

### Third Age Outreach

#### SPECIALIZED GERIATRIC SERVICES

**Third Age Outreach** is part of St. Joseph's Health Care London's Specialized Geriatric Services program. This unique hospital outreach service is located in the City of London's Kiwanis Seniors' Community Centre.

Third Age offers programs, educational courses, group activities and therapeutic recreation promoting wellness, personal development, independence and improved quality of life for seniors.

If you are interested in any of these programs or would like additional information, please call the **Third Age Outreach** office.

Third Age is a member of the Age Friendly London Network and Stepping Out Safely!

Watch for our recreation and leisure fair for people thinking of retiring. "REXPO" is coming soon!!

### Third Age Outreach

#### Hours:

8:30 am - 4:30 pm  
Monday to Friday

#### Location:

Third Age Outreach  
Kiwanis Senior Centre  
78 Riverside Drive

#### Telephone:

519 661-1621 or  
519 661-1620

#### Website:

[www.thirdageoutreach.ca](http://www.thirdageoutreach.ca)

CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



[sjhc.london.on.ca](http://sjhc.london.on.ca)



*An comprehensive training program for volunteers working with seniors in the community*

#### **Next Session:**

*Wed. March 1 AND*

*Wed. March 8, 2017*

*9:00 am to 4:00 pm*

*Kinsmen Recreation Centre*

*20 Granville Street*

*Call 519-661-1621 to register*

## Program Content

### Module 1:

#### Relationships, Boundaries, Barriers & Common Health Concerns

- Establishing a Volunteer Relationship
- Defining Boundaries
- Recognizing Barriers to Participation
- Common Health Concerns/Diseases Affecting Seniors

### Module 2:

#### Physical Challenges and Safe Mobility

- General Principles for Safe Movement
- Mobility Aids: "Anatomy" and Use
- How to Safely Help Someone Up from a Chair
- Environmental Barriers
- Negotiating Stairs and Curbs
- Public Transit and Car Transfers
- Warning Signs-Knowing When to get Help
- Falls

### Module 3:

#### Hearing, Vision, Communication and Cultural Understanding

- Effective Communication with People with Hearing Loss and Visual Impairment
- Communicating with People from other Cultures
- Communication Strategies for People with Speech Challenges

### Module 4:

#### Intellectual Disabilities, Dementia and Mental Health

- Working with Individuals who have an Intellectual Disability
- Tips on Interacting with People with Dementia
- Understanding Mental Health Issues
- Elder Abuse

This **free** program is brought to you by

St. Joseph's Health  
Care London and our  
community partners  
London Health  
Sciences Centre and  
Western University

The 2005 Community Action Plan Supporting London Seniors identified the need for improved access to seniors' recreation & leisure opportunities

### Lean On Me,

a collaborative community partnership developed by  
Horton Street Senior Centre &  
Third Age Outreach,  
reinforces this initiative by providing enhanced volunteer support to the frailer senior to promote active community engagement