

Training for Retirement
Facilitator's Guide

You may want to decide if you want to keep the modules monthly or have it more frequently (bi-weekly, weekly) depending on the site.

Format

- ~30 minute session
- quick introduction of the topic (1 min)
- active warm up (5 min)
- activity/group discussion/teaching component (10 min)
- daily dose (break half way through to teach a simple exercise they can attach to a daily activity) (5 min)
- activity/group discussion/teaching component (10 min)
- closing (5 min)

Adult education

- learning by doing is the way adults prefer to learn ... do NOT do lecture style!
- Aim for active and collaborative decision making vs passive absorption of material.
- Let participants have more independence over their own learning; give them the choice and power over their learning ... results in more motivation and self esteem

Critical success factors

- Crucial to make links to community resources in order to sustain lifestyle changes ... Once the 6 weeks/months are over, they will need to get plugged into the community to maintain these lifestyle changes and have support. Do your research to find out what local resources are available for seniors
 - o Go to local recreation department
 - o Find out about safe walking paths, mall walking programs
 - o Find out about seniors centers (ex. YMCA)
- Goal setting, action planning and problem solving are 3 important techniques to improve health related behaviours and clinical outcomes!
- Regular and sustained follow up is essential!

MAKE SURE YOU REVIEW EACH MODULE BEFORE IT BEGINS USING THE CONSULTANT COPY AND PREPARE ANY MATERIALS NECESSARY.

MAKE SURE YOU HAVE THE PRINTED HANDOUTS PER PERSON BEFOREHAND.

It might be a good idea to give each participant a duotang to keep track of all the papers and keeps things organized. This will help them feel more like a "group." They will also need the handout from module 1 for module 3 and module 6.