

Session Information

Session #504 - Assisting seniors in housing

Moderator: Leah Davis

Saturday, November 15th from 1:30PM-3:00PM

Supporting our Seniors



Agenda

- **Seniors in CityHousing Hamilton and the Broader Community**
- **Need for Supports**
- **Tenant Engagement at CityHousing Hamilton**
 - Programs and Activities for Seniors
- **Value in Supports**
- **Questions/Comments**

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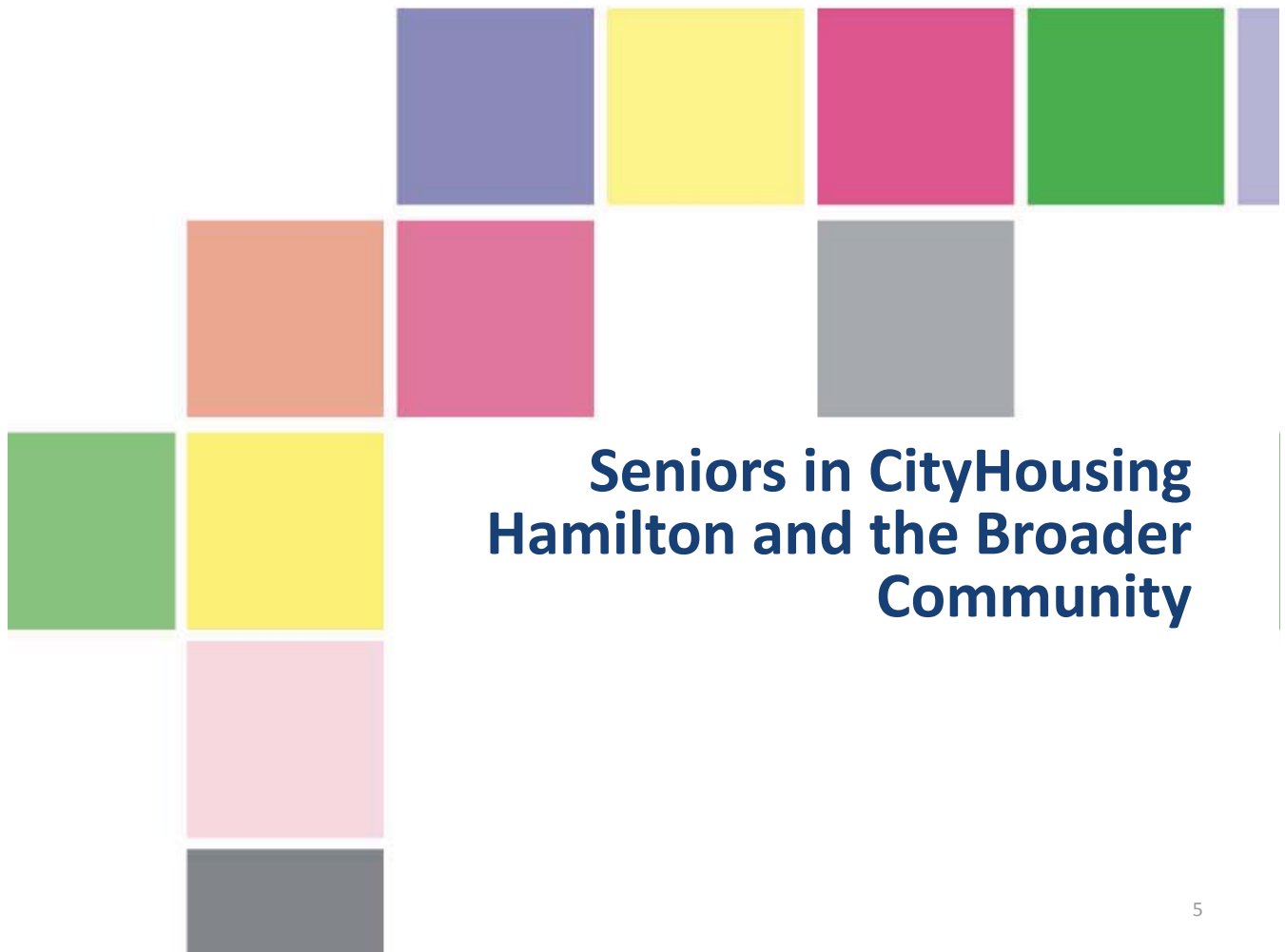




Supporting our Seniors

“ CHH is invested in improving our community through **active participation** and **collaboration**. Over the past three years, we have have joined efforts with **90 community partners** and seen the development of more than **25 tenant groups**, including **Step-By-Step** (the tenant advisory group). ”

- Matt Bowen,
Manager, Tenant Engagement



CHH Mandate

We provide *affordable* housing that is *safe, well maintained, cost effective* and that *supports* the diverse needs of our many communities.

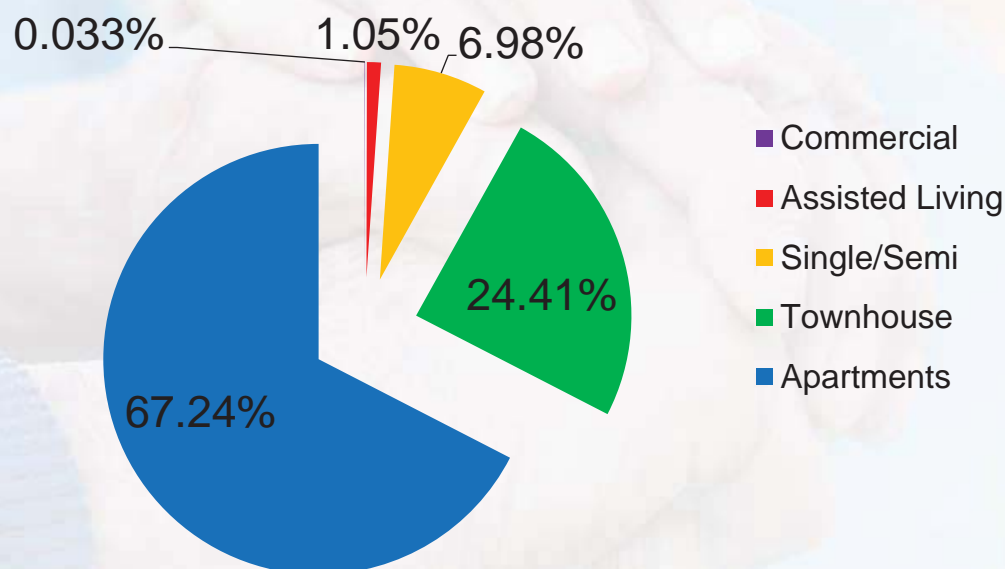
CHH Housing Portfolio

- We are the fourth largest provider of social housing in Ontario, with approximately 7,100 rental units.
- We provide affordable housing to seniors, singles and families.

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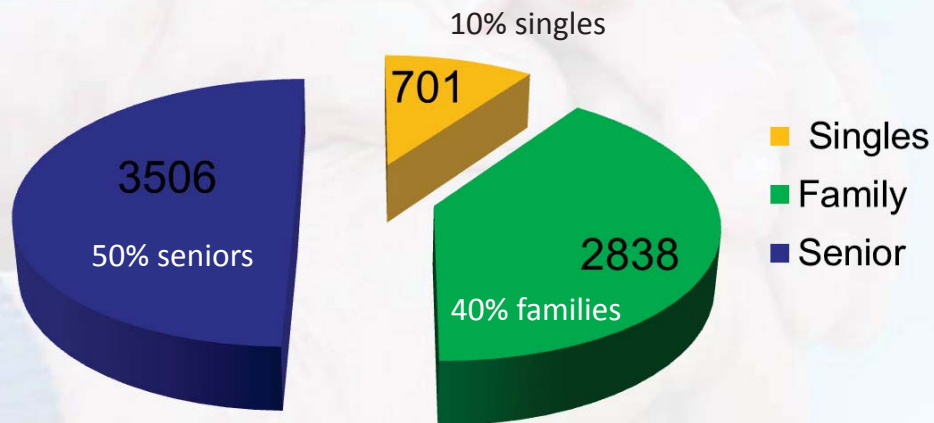
CHH Unit Types



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CHH Demographics



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Senior Demographics in Hamilton

The number of seniors aged 75+ is estimated to reach 42,907 in 2015, which will represent 36% of the total HNHB LHIN population.

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Our Population

- We house an aging tenant population that is in need of basic supports to maintain their tenancy.
- An increasing number of seniors require mental health and addictions supports.

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Our Role

- We provide housing for tenants who are able to live independently.
- CHH is not supportive housing under HSA, 2011.
- We receive no funding for support services.

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Need for Support

- In Ontario, between **17 and 30%** of aging adults (65+) have some form of mental health.
- This means that between **289,000** and **680,000** older adults are affected by mental health issues in Ontario.

Canadian Mental Health Association (2010): "Mental Health and Addictions Issues for Older Adults: Opening the Doors to a Strategic Framework"

Need for Support

- There are currently a lack of adequate supports for older populations.
- Research shows that issues commonly associated with normal aging are, in reality, preventable and treatable.

Canadian Mental Health Association (2010): "Mental Health and Addictions Issues for Older Adults: Opening the Doors to a Strategic Framework"

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Need for Support

- CHH sees the value and need for proactive responses to issues facing our aging tenant population.
- These are facilitated through our Tenant Engagement and Support Services team.
- Many supports target our senior population.

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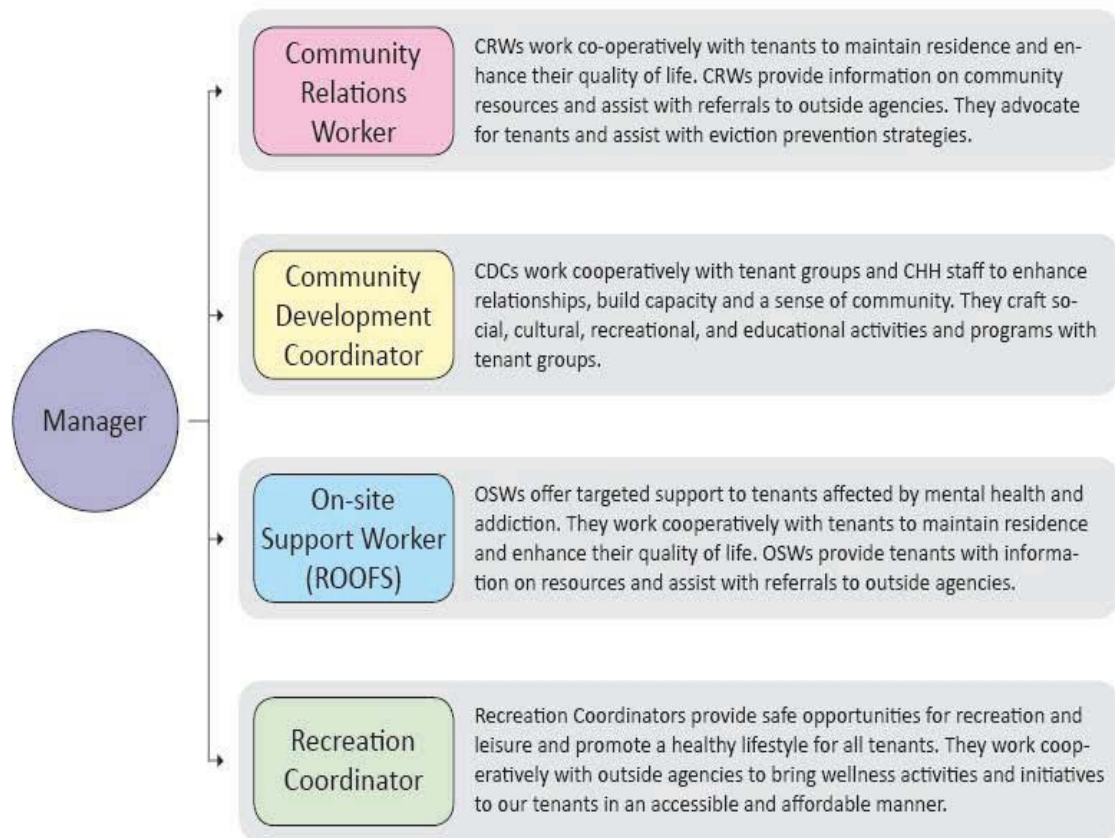


Tenant Engagement at CityHousing Hamilton

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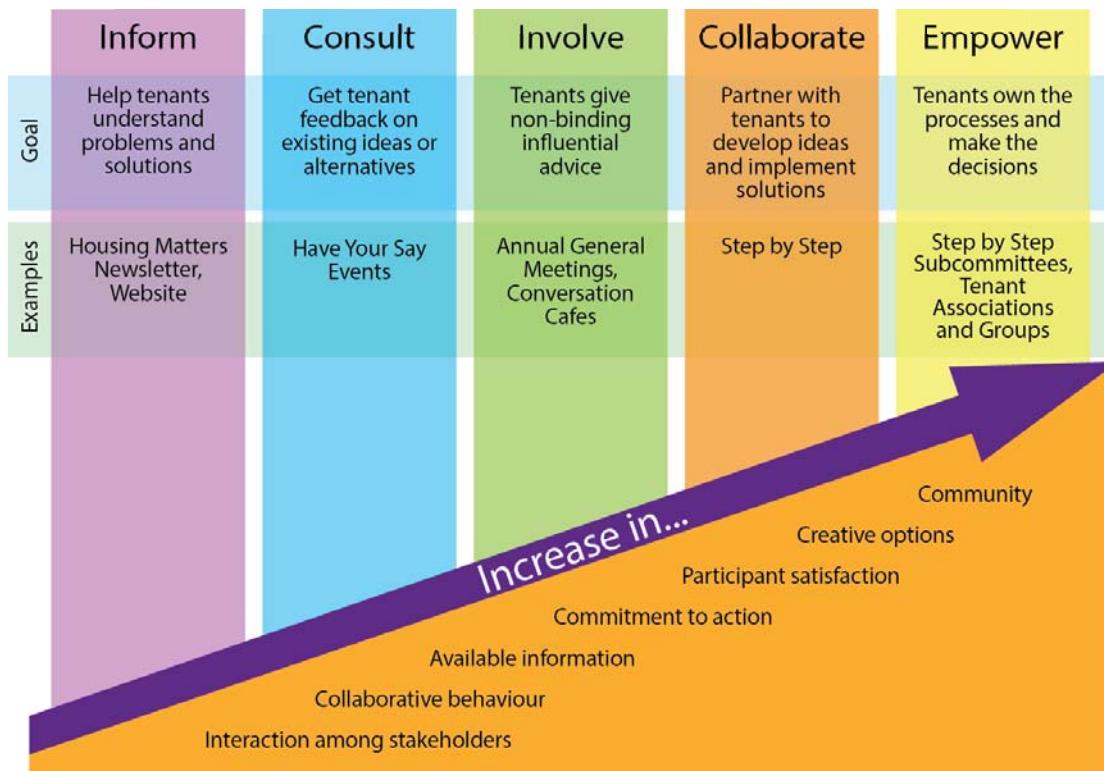
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“ In 2013, CHH formalized a **strategy** to **engage tenants** and **build resilient neighbourhoods**. It was built upon **5 key pillars** and increases **community**, interaction between stakeholders, commitment to action, creative solutions, and **participant satisfaction**. ”

- Matt Bowen,
Manager, Tenant Engagement

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Tenant Engagement Spectrum



Through engagement, we are able to provide supports to our tenants – supports that they *want* and *need*.

Here's what that looks like...



Activities and Events for Seniors

23



CHH Annual Summer Picnic

Volunteer Recognition Ceremony



rad.Chapman Photography

Garden Forum





Holiday Events

27



BBQ at First Place

Leadership Forum



Tenant Associations, Tenant Groups & Tenant-Led Programs

Tenant-Led Café at 155 Park



Two members of Step by Step attending an AGM



Presentation by The Martinique Tenant Association



395 Mohawk



35

at 13 of our seniors' buildings

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801 Upper Gage

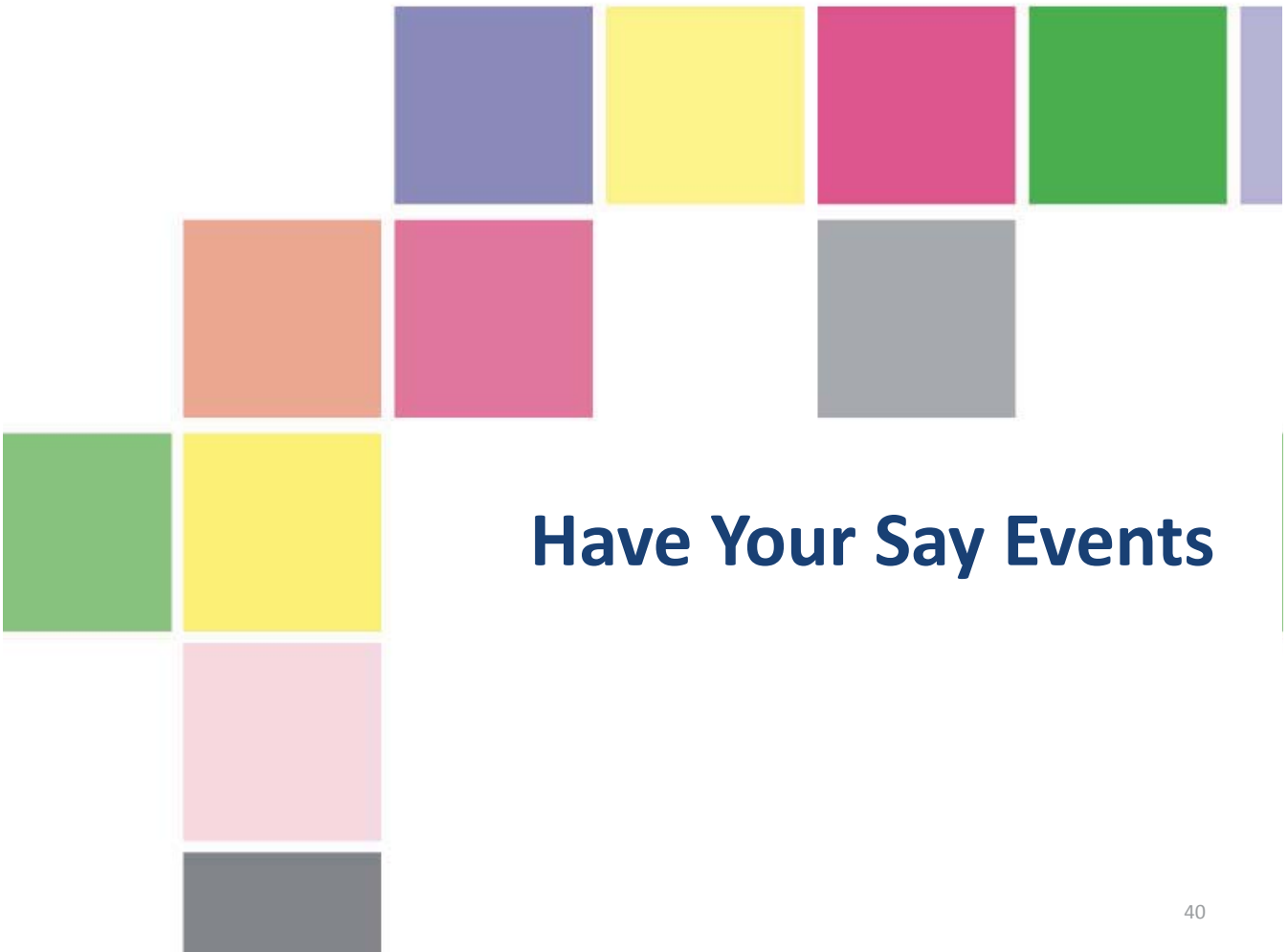


with 129 of our seniors participating

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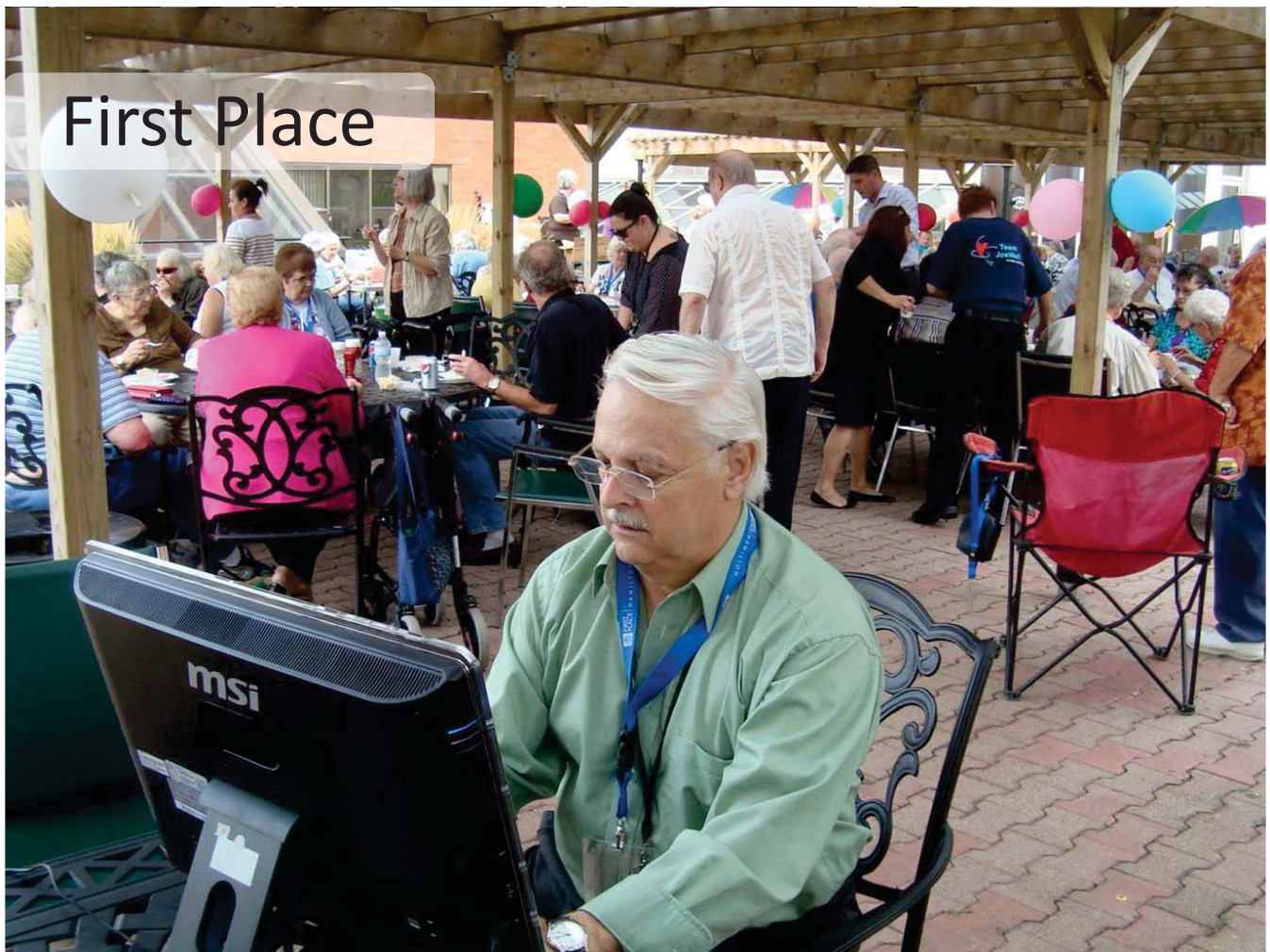


2014 Terra Award Recipient



Have Your Say Events

First Place



First Place





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25 Lynden



2013 VS. 2014 ANNUAL GENERAL MEETINGS: HOW DO WE MEASURE UP?

	2013	2014	Growth Percentage
Number of Meetings Held	41	43*	4.9%
Number of Tenants That Attended	1493	2424	62.4%
Number of Meals Served	1800	3652	102.9%
Number of Pages of Minutes	200	281	40.5%
Number of Staff Hours	530	649	22.5%



*Meetings added at Millwood-Bobolink & Cranbrook-Greendale Properties



Volunteer Opportunities

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Seniors residing at First Place
have many volunteer
opportunities.

There are currently 65 active
volunteers.

Volunteers are involved in many roles, including:

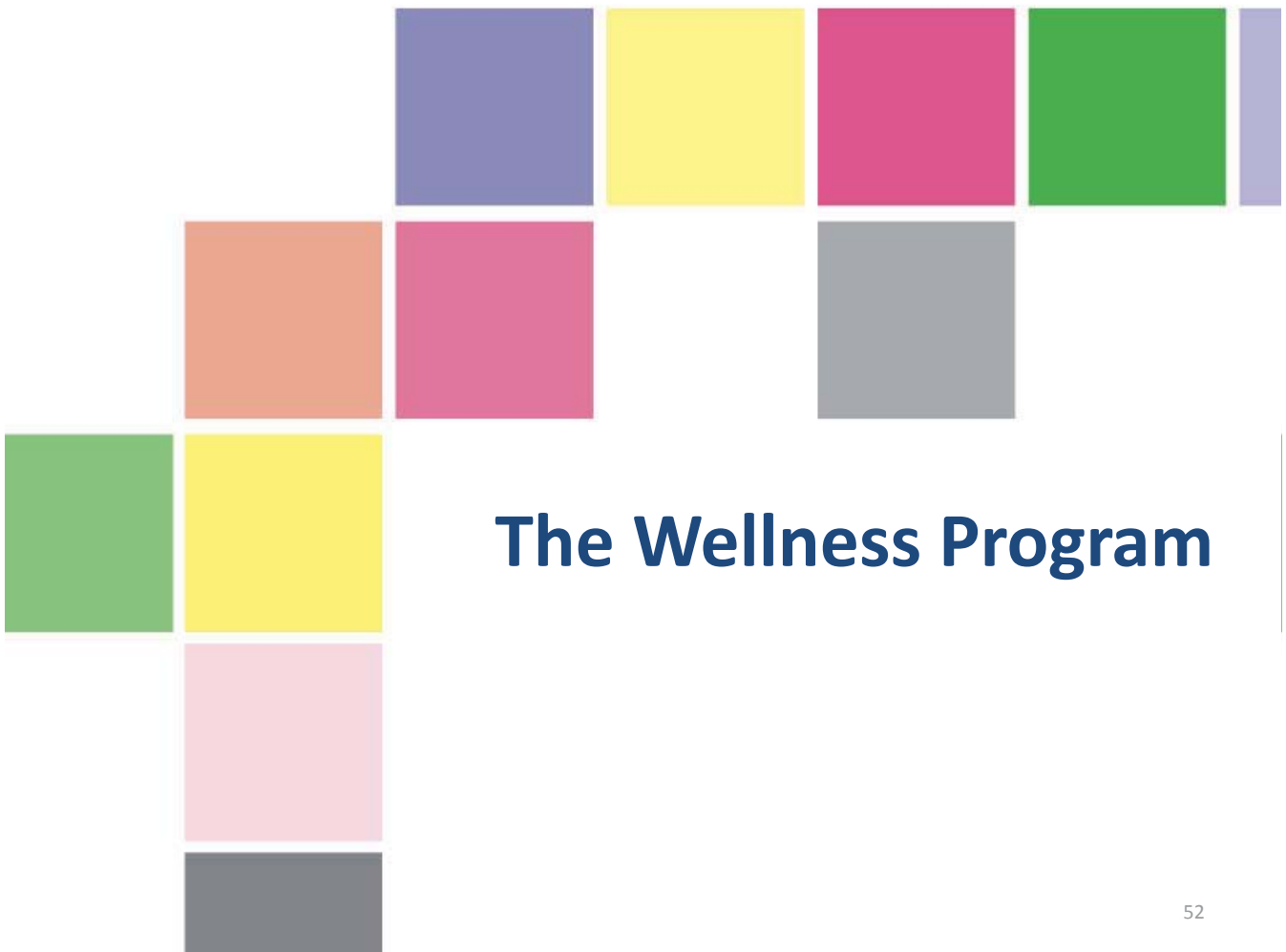
- Tenant organization
- Chapel helpers
- Program convenors
- Special event helpers
- Office helpers
- Friendly visitors

Supporting our Seniors



Developing New Homes

50 New Homes for Seniors 690 Stonechurch



The Wellness Program



S.M.I.L.E.

Seniors Managing in Life Experiences
Services Managing in Life Experiences

- offers **18 programs** at **10** of our senior buildings
- opened in **3 new locations** in 2014
- **over 700** Wellness cardholders

MEET OUR CARING PARTNERS



OUR SERVICES COME TO YOU!

Full-Service Retail Pharmacy

- Putting YOUR health and well-being first.
- Complete pharmacy services for you and your family.
- Increased clinical services available to residents.

FOOD FOR THOUGHT Seminars

- Current discussion topics including Osteoporosis, Heart and Lung, Blood Pressure and many more.

Brown Bag Checks

- We will provide a light lunch! Bring down all your prescriptions and over-the-counter medications. Have a pharmacist review your medication list to ensure it is safe and effective.

Smart-Link

- As a user, you have direct communication with the pharmacy staff via computer to answer any questions you may have.

(905) 336-2889

See Your Wellness Leader



Motion specialties offer Mobility Clinics to our residents. Get a free winter check-up for your cane, walker, scooter or other mobility device. (a quote will be provided should parts and large repairs be required)

Make an appointment with your Wellness Leader

Alzheimer Society

HAMILTON AND HALTON
Register today for this exciting interactive program. A 4-week series held once per week for 2 hours.

Topics include:

- Ways to maintain a healthy brain.
- What do your brains do?
- Strategies to help keep our brains healthy
- What can go with our brains?

If you are interested in attending the series please see your Wellness Leader.



Delicious Meals To Your Door

Copper Country provides frozen, home-style soups, entrees and dessert to your home. When you are hungry, just pop them into the microwave or oven to enjoy a nutritious meal.

Contact your Wellness Office for menus and order forms

Centric Health

Foot Care Clinics available in most buildings. A fee of \$ 25.00 plus your wellness card will include:

- Foot & Nail Assessment
- Preventative Care
- Consultation & Referral
- Assessment, management and treatment of ingrown nails, corns & calluses
- Toe nail clipping

Make an appointment with your Wellness Leader



HNHB LHIN funded exercise programs are a free class and are provided on site twice a week. Led by Kinesiologists and will focus on improving strength, balance, flexibility and endurance. All level of participants are encouraged to join and will be provided with exercises that can accommodate their level of ability. Participation helps to offset the effects of normal decline in the flexibility of joints, maintain or improve independence during activities of daily living, increase your balance and strength, feel vibrant while having fun.

Register in the Wellness Room



A program designed to keep you active and healthy. Interactive activities such as nutrition, fitness demos, healthy life style tips and tools. Put on a pedometer and join the Steps to Aging Healthy Group. As an incentive count your steps and earn prizes.

Sign up with your Wellness Leader



Cym Buddies

(available at some sites)

Find a partner and meet with Heather from Strive Fitness. Get training on the gym equipment in your building and receive a personal exercise program suited to your needs.

Check the calendar for dates and times in your building.

Wellness Activities

Bowling, parachute sit and fit, brain games and more. Student led activities to strengthen the body, engage the mind and enliven the spirit.

Check the schedule for available programs in your building

Senior Watch Program

A voluntary Senior Watch Program to provide a daily health and well being check of residents enrolled in the program. To foster a sense of a caring community, giving both family and participants, peace of mind and knowing they are being checked on by their peers. Learn how hanging out your Senior Watch door hanger can make a difference.

Register for this program with your Wellness Leader



Wellness Volunteers
905-546-2424, Ext 5179
nations.cnhb@hamilton.ca



North Hamilton

Community Health Centre

Diabetic Clinics

Are you at risk of diabetes?
Have you been diagnosed with Type 2 Diabetes?

We can provide you with encouragement, tools and techniques to help manage diabetes and live a healthy life.

Book an appointment with your Wellness Leader

Chronic Disease Self-Management Program

This program, developed by Stanford University is a 6 week interactive workshop. Facilitated by 2 trained leaders, both living with chronic diseases.

Minimum numbers needed to have this program at your site.

See your Wellness Leader for more details

Craving Change

Saying "no" to temptation takes more than willpower.

The 'Craving Change' 4-week program (one 2-hour session per week) is about learning and practicing new ways of thinking and behaving.

Written by clinical psychologist Dr. Colleen Cannon and registered dietitian Wendy Shah, Craving Change™ is the #1 cognitive-behavioural program for problematic eating in Canada.



The CNIB operates support groups for the visually impaired. Groups meet to discuss community resources and assistive devices.

They also provide games, will assist in reading of menu, newsletters and mail.

Check Wellness Calendar or with your Wellness Office for dates and times

LIHN funding has been vital to the Wellness Program...

- bringing services and supports to seniors
- growing the program to reach more individuals each year



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CHAP-EMS

Partner: McMaster University and CHAP-EMS

Focus: cardiovascular, diabetes, and falls risk assessment + empowering residents

Goal: improve building residents' health + reduce use of emergency services & healthcare costs

Program Participant



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Value in Supports

Value in Supports

All of these supports combined increase the spectrum of aid available to our senior tenants.

This is crucial to the wellbeing of our seniors.

Supporting our Seniors



Value in Supports

By engaging our tenants, we are able to provide them with more supports, in turn improving their quality of life while residing in CHH.

Supporting our Seniors



Value in Supports

These efforts help us to ensure that CityHousing Hamilton is the **best possible place** for our tenants to live.

Supporting our Seniors



Questions/Comments