

Who We Are

Third Age Outreach

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!!

Contact

Third Age Outreach

Hours:

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

Location:

Third Age Outreach
Kiwanis Seniors
Community Centre
78 Riverside Drive

Telephone:

519 661-1621 or
519 661-1620

Website:

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Third Age Outreach



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

Next Session:

To be announced!

*Kinsmen Recreation Centre
20 Granville Street*

Call 519-661-1621 to register

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

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Program Content

Module 1:

Relationships, Boundaries, Barriers & Common Health Concerns

- Establishing a Volunteer Relationship
- Defining Boundaries
- Recognizing Barriers to leisure
- 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
- Falls

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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

Lean On Me

This free program is brought to you by St. Joseph's Health Care London and our community partners London Health Sciences Centre , Western University and the Alzheimer Society of London and Middlesex

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