

Seniors

Seniors and those with a loss of autonomy are a top priority for CISSSCN and in partnership with the Coasters Association and the Lower North Shore Coalition for Health; (LNSCH) a strategy was developed to establish Day Centers on the Lower North Shore. The involvement and encouragement of community and public resources are instrumental in recognizing the needs of this target community. The Day Centers goal is to help seniors keep their independence and quality of life with therapeutic, preventative and fun activities designed just for them. The following is a brief overview of programs carried out by the Coasters Association.

Senior Day Centers

Currently, there are six (6) Day Centers in place for seniors and those with a loss of autonomy; Harrington Harbour, Tête à la Baleine, La Tabatiere , St. Augustine, St. Paul's River and Blanc Sablon. Each community with a Day Center has a Community Advisory Committee, comprised of senior volunteers and other community members to guide the management of the Day Centers; this ensures community involvement and a sense of commitment to the maintenance of the service. At the present time, partnerships has been established with Commission Scolaire, municipalities and a local resident to house the Day Centers. St. Augustine is the only Day Center currently that serves seniors and persons with a disability.

Home visits are offered to seniors who are unable to participate in the Day Center activities (especially during the winter months). It has proven to be a much needed service and seniors enjoy having the Animators visit them on a regular basis; however, they are always encouraged to participate in Day Center Activities.



Youth and St. Paul's school provided an afternoon of beautiful music to the residents of Beaux Sejours (January 2016)

Health Promotion & Prevention

The purpose of the health promotion programming at the day centers is to increase access to health and social services, help break isolation, promote active ageing and maintain independence, as well as provide support for caregivers. This has been very successful and information is being disbursed through the Day Centers to the local population, via posters, workshops, luncheons. A “Panier des services” in regards to health promotion programs offered to seniors in the communities through the health center. In order to celebrate local caregivers, events were held in most communities in November and December of 2015, however, Blanc Sablon held their event in January 2016. A series of DVDs on caregiving were purchased and each community watched one of the series during the event. The events were funded by L’Appui and we wish to express our thanks to them for the opportunity to raise awareness of family caregiving.



Blanc Sablon caregiver event....

Telehealth - CHEP

The Community Health Education Program (CHEP) is a distance support program that offers English-language health and social services information to remote and rural Quebec communities, mainly via videoconference. The video conferences are streamed from the Montreal Children’s Hospital and communities hook up through the local Community Learning Centers (CLCs).

In January 2016 a video conference was held at the CLC in St. Paul’s River on memory disorders and dementia. Each year a variety of topics are made available, such as, diabetes, heart health, bullying, Alzheimer’s, etc.... Coming in the fall of 2016 a list of possible video conferences will be made available, if interested in any of the topic, one is to call the CLC in your community or the Coasters Association.

Respite Services (caregivers)

Respite care provides caregivers a temporary rest from caregiving, while the person with Alzheimer’s, dementia or who are housebound, receives care in a safe environment, at home or at the Day Center. Respite care is offered through the Seniors Day Centers in the Municipality of Blanc Sablon, Bonne

Esperance, St. Augustine, and Gros Mecatina and in the communities of Harrington and Tête a la Baleine.

In the last several months (January to June), 424 visits were made with housebound seniors, if you have a love one who suffers from Alzheimer's or dementia, please feel free to call and we will make every effort to support you.

Books on Wheels

This program is meant to break the isolation of seniors and those with a loss of autonomy through social participation and the inclusion of seniors. A total of \$ 16, 500 worth of books were purchased and disbursed to the Senior Day Centers (Blanc Sablon, St. Paul's, St. Augustine, La Tabatiere, Tête a la Baleine and Harrington). There are a variety of books, many of which are large print, if you wish to borrow books, you can contact the Day Center animator in your community or visit the Day and Center.

Community Animation

The community animators support all the programs in their respective communities and are doing a great job! The Coasters Association is pleased to have animators in the following communities; Jennifer Wellman, La Tabatiere; Susie Green, Tête à la Baleine; June Gallibois St. Augustine; Leona Griffin St. Paul's River; Vanessa Osborne, Harrington Harbour;; Antoinette Keats, Blanc Sablon.

For more information on any of the initiatives please feel free to contact;

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Remember: *You are never too old to set another goal or to dream a new dream.*

Les Brown

Did you know that when... A man ninety years old was asked to what he attributed his longevity. I reckon, he said, with a twinkle in his eye, it because most nights I went to bed and slept when I should have sat up and worried.

Dorothea Kent