



# SENIORS' HEALTH & WELLNESS FORUM



Presented by  
**agefriendly**  
EDMONTON

## Seniors' Health & Wellness Forum 2016

### What is the Seniors' Health & Wellness Forum?

The Seniors' Health & Wellness Forum, presented by Age Friendly Edmonton, is a new, free, one-day event that gives organizations and businesses a forum where seniors, their families and caregivers can obtain information and resources pertaining to health, wellness and social supports vital to aging in place. The Seniors' Health & Wellness Forum will follow the same event format as the annual Seniors' Housing Forum.

Sessions for the Forum have been developed with the **Thinking About Your Future: Plan now to Age in Place** checklist, produced by the Federal/Provincial/Territorial Ministers Responsible for Seniors, as a framework to identify the most appropriate information and topics for seniors to consider.

A link to the booklet can be found [here](#).

### Where and When?

Saturday, October 29, 2016

9am – 2:30pm

Central Lions Seniors Recreation Centre

11113 113 Street, Edmonton, AB

### Registration

Participant registration opens **October 1**

Register by phoning **(780) 809-8604**

### Lunch

Complimentary on-site lunch and refreshments for participants, speakers and exhibitors. Muffins, coffee and tea will also be served.

### Parking

Free parking available on site.

## Schedule of Events

8:00am – 8:30am	<ul style="list-style-type: none"> <li>• Set up booths.</li> <li>• Continental breakfast provided for Speakers.</li> </ul>
9:00am	<ul style="list-style-type: none"> <li>• Doors open to participants.</li> <li>• One hour booth viewing in <b>Gym</b>.</li> </ul>
10:00am	<ul style="list-style-type: none"> <li>• Room moderators welcome participants in all rooms.</li> </ul>
10:15am	<ul style="list-style-type: none"> <li>• Three concurrent sessions A,B,C in <b>Large Auditorium</b>, <b>Small Auditorium</b> and <b>Atrium</b>.</li> </ul>
11:30am	<ul style="list-style-type: none"> <li>• Three concurrent sessions D,E,F in <b>Large Auditorium</b>, <b>Small Auditorium</b> and <b>Atrium</b>.</li> </ul>
12:30pm – 1:30pm	<ul style="list-style-type: none"> <li>• Lunch provided at no cost to Speakers in Exhibitor Lounge</li> <li>• Booth viewing in <b>Gym</b>.</li> </ul>
1:30pm	<ul style="list-style-type: none"> <li>• Three concurrent sessions G,H,I in <b>Large Auditorium</b>, <b>Small Auditorium</b> and <b>Atrium</b>.</li> </ul>
2:30pm	<ul style="list-style-type: none"> <li>• Wrap-up prizes in all rooms.</li> </ul>

## Session Topics

### A: My Health

**Time: 10:00 am – 11:15 am**

**Location: Large Auditorium**

This session will focus on health resources, planning for a healthy future and the role of health professionals in wellbeing.

### B: My Safety

**Time: 10:00 am – 11:15 am**

**Location: Small Auditorium**

This session highlights the importance of reducing safety risks as we age, and addresses topics such as fall prevention, safe medication use and fire safety.

### C: My Home

**Time: 10:00 am – 11:15 am**

**Location: Atrium**

This session will focus on an overview of seniors' housing options for home living in apartments, condos and houses, as well as supportive living and facility living.

**D: My Partner and Me****Time: 11:30 am – 12:30 pm****Location: Large Auditorium**

This session focuses on resources that can support our key relationships as we age, including topics such as caregiver supports, family dynamics and legal documents that you should have.

**E: My Transportation****Time: 11:30 am – 12:30 pm****Location: Small Auditorium**

This session will review the many city-wide public and private transportation options available to older adults and those with limited mobility. Participants will be provided with the information and resources to help develop a transportation plan to meet individual needs and to help keep them mobile.

**F: My Finances****Time: 11:30 am – 12:30 pm****Location: Atrium**

This session provides information on strategies for planning finances to support aging well. Guidance will also be offered on accessing income supports and other financial benefits.

**G: My Supports and Services****Time: 1:30 pm – 2:30 pm****Location: Large Auditorium**

This session will give an overview of some practical resources that allow seniors to age-in-place and receive support in the community. It will describe city-wide services offered by senior-serving organizations that provide resources designed to help seniors live safely and independently.

**H: My Connections****Time: 1:30 pm – 2:30 pm****Location: Small Auditorium**

Focusing on the importance of social connection to our health and wellbeing, this session will touch on topics such as volunteerism, brain health and preventing social isolation.

**I: My Community****Time: 1:30 pm – 2:30 pm****Location: Atrium**

This session highlights the services and programs that support healthy aging, touching on topics such as recreation centres, seniors' centres, physical fitness programs and the role of allied health professionals in wellness.

## Planning Committee Members

- Alzheimer's Society of Alberta and NWT
- City of Edmonton, Age Friendly Edmonton
- Glenrose Rehabilitation Hospital
- Alberta Health Services
- Southside PCN, Age Friendly Edmonton
- Sage Seniors Association

## Information Available Online:

- [www.mysage.ca/events/health-and-wellness-forum](http://www.mysage.ca/events/health-and-wellness-forum)
- [www.edmonton.ca/agefriendly](http://www.edmonton.ca/agefriendly)

## For more information, please contact:

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