

Training for Retirement
Module #1: The Importance of Preparing for Retirement

Materials

- Prepare name tags and markers for people as they walk in (include yourself!)
- Poster board and markers or white board/chalkboard if available in the room
- Prizes for trivia: small healthy snacks (ex. almonds if no nut allergy, fruit, low fat popcorn, etc)
- Laptop and projector and cord to show youtube clip.
- Write down a goal that you want to achieve (make sure it's an actual goal of yours).
Prepare two statements of two kinds of goal setting:
 - o One kind is very vague, no specific time point, no specific location, not very attainable/realistic (ex. I will run a marathon)
 - o The other kind is a SMART goal (follow the steps on the handout) (ex. I will walk for 10 minutes each day after dinner with my spouse to the park by our house).

[Consultant]:

*Welcome everyone! You are here to achieve the ultimate goal of **staying well and independent, and preventing or better managing any chronic diseases**. Training for retirement is a 6-module program designed for older adults with an emphasis on physical activity and healthy active ageing. This is based on a Canadian program called the Active Living Coalition for Older Adults (ALCOA).*

1 min youtube clip: Play Make Health Last <https://www.youtube.com/watch?v=Qo6QNU8kHxI>

Each session will be 30 minutes. Each session will begin with an active warm up (except today because we're doing introductions) and have a break half way through called "Daily Dose." Please feel free to get up if you need to (washrooms, etc).

Introductions (5 min)

- Consultant: give your name, what you do and why you want to lead this program
- Everyone else: introduce (1) name, (2) why they came here, (3) what they want to learn from this

Activity (5-7 min)

- Trivia questions on older adult healthy living. Winner gets a prize (whatever snack you brought)
 1. True or False: Between 1986 and 2010, the number of Canadian seniors increased from 2.7 million to 4.8 million
 - a. True. This increased from 10% to 14%. Between 2011 and 2031, all members of the baby boom generation (Canada's largest birth cohort) will turn 65.
 2. True or False: In Canada, the proportion of youth is equal to the proportion of seniors.
 - a. False. Starting 2015, the proportion of seniors in the Canadian population will surpass the proportion of youth.
 3. True or False: In 2008, about 3 out of every 4 Canadian seniors reported having at least 1 out of 11 chronic conditions

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- a. True. That's 76% of Canadian seniors who have a chronic condition! 24% reported of having 3 or more chronic conditions.
4. True or False: The obesity rates of men are higher than women by 75 years of age.
 - a. False. Women are more likely to be obese than men because they are more likely to be physically inactive.
5. What is the most prevalent chronic disease in seniors older than 65?
 - a. Dementia. It affects ~1 in 11 Canadians over 65. This is expected to double by 2038 along with the increase in the seniors population.

Source: 2011 Health Care in Canada: A Focus on Seniors and Aging from the Canadian Institute for Health Information

Daily Dose (5 min)

- "Daily Dose" is a way to make physical activity into your daily routine. How it works is you attach a physical activity to a daily routine and location.
- Today's daily dose is the **partial squat**
 - o Done in the bathroom when brushing your teeth
 - o Stand with legs apart, bend knees and slowly lower yourself as if you're about to sit on a chair. Stop halfway. Slowly straighten up. Repeat.
 - o You demonstrate first, then get the group to stand up and try together
 - o They may hold chair or table for support
 - o Tuck in pelvis and tighten stomach muscles (like when coughing) and exhale when lowering

Introduction to Goal Setting (10 min)

Need poster board, markers or chalk, white board markers, handouts

- Consultant: select a goal that you want to achieve (make sure it's an actual goal of yours). Do not just make one up because this exercise will not be as effective if it is not genuine. Read out loud the two kinds of goal setting that you have prepared:
 - o One kind is very vague, no specific time point, no specific location, not very attainable/realistic
 - o The other kind is a SMART goal (follow the steps on the handout).
- As a group, ask them:
 - o Which one was better? Why?
 - o Why do you think goal setting is important?
- Refer the handout and briefly explain SMART goals, why goal setting is crucial to success.
- Invite people to think about a goal they want to focus on this week. Ask what would be a small realistic change they would like to make in their lives?
 - o Ex. drink glass of water at one meal each day, add fruit to lunch
 - o Spend some time to write it on down on the goal tree diagram handout
 - o Invite 1 or 2 people to share their goals to the group. Encourage group discussion!

Closing (5 min)

- A specific goal has a much greater chance of being accomplished than a general goal.
- Remember to do your SMART goal this week and keep it up until the next module
- Do the daily dose every day!
- Date for next session
- Complete "track your progress handout" and hand back to facilitator