

**Sunday October 17**  
**3:45-5:15 p.m.**

## **Can Older Adult Centres Help Members Cope with Chronic Conditions**

Is your Centre engaging the many older adults who suffer from chronic health issues such as osteoporosis, hypertension, diabetes and/or arthritis? These are prevalent chronic health conditions across Ontario and are major cause of morbidity, disability and health care utilization. Almost 80% of Ontarians over the age of 45 have a chronic condition. Of those, approximately 70% suffer from two or more chronic conditions. (CCHS, 2003) The baby-boomer generation is looking for programs and services that will help them manage their health and promote wellness. Learn about the opportunities that exist to develop and implement chronic condition exercise and/or chronic disease self-management programming.

Key Learning Objectives:

1. The definition of and evidence base for Chronic Disease Self-Management Programming.
2. The elements required for successful development and implementation of these types of services.
3. About the province-wide network helping to move forward the Ontario Ministry

**(Delete Time, Code and Room Location)**

**Sheila Schuehlein** has been involved in leading fitness classes and developing health promotion programs since 1989. She is a graduate (with distinction) from McMaster University, in the field of Gerontology. Currently, Sheila is contracted as the Seniors Wellness Project's Manager for VON Canada (since 2002), assisting communities across the

country to develop SMART (Seniors Maintaining Active Roles Together)® Programs, a volunteer-led initiative with a goal of providing in-home and group functional fitness programs to seniors who are unable to access traditional fitness programs. Through that role she has also become a Master Trainer for the 'Stanford University School of Medicine's Chronic Disease Self Management Program'. Sheila has also helped develop and continues to manage an innovative peer advocate support service, The Make Yourself at Home Program, for the Guelph Wellington Seniors Association. She is called upon frequently to present on successful aging locally, provincially and nationally.