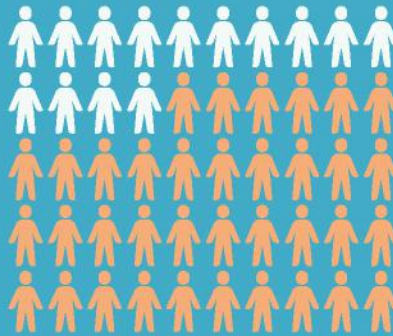


SENIOR WELLNESS CENTRE INITIATIVE ACTIVITY REPORT (2023-2024)



Population of English-speaking seniors 55+

297,740



27.1%

of total English-speaking population

Senior Wellness Centres (SWC) are community-run programs that aim to maintain and improve the health and well-being of English-speaking seniors, increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.

- ✓ 3,334 prevention sessions
- ✓ 5,487 senior participants
- ✓ 6 Community of Practice sessions
- ✓ 50,228 occurrences of participation
- ✓ 442 volunteers
- ✓ 20+ resources & tools shared with SWCs
- ✓ Provincial and regional collaborations

Health Education
Health Promotion
Outreach

Evaluation
Bientraitance
Person-centered care
Trauma-informed care
Age and dementia-friendly practices
SWC Ecosystem
Reporting support

75
funded sites*

*44 existing sites maintained and 32 new sites financed over 3 years (24 in year 1; 3 in year 2; and 5 in year 3)

16
regions served

100%
sites up and running



Impact:

- Provincial coordination
- Increased capacity of SWC's
- Enhance health related attitudes, knowledge & skills
- Increase access to information & services in English
- Reduced social isolation
- Increased autonomy & well-being
- Improved health outcomes

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