

# HEALTHY AT HOME PROGRAM OVERVIEW

Healthy<sub>at Home</sub>

Health Promotion  
& Outreach Program  
for Seniors

This program is a collaboration of  
UJA Federation of Greater Toronto,  
Bernard Betel Centre, JIAS Toronto, JRCC and Baycrest



## WHAT IS “HEALTHY AT HOME”?

- New and innovative community-based program that serves to empower seniors, and is grounded in best practices (i.e. NORCs, JDC-Eshel model)
- Collaborative project launched in 2010 and led by the Bernard Betel Centre and UJA Federation. The program is also supported by the JRCC and a number of additional collaborators from the social service and health sectors

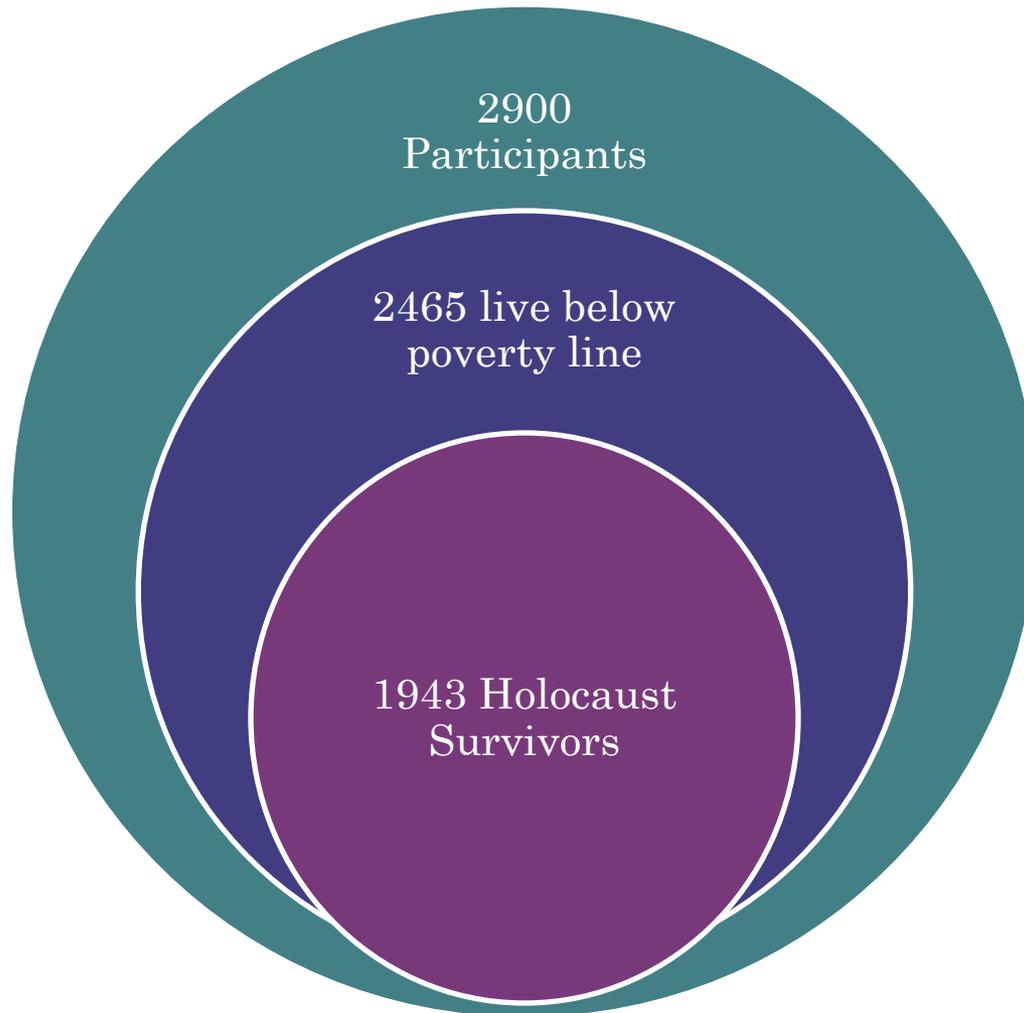


## WHAT IS “HEALTHY AT HOME”?

- Focuses on creating supportive environments, building social networks and connectivity
- Seeks to enrich the lives of low-income, isolated seniors living with physical and/or mental challenges by providing education, recreation, socialization, cultural, health promotion, nutritious meals and connections to other services
- Has a client-centered, creative and culturally sensitive approach that addresses the psychological, social, spiritual and physical aspects of healthy aging.



# PROGRAM TARGET POPULATION



## PROGRAM HIGHLIGHTS

- Targets seniors who are isolated due to financial reasons, newcomer to Canada status, or being unaffiliated within the community.
- Is based on a leveraged funding model with several sources of funds supporting the program
- Many in-kind programs and services are offered as well as free program space in all locations



## PROGRAM HIGHLIGHTS

- Integrated the best practices of international models, such as NORCs in the US and the Eshel model in Israel, but is tailored to reflect the needs and realities of our community's growing senior population, and more specifically, each individual building cluster and/or site.
- “Healthy at Home” works to strengthen the social determinants of health one building at a time.  
(*Tikkun olam* )



## Program Outcomes

- Over the past 6 years, Healthy at Home has grown from 1 to 13 sites in Toronto and York Region,
- And is reaching more than 2,900 isolated seniors with more than 72% being Holocaust survivors
- The program has organically nurtured relationships (between the seniors at the sites, and amongst staff, volunteers and program participants) which has led to strong social and physical safety nets.



## Program Outcomes

- An evaluation by Fern Teplitsky, Health Systems Consultant, and Dr. A. Paul Williams, Institute of Health Policy, Management, and Evaluation at University of Toronto, states that:
- “This program reduces their isolation, linking them to informal support networks, and building stronger communities.”



## Program Outcomes

- Healthy at Home also connects seniors to a range of formal services and supports for everyday living, thereby promoting their independence and quality of life and wellbeing.
- More recent research (March, 2015) indicated that 98% of participants felt more connected to the Jewish community and 92% made new friends or acquaintances and feel less isolated as a result of *Healthy at Home* programs at various locations.



## PROGRAM CHALLENGES

- Resource limitations (lack of staff and volunteers)
- Relationship with property management in each building
- Lack of inter- and intra-agency cooperation



# DISCUSSION

- Comments?
- Questions?
- Suggestions?

