
Health Promotion for Older Adults

Activities for Senior Groups and Facilities



Overview

This lesson plan is for older adults living in retirement communities, independent living or assisted living facilities, long term care homes, or visiting community centres. The teaching can also be provided to the family members of older adults who may accompany them to education sessions. The activities can be delivered independently for shorter sessions, or together, for longer sessions. They can be adapted depending on the needs of the facilitator and participants. There is a health journey booklet included, which can be updated with completion stickers each time a health promotion session is attended.

Please report teaching by visiting: antibioticwise.ca/report-teaching

Guiding Principles

The lessons and activities align with the Government of British Columbia's (BC) recommendations for active aging. Their website outlines some of the ways staying active can help older adults be healthier, happier, and more independent.



Active Aging

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging>

“Active aging is about more than physical activity. Active aging also means being involved in your community and making healthy lifestyle choices.”

- From Active Aging, Government of BC

Education & Lifelong Learning

- Share ideas
- Develop new thinking skills
- Improve memory

Social Connections

- Meet new people
- Intergenerational connections
- Engage in activities

Health Promotion

- Physical and mental participation in activities
- Learn how to prevent illness and promote health

For more lesson plans and teaching resources, visit antibioticwise.ca/teaching

Instructions

The four activities can be taught in any order, and on separate days or times. Some of the activities include a PowerPoint presentation that can be used if you have access to a computer and screen or printed off and used as speaking notes.

Learning Outcomes

Hand Hygiene Activity

Following this lesson, participants will be able to:

- Recognize the four main times hand hygiene is recommended.
- Explain two reasons why frequent hand hygiene is important.
- Model effective hand hygiene technique with soap and water.

Beneficial Bacteria and Antibiotics Activity

Following this lesson, participants will be able to:

- List two benefits of good bacteria in the body.
- Identify three health promotion techniques to promote beneficial bacteria in the body.
- Consider four risks of inappropriate antibiotic use.

Cleaning Mobility Devices Activity

Following this lesson, participants will be able to:

- Indicate when and how to clean mobility devices.
- Model effective hand hygiene technique with alcohol-based hand rub.
- Participate in a mobility device cleaning fair.

Immunizations for Adults Health Activity

Following this lesson, participants will be able to:

- List three reasons why it is important for adults to get vaccinated.
- Recognize three illnesses that you can protect against with vaccines.
- Indicate where you can get more information on vaccines.

Healthy Living Passport

The Healthy Living Passport is a participant record of completion for each activity, and a place for residents to keep their health information. Hand out a Healthy Living Passport to new attendees. Put a sticker of completion in the passport for each activity completed. Participants who have a passport from previous activities can bring it with them to be updated with each health promotion event attended. Residents can bring the passports with them to health care appointments to review their immunization status and discuss health promotion.

Materials included in the teaching kit

- UV light
- Glo Germ lotion
- Healthy Living Passports
- Stickers for Passports
- Print materials for participants
- Posters
- BINGO Cards and Questions/Answers
- Matching activity game cards

Ordering additional materials

The teaching kits come with posters, handouts, and materials for teaching the activities. If you need to order additional materials, you can do so at the link below:

Order teaching kits at: <https://antibioticwise.ca/teaching/>