SENIOR WELLNESS CENTRE INITIATIVE ACTIVITY REPORT (2023-2024)



27.1%

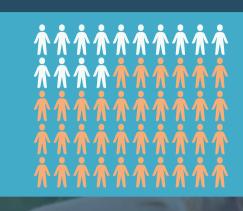
of total English-speaking

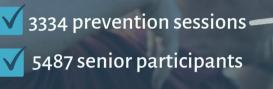
population

Population of Englishspeaking seniors 55+

297,740

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





- 6 Community of Practice sessionss
- **51,7409 occurances 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 dementiafriendly practices SWC Ecosystem Reporting support



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



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



Secrétariat aux relations avec les Québécois d'expression anglaise