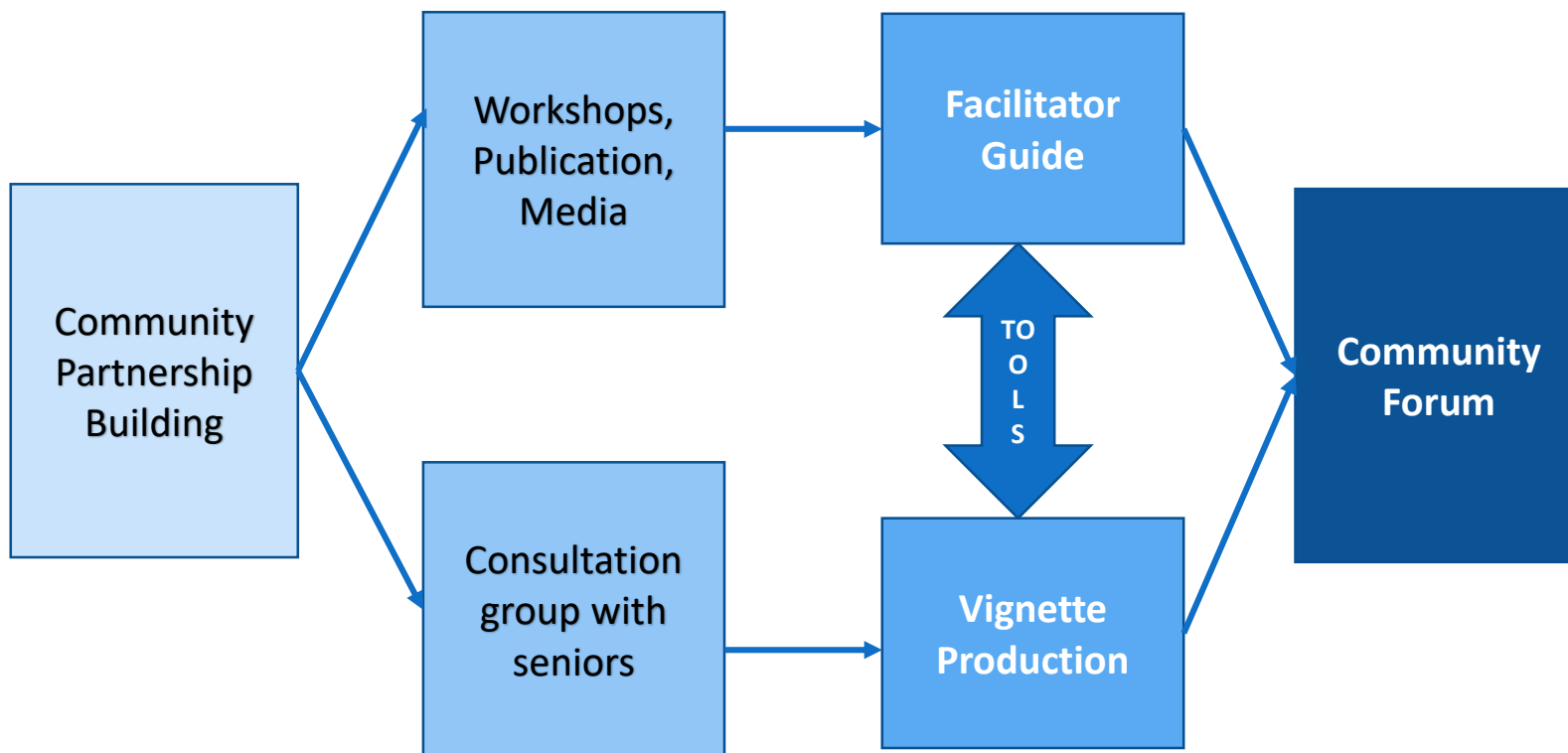
- Language
- Isolation
- Mobility
- Dependency (Immigration Status, Finance)
- Chronic illness



Bridging people to **S.U.C.C.E.S.S.**

The Project

Funder: Council to Reduce Elder Abuse (CREA)





Bridging people to **S.U.C.C.E.S.S.**

Outputs

- Partnership: 7 community organizations
- Education: 16 workshops to seniors, health care professionals, and youth
- Promotion:
 - A) Events: Health Fair, National Senior Day
 - B) Publication: Evergreen Newspaper
 - C) Media: FM96.1, Talentvision, Fairchild TV, OMNI News
- Training: 2 Cantonese-speaking volunteers
- Forum: 1 forum for seniors on Reducing elderly abuse
- Video:
 - A) Consultation group session with seniors
 - B) Recruitment of volunteers as cast
 - C) Recruitment of volunteers with professional filming experience
- Facilitator Guide
- Vignette



Bridging people to S.U.C.C.E.S.S.

Outcomes

- Increase a boarder segment of the Chinese community who become more informed of the issue of elderly abuse
- Increase community capacity to deliver workshops on elderly abuse
- Raise awareness on subtle behavior of elderly abuse



Bridging people to S.U.C.C.E.S.S.

<https://youtu.be/U3KCVsPZaAU>

Elderly Abuse Awareness Video



Bridging people to S.U.C.C.E.S.S.

Lessons Learned and Recommendations

- Elderly Abuse is still a taboo topic in the Chinese Community
 - Prefer to talk with people they are familiar with (e.g. friends)
 - Use of terminology to convey elderly abuse information
- Service providers from different organizations that work with seniors should collaborate and support each other's work instead of only providing referrals
- Provide education to both adults and youth is important, not only to seniors



S.U.C.C.E.S.S.

THANK YOU!

Mary Kam
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Q&A

