

Integrating PCTI Strategies to Enhance Virtual & Hybrid Programming



Jewish Family
SERVICES

Engaging • Connecting • Healing

In the Beginning...

- How to engage senior clients?
- What is most important to them?
- How to overcome “technology anxiety”?
- What about limited access to technology?



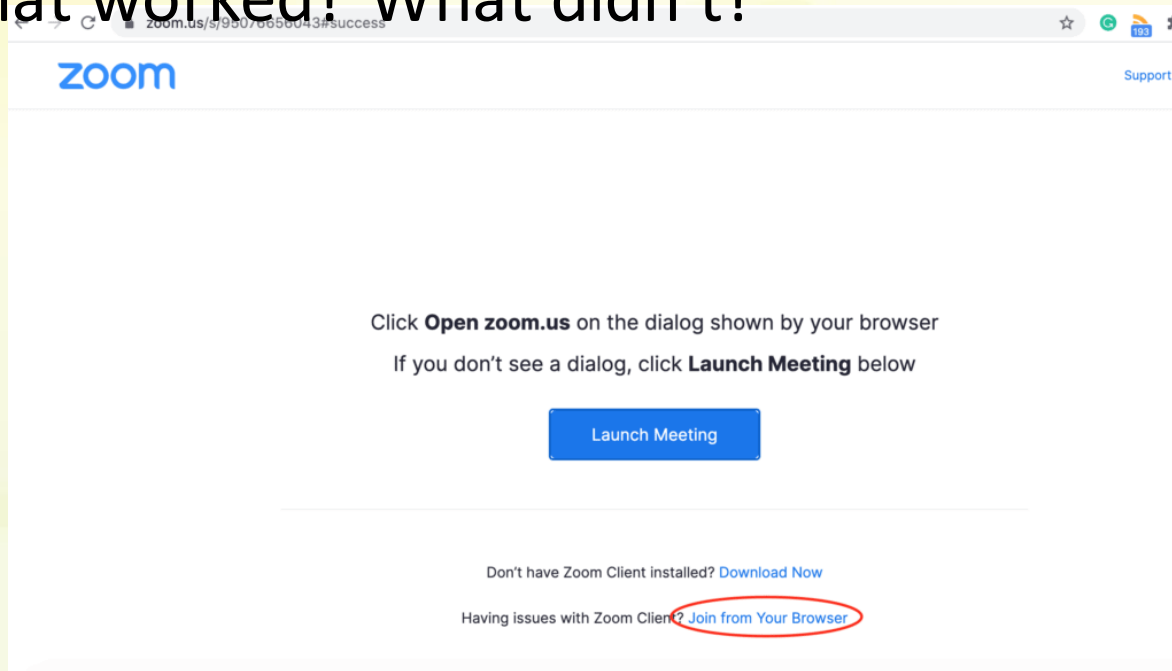
Challenges

- Many seniors without laptops, tablets or smartphones
 - Grant to obtain iPads, distribute, train



Challenges

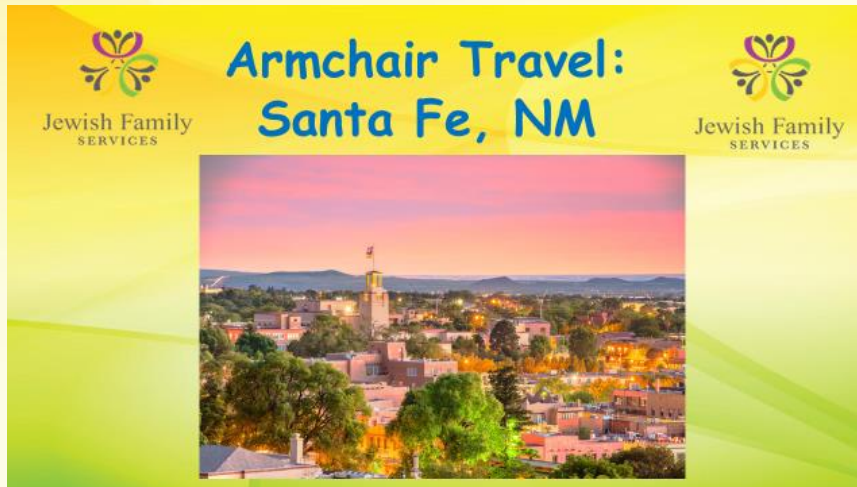
- Anxiety related to unfamiliar online platforms
 - Teaching about Zoom
- Deciding what type of programs to offer
 - What worked? What didn't?



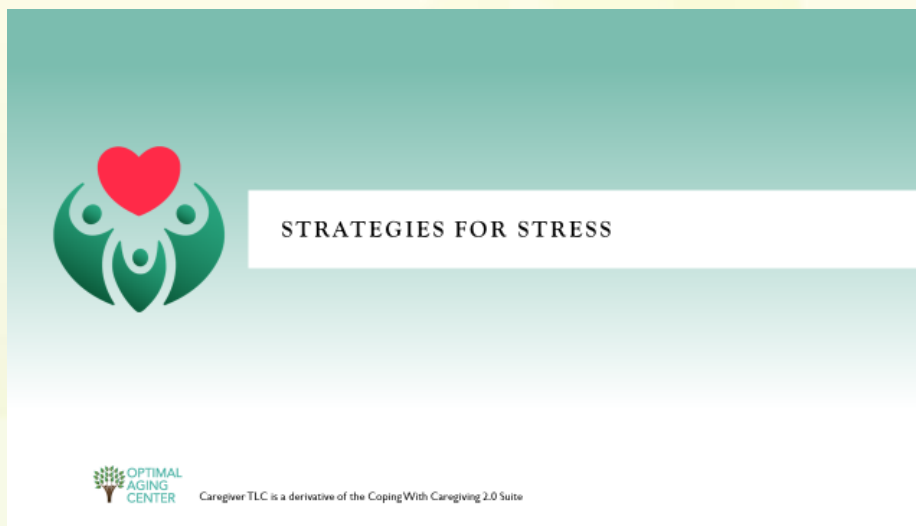
Virtual Programs That Worked



Brunch & Broadway



Armchair Travel



Caregiver TLC

PCTI Strategies

- Consider everyone's experiences, needs, strengths, preferences
- Create safe space for everyone
- Make sure everyone feels welcomed
- Give each individual voice & choice
- Be sensitive to cultural differences

Key Factors for Success

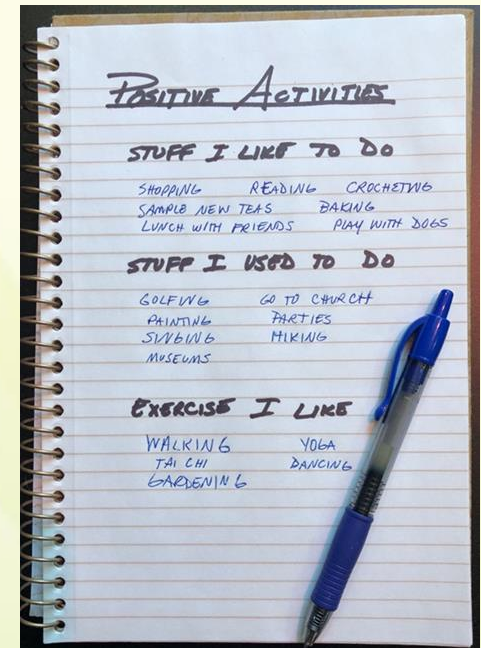
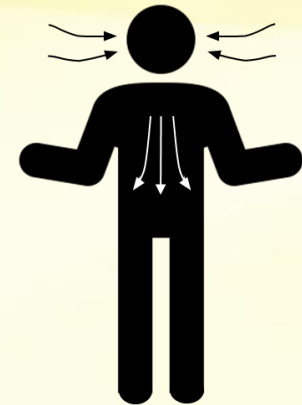
- Keep it simple and inclusive
- Take time to create best experiences
- Ask participants what they want
- Interesting content promotes engagement
- Educational opportunities are appreciated
- Collaboration offers broader perspective



- **BONUS:** Provide food when possible!

Caregiver TLC

- Evidence-based psychoeducational workshop
- 6 sessions, 90 minutes per week
- Solely virtual platform
- Group of 8 is ideal maximum
- Focuses on common themes
- Teaches practical skills
- Create Action Plan each session



What We Learned

- Hybrid program do not lend themselves to satisfactory interaction amongst participants
- Familiarity increases likelihood of participation
- Programs that are primarily facilitator-led with an educational component were successful
- It's impossible to satisfy everyone's wishes

Returning to “Normal”

Wellness Workshops

Program provided at no cost due to a grant from JFNA.

Have you experienced trauma, loss, or grief and are age 60+?

Jewish Family Services is pleased to offer:

WELLNESS THROUGH CREATIVE EXPRESSION

Using interactive art techniques and relaxation skills, create a memory box and tap into your inner creativity.

September on Wednesdays, 10-11:30
(9/7, 9/14, 9/21, 9/28)

WELLNESS THROUGH MUSIC

Connect with mind, body, and spirit through music-assisted relaxation, singing, song discussions, and live music-making.

October on Thursdays, 12:30-2
(10/6, 10/13, 10/20, 10/27)

WELLNESS THROUGH MOVEMENT

Participate in a personal journey of self-discovery using movement, meditation, breath work, discussion and experiential exercises.

November on Tuesdays, 12:30-2
(11/1, 11/8, 11/15, 11/22)

Workshops will be led by experienced facilitators.
No experience necessary.

Location: LJCC Teen Meeting Room
For more information or to register, call 704.364.6594.



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Center on Aging
and Trauma

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