



# Joining Hands for Healthcare; The Creation of the Cascapedia-St. Jules Wellness Centre



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Baie-des-Chaleurs





# Joining Hands for Healthcare; The Creation of the Cascapedia-St. Jules Wellness Centre

## History

**January 2006:** Health Forum hosted by CASA and CSSS Baie-des-Chaleurs

**Findings:** Anglophone seniors experiencing isolation and not utilizing the services offered through the CSSSBC.

**May 2008:** First English Day Centre Pilot Project in Cascapedia -St. Jules with 23 participants.

**June 2009 :** Last English Day Centre in Cascapedia -St. Jules.



Where do we go from here?



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# What we know?



1. May 2008 to June 2009, 25 sessions hosted with an average of 18-23 seniors in attendance.
2. Average age of participants was 82.
3. Participants reported benefits from physical exercise and mental stimulation games.
4. Seniors receive pertinent health promotion and awareness information in English that was not available previously.
5. Anglophone seniors identified a sense of belonging and attachment to their CSSS.

**Conclusion:** A program was needed that would continue to support the seniors and meet the criteria of the CSSSBC.



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# Where Do We Go From Here?

## We needed an alternative plan

1. CASA researched alternatives to a Day Centre and turned to its community partners for their expertise and experience.
2. Visited with Jeffrey Hale Community Partners, who have been delivering a Seniors Wellness Centre for 20 years.
3. Could CASA create a wellness centre for the seniors of Cascapedia-St. Jules using the Jeffrey Hale model?
4. CASA developed a knowledge base of the needs, interest and commitment of Anglophone seniors through the delivery of a survey and focus groups.
5. Prepared the findings to share with the CSSSBC.



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# Working Together and Creating a Team with a Common Goal



**November 2009:** CASA invited the CSSSBC and community partners to a brainstorming session.

CASA shared the success of the previous Day Centre; results of the recent seniors survey and the concept of a *Wellness Centre*.

All agreed a service was needed to ensure ES seniors could:

- ✓ maintain their health and well-being
- ✓ decrease their isolation
- ✓ maintain their autonomy and independence
- ✓ increase their knowledge and access to services offered by their CSSS



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## Putting all the pieces together

**Each partner had a role to play:**

- ✓ **Municipalities:** use of space
- ✓ **Women's Institute:** prepares meal
- ✓ **CSSSBC:** the sharing of human resources for health promotion and prevention presentations
- ✓ **CASA:** enlisting participants and coordinating bi-weekly sessions

**Everyone contributes, everyone benefits.**



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# Implementation

## The First Wellness Centre a Huge Success!

**January 15, 2010** the first Cascapedia-St. Jules Wellness Centre took place with 17 seniors present.

### The result:

- Needs of the seniors were met
- Services were increased
- Partnerships were built
- Relationships were strengthened



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# Comparison of Day Centre and Wellness Centre Formats Can You See the Difference?

## Day Centre Format

**10:00-10:20** Welcome. Tea & Coffee

**10:20-11:00** Cognitive exercises with  
Special Educator

**11:00-11:45** Physical exercises with  
Physical Therapist (CSSS)

**11:45-12:30** Lunch (Women`s Institute)

**12:30-13:10** Team games with  
Recreation Technician

**13:15-14:00** Health promotion and  
prevention presentations.



## Wellness Centre Format

**10:00-10:30** Welcome. Tea & Coffee

**10:30-10:40** Group discussions and current  
news events and topics

**10:40-11:15** Cognitive exercises

**11:15-11:45** Physical exercise routine with  
volunteer from the Centre d`action  
bénévole

**11:45-12:00** Birthdays and Anniversaries

**12:00-12:40** Lunch ( Women`s Institute)

**12:40-13:20** Team games and leisure therapy

**13:20-14:00** Health promotion and prevention  
presentations.

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## Re-Evaluation



**On March 3, 2010** CASA met with the CSSSBC to evaluate the Wellness Centre.

**Fall 2010** CASA, with the support of the CSSSBC and its community partners expanded the wellness centre to the community of New Carlisle.

“Working together, achieving more.”



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# Where are we today?

## Since the first Wellness Centre in 2010:

- ✓ there are 6 wellness centres in operation (Matapedia, Escuminac, Cascapedia-St. Jules, New Carlisle, Port Daniel and the town of Gaspé)
- ✓ there have been over 60 sessions with health presentations from the 3 CSSS and community partners addressing topics of importance to seniors :
  - diabetes, shingles & cholesterol
  - wills, estates & mandates
  - dental health & foot care
  - telephone fraud and home security
  - organic gardening & nutrition for seniors
  - physiotherapy
  - intergenerational activities with youth
- ✓ there are approximately 100 seniors participating in the sessions; 18-23 at each session
- ✓ the age of the participants ranges from 65-94



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