



Senior Wellness Initiative (SWI)

Health education and promotion for seniors:
A focus on prevention



With the financial support of:

*Secrétariat aux relations
avec les Québécois
d'expression anglaise*

Québec 

WHAT MAKES THE SWI UNIQUE?

COMMUNITY-LED & COST-EFFECTIVE

The SWI is an innovative response by community organizations to address a gap in services for seniors. Formal and informal collaborations are sought out and developed with health and social services professionals.



INCLUSIVE OF ALL SENIORS

The SWI includes outreach to vulnerable and isolated seniors. There is no specific criteria for participation.

LINGUISTICALLY & CULTURALLY ADAPTED

The SWI is adapted to the regional and local needs and realities of English-speaking seniors. The initiative is flexible, adaptable, inclusive and adopts a broad and multifaceted approach to improving overall health and well-being.



“ This is a lifesaver for seniors. Once we stop working...we tend to lose our social circles related to work and the sense of usefulness that comes with it....Your activities are helping mitigate that.
-participating senior

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SWI IMPACT



BUILDING CAPACITY FOR COMMUNITY ORGANIZATIONS



OPTIMIZING HEALTHY AGING FOR ENGLISH-SPEAKING SENIORS



The program strengthens community vitality in giving organizations the ability to outreach and engage in programming.-CHSSN staff



Seniors served



Sessions delivered



Volunteers & staff engaged



Resources created & shared



Community of practice sessions

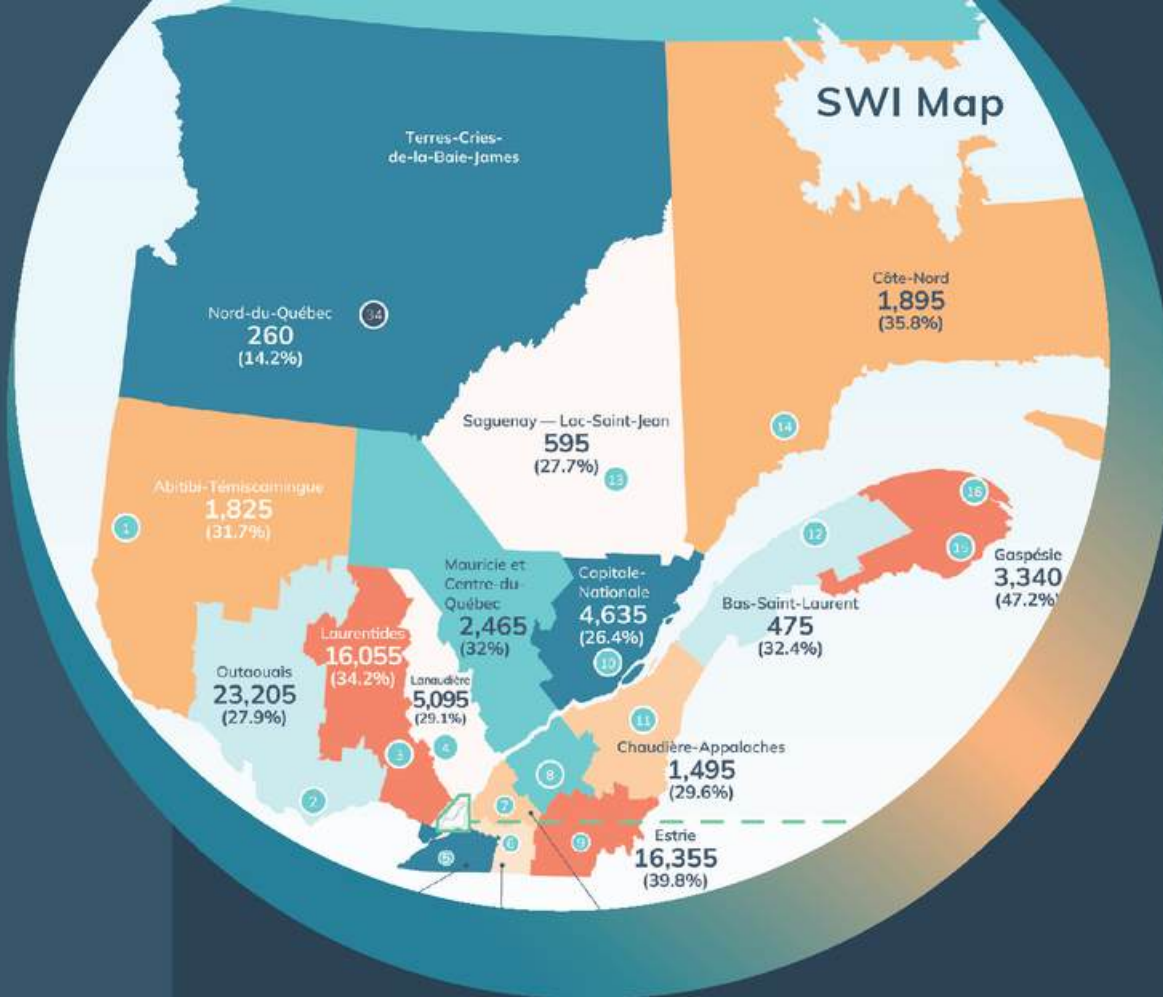


Personalized outreach activities



Recommended by 95% of seniors





See the full map
here

WHAT IS THE SENIOR WELLNESS INITIATIVE?

The Senior Wellness Initiative consists of a network of 34 organizations that offer health education and health promotion activities for English-speaking seniors in 125 locations across the province of Québec.

These sessions are designed to increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.



chssn.org/projects/senior-wellness-centres/