



## SESSION DESCRIPTIONS

**Thursday March 18, 2010**

### Keynote Address

#### ***Senate Report on Aging – Senator Sharon Carstairs***

Senator Sharon Carstairs, co-chair the Senate Special Committee on Aging will discuss the findings of the 2009 Senate Report on Aging on growing older in Canada and the many ways we need to examine and respond to help Canadians age well.

### 10:15 am – 11:45 am

Option A

#### ***Stages of Change Tool box- Catherine Marshall, CODI Trainer Western Region***

Stages of Change model is about the mind body stages that individuals go through when making a change in their life. The idea behind the Stages of Change model is that behavior change does not happen in one step, rather people tend to progress through different stages on their way to successful change. This presentation will take us through the stages of change as we examine the issues that older adults face when contemplating their mobility options and/or issues with mental health or addictions.

Option B

#### ***Changing Seats – Chris Beck, MPI & Linda Johnson, Manitoba Occupational Therapists Association.***

This presentation will help to demystify the process of losing your drivers license through a voluntary decision or medical reason. Chris Beck will discuss the Manitoba Public Insurance policy pertaining to driver licensing and Linda Johnson will discuss the Driver Assessment Process and tools that are used when assessing people's skills and abilities in relationship to driving.

### Lunch presentation

#### ***Empowerment – Ruth-Anne Craig, Executive Director CMHA Manitoba***

Ruth-Anne Craig will be discussing Empowerment as it refers to increasing the spiritual, political, social or economic strength of individuals and communities and how it often involves the empowered to develop confidence in their own capacities.

### 1:00 pm – 2:30 pm

Option A

#### ***Grandfathers and well being: Potential contributions and possible pitfalls – Duane Lesperance, Program Manager of the Men's Resource Centre (University of Manitoba)***

There are many benefits that stem from being an involved grandfather- both to men's grandchildren and to men's own well being. This presentation will explore the issues related to being a grandfather in the 21<sup>st</sup> century and will consider strategies for overcoming any barriers grandfathers may face in this role.

Option B

***Age Friendly Communities and transportation best practices – Patti Chiappetta, Seniors Healthy Aging Secretariat and Brad Saluk, Beausejour Handi-Van Representative.***

Patti Chiappetta will discuss a national and international perspective as it pertains to Age-Friendly communities and transportation. Brad Saluk will present one of the best practice models for rural handi-van programs as highlighted in the Community Transportation Tool-Kit.

**2:45pm – 4:00 pm**

Option A

***Caregivers Mental Health – Syva-Lee Wildenmann, Program Director Rupert's Land Caregivers Services & Pat Harcolt-Peever, Caregiving Program, Saskatoon Council on Aging.***

This presentation will explore the issues of caregivers mental health as a result of our aging population and the shift of health care services from institution to community based settings.

Option B

***The Dream of Peer Helping– Lynn Crawford, Coordinator PSSS Peer Helpers & Deb Kostyk, Addictions Foundation of Manitoba.***

This workshop will provide a historical look of peer helping in Manitoba and also illustrate current highlights of peer helping developed and implemented by Partners Seeking Solutions with Seniors. Older adult peers will share stories about their work that will inspire participants and affirm the value of peer helping programming.

**Friday March 19, 2010**

**Keynote address**

***Changing the Dialogue on Ageism - Elliott Paus Jensson***

This presentation is about ageism: our stereotypical thinking about older adults, prejudice, discrimination and the resulting adverse consequences. It explores the pervasiveness of ageism in our society through individual acts and institutional practices and policies. Ageism's insidious effects are discussed with special emphasis on the compounding effects of ageism with other "isms." The presentation will include discussion of changes we need to make to "change the dialogue" in order to reduce the barriers to participation by all older adults in society.

**10:00 am – 11:45 am**

Option A

***Economic Impact of Seniors in Vibrant Communities – Panel participants: Dale Worobec, Communications Manager, Saskatoon Council on Aging, Cal Abrahamson, Mayor of Mont Marte Saskatchewan, Eileen Clarke, Mayor of Gladstone, Manitoba***

In this presentation, Dale Worobec will discuss the paid and unpaid roles of older adults and how communities benefit when their senior residents are engaged. The Mayors of Mont Marte and Gladstone will present best practices on the successful engagement of older adults in their communities.

Option B

***Tearing Down Silos – Deb Kostyk, Addictions Foundation of Manitoba & Cheryl Giesbrecht, Senior Rehabilitation worker at CMHA Winnipeg***

This workshop will show the relationship between the top 3 difficult issues that typically run in clusters: addiction, mental health concerns and elder abuse. Participants will experience the challenges and the need for a systemic approach. Elements of a helpful model of practice utilized by the co-occurring disorders initiative will be explored.

### **Lunch Presentation**

#### ***Mensheds – Men in Isolation – Doug Mackie and Connie Newman***

Recognizing men's different needs for socializing, St. James Assiniboia 55+ Centre began a men's only cooking club. Mensheds, a unique program from Australia has evolved from the cooking club. Connie Newman and Doug Mackie will discuss the success of this program designed specifically for men.

### **1:00 pm – 2:30 pm**

Option A

#### ***Winnipeg Transit Travel Training – Jonathon Borland, Winnipeg Transit***

Learn everything you need to know to ride safely and with confidence with Winnipeg Transit. Participants will join Jonathon on a bus ride in downtown Winnipeg to discover the unique aspects of Winnipeg Transit buses that respond to the specific needs of older adults.

Option B

#### ***Co-Occuring Disorders – Shannon Morrow Stritz, Brandon RHA Mental Health Services for the Elderly.***

Researchers have discovered that a large percentage of those who have alcohol or drug problems also have at least one personality disorder or mental illness. Shannon will discuss this issue as it relates to older adults.