

# 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.

- ✓ 3334 prevention sessions
- ✓ 5487 senior participants
- ✓ 6 Community of Practice sessions
- ✓ 51,7409 occurrences of participations
- ✓ 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 sties financed over 3 years (24 in year 1; 3 in year 2; and in year 3)

**16**  
regions served

**100%**  
sites up and running



Impact:

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