



LE CENTRE
Cummings
CENTRE

VIRTUAL LEARNING PROGRAM

**HEALTH CANADA ROADMAP FOR
CANADA'S OFFICIAL LANGUAGES 2013-
2018; EDUCATION, IMMIGRATION,
COMMUNITIES**

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AGENDA


- Virtual Learning program
 - Objectives
 - Inclusion criteria
 - Outputs
 - Outcomes
 - What's next

ENGLISH-SPEAKING OLDER ADULTS IN QUEBEC (55+)

- 1,058,250 English-speaking individuals live in Quebec
 - 268,696 of them are 55 years of age or older (25.4%)
 - High risk of social isolation
 - Less access to programs, services and information about health related issues in English

VIRTUAL LEARNING PROGRAM

Objectives:

- Increase resilience of seniors and caregivers
 - Reduce social isolation and risk for depression/anxiety associated with chronic illness and caregiving
 - Competency in using online technology
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ELIGIBILITY CRITERIA

- **Member of the Cummings Centre**
- **Has a computer or iPad, speakers, and internet**
- **Getting to the Cummings Centre requires a considerable and taxing effort**
 - Illness or injury (temporary or chronic, physical or emotional)
 - Need the aid of assistive devices for mobility
 - Requires special transportation or assistance of another person to leave home
 - Condition such that leaving home is medically contraindicated
 - Caregiving responsibilities
 - Distance from Cummings Centre with no transportation

OUTPUTS

60+ programs have been delivered online

with over 460 total views (108 live and 378 on demand)

- Lectures, concerts, exercise classes, brain training workshops, etc

5 Volunteers have been trained as tech assistants

- Home visits
- Telephone support
- Webcasting support

100+ older adult participants

- Men/women (66 women, 34 men)
- Average age = 76 (ranging from 51 to 92)
- Quebec-wide

SEE FOR YOURSELF!

<http://virtual.cummingscentre.org/>

OUTCOMES

**Participants in the virtual learning program have reported
(through surveys, focus groups and informally)**

- Enjoyment of the program, topics, and speakers
- Simplicity of technology
- Learning new computer skills
- Appreciation of volunteer support
- Reduced isolation
- Increased engagement/connection with the Cummings Centre
- Access to health information, programs and services in English
- Desire for more interaction

BUILDING A VIRTUAL COMMUNITY

Discussion Groups

- Book Club (4 participants, 6 sessions)
- Current Events (3 participants, 1 session)
- Personal Development and wellness
- Caregiver Support
- Navigating the health care system
- Sing-a-long

Platforms

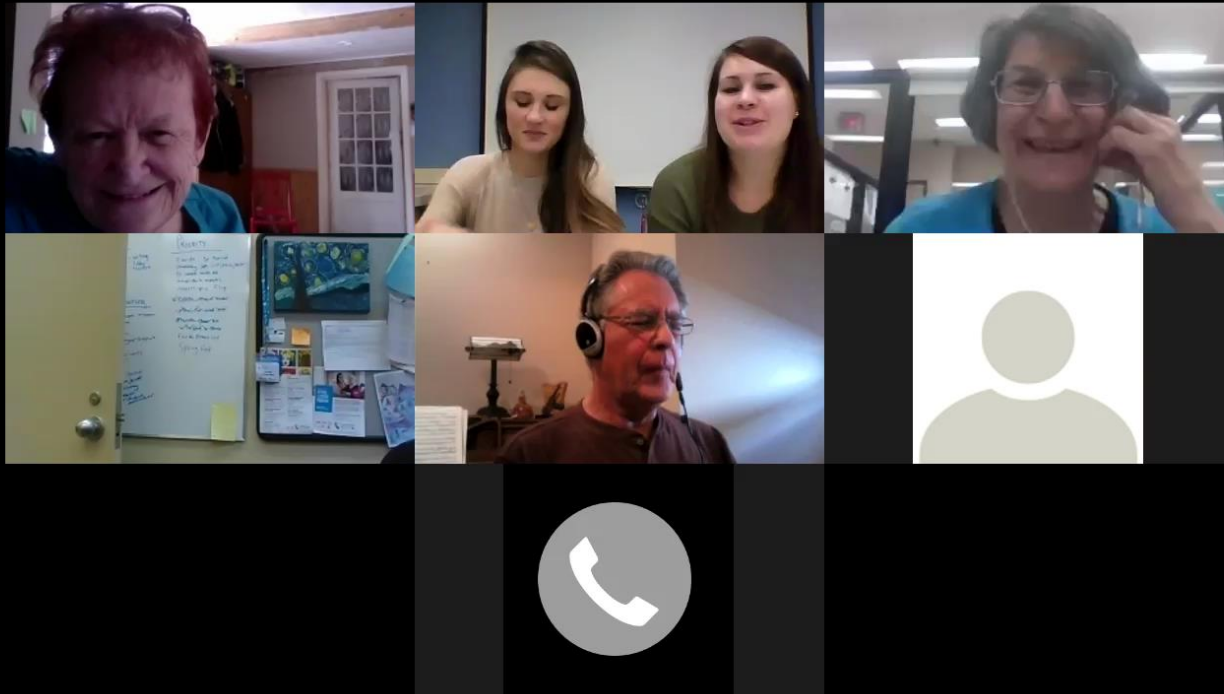
- Skype
- Zoom videoconferencing

Facilitators

- Participant volunteers (peer-to peer learning)



VIRTUAL LEARNING – CURRENT EVENTS DISCUSSION GROUP



SURVEY RESULTS APRIL 2014-2016

- **Age**

- 50-59 (2.4%)
- 60-69 (52.4%)
- 70-79 (31%)
- 80-89 (14.2%)

- **Gender**

- Female (93.6%)
- Male (6.4%)

- **Language**

- English (95.2%)
- French (4.8%)

- **Region**

- Greater Montreal (90.5%)
- Other (9.5%)

OUTCOMES

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Comfortable with session format	58.6%	37.1%	1.4%	2.9%	
Instructions were clear	62.9%	32.9%	2.9%	1.4%	
Images/sound were clear	57.1%	28.6%	7.1%	7.1%	
Assistance was satisfactory	60%	28.6%	8.6%	2.9%	
Will recommend to others	53.6%	37.7%	5.8%	2.9%	
Feel more engaged/less isolated	47.8%	29%	23.2%		
Sense of support in meeting challenges	37.7%	30.4%	29%	2.9%	

CHSSN Priorities for English-speaking Seniors



Priorities for English-speaking Seniors

Broad Priorities	Health & Social Services	Health Promotion & Prevention	Home Support & Living Arrangements	Reducing Isolation	Caregiver Support
Sample Categories for Action	Primary Care (nurses, social workers, pharmacists, physicians) Long-term & Palliative Care Information in English	Healthy & Active Lifestyles Preventing Injury & Sickness Elder Abuse Mental Health	Home Care Meals on Wheels Affordable Housing Options Accessible Transportation	Social Participation and Inclusion Intergenerational Activities Employment & Volunteerism Calls & Visits	Respite Resources & Information Support Groups

TESTIMONIALS - Lectures

- “Enjoyed immensely your online lecture of last Friday. Your lectures are interesting and informative. I deeply appreciate sending your volunteer twice. Keep up the good work.”
- “This is a wonderful program you started, especially during this winter.”
- “I just watched Bernie Weinstein and it was FABULOUS. I am so thrilled by this initiative. THANK YOU THANK YOU THANK YOU!”
- “Than you for giving me the opportunity to enjoy the on-line lecture series. I enjoyed the this morning and look forward to whichever lectures I will be home to “attend” via computer. It is wonderful that the Cummings Centre arranged this for those of us who have a harder time getting to the Centre”
- “I felt uplifted when I was watching the video.”

TESTIMONIALS - Discussions

- “The facilitators created a comfortable respectful atmosphere and the participants were very knowledgeable and interesting.”
- “ I enjoyed the opportunity to engage civilly with other interesting people who happen to be seniors with differing opinions in discussing and debating current issues.”

WHAT'S NEXT

- **April 2017 program will be launched to Cummings Centre Membership and beyond!**
- **Individual price**
- **Organizational price**
- **Your ideas**
 - Topics
 - Developing online community
 - How to make this more meaningful?