



**Empowering**  
Individual and  
Community Resiliency  
& **Engagement**  
Through Older Adult  
Led Rural Initiatives

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Sole Proprietor of Southwest Analytics

# Introductions

**30%** of Canadians are at risk of becoming socially isolated. Statistics Canada estimates that between **19-24%** of Canadians over the age of 65 wish they could participate more in social activities.

Source: Employment and Social Development Canada, 2017

**National  
Seniors  
Strategy** 



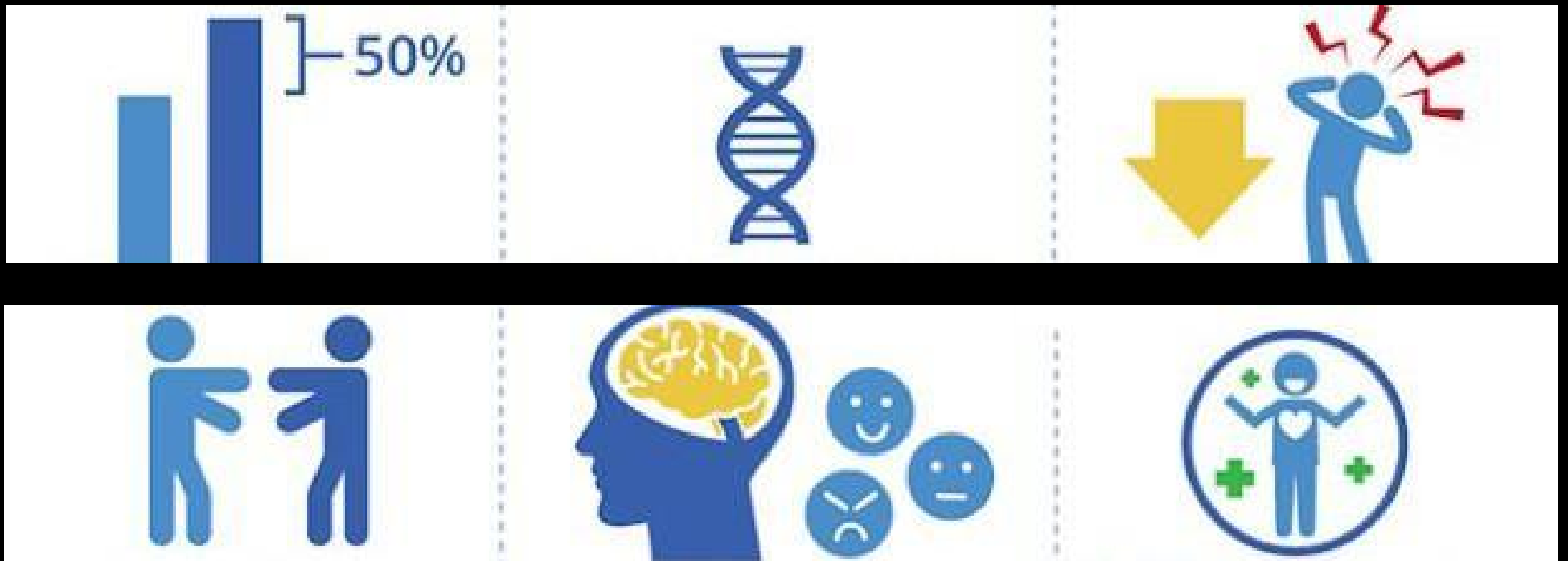
**NINA** NATIONAL  
INSTITUTE  
ON AGEING 

# The dangers of loneliness and isolation



<http://ccare.stanford.edu/>

# The Benefits of Connection



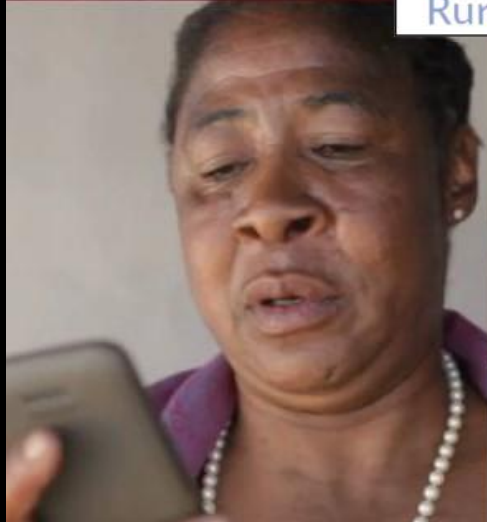
<http://ccare.stanford.edu/>



**Self Reflection – How do you connect with older adults?**



***Lonely No More***  
Rural Community Connections ●●●▶ a program for seniors

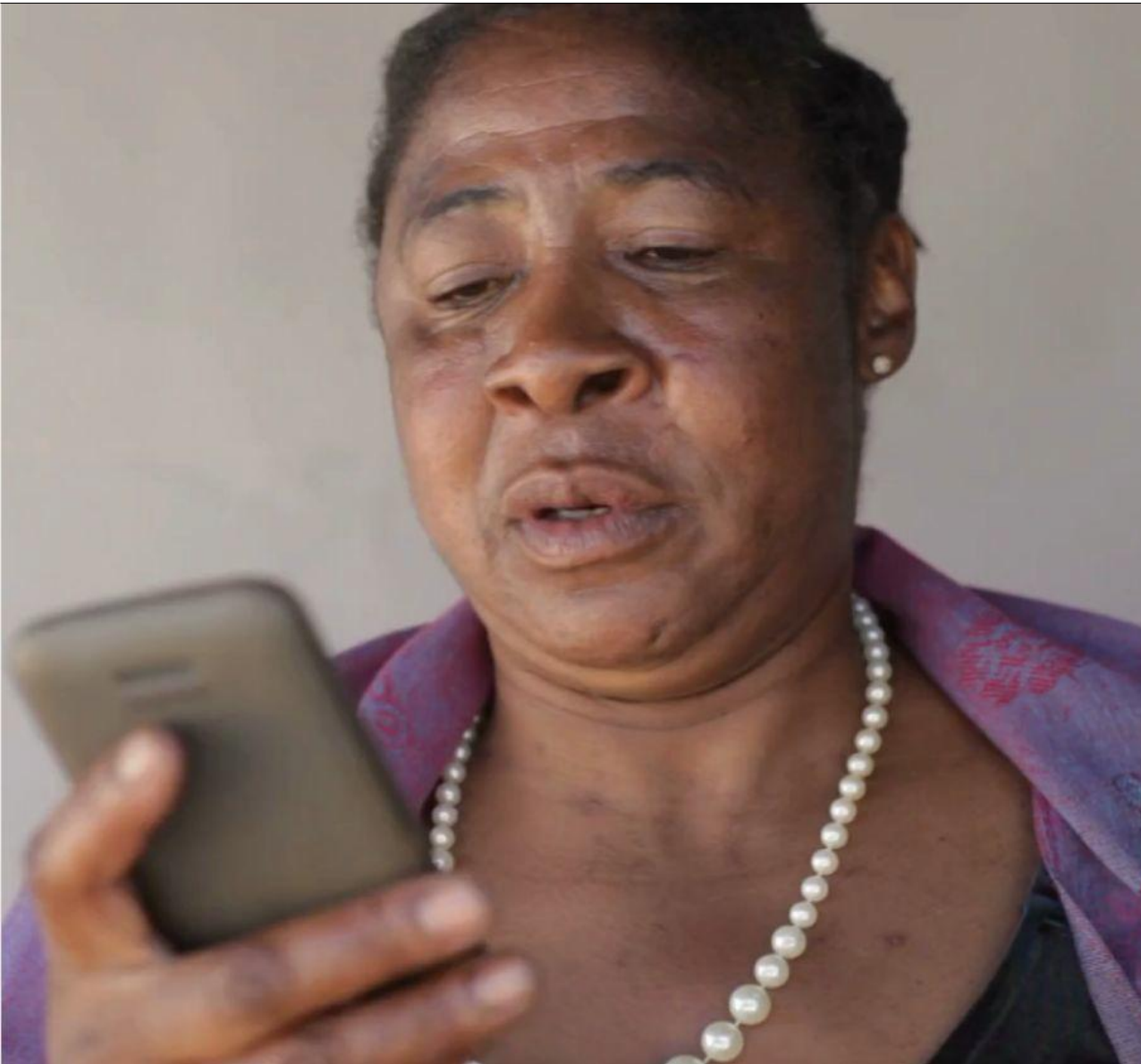




## **Peer Support**

**Intentional  
Skill sharing  
Reciprocal**





# Conversing with Appreciative Inquiry

Goal  
Reality  
Options  
Will do



## **Resource Navigation**

**Doing with  
Holding  
space**

**Bridging to Community**



**Meet Jill**

**She is an older adult that lives  
by herself in North Perth, ON.**

**JUSTINA - North Perth Community Member in Need**

*Jill connected Ken with Justina, who was looking for a musician to play at an upcoming event.*

**DERRICK - North Perth Librarian**

*Derrick placed a promotional Lonely No More postcard in Jill's library book order.*



**Ken - Music Group Attendee**

*Through joining the newly founded Lonely No More Music Group, Jill was able to befriend Ken.*

**SAMANTHA - Jill's Daughter**

*Samantha helped Jill dial Lonely No More's contact number to see if it was a good fit.*



**LARRY - Fellow Participant**

*Building upon their new friendship, Larry expressed his interest in founding a Music Group and practiced with Jill outside the weekly calls.*

**SARAH - Lonely No More Coordinator**

*After receiving a call from Jill and getting an understanding of the goals Jill had, Sarah connected Jill to a Lonely No More Elder Circle to enable her to chat to fellow older adults from North Perth and surrounding area.*



**JILL**



**SONA - North Perth Community Hospice**

*Sona shared about North Perth's Grief Recovery Program at the Grief and Loss event hosted by Lonely No More and was able to answer Jill's questions during the event and provide her with the details to join.*



**JOHN - Trained Community Member Serving in the Lonely No More Program**

*Upon hearing the difficulty and heartbreak Jill and other participants were experiencing with recent losses in their lives, John and the Lonely No More Leadership Team chatted about ways to bring awareness and education around local community services that could help Jill and her fellow participants move through their grief.*

# Connectedness Coaches

- Create Connection
- Build Social Capital
- Identify Assets (Strengths)

- Explore Transformative Practices
- Uncover Bias and Encourage Inclusivity
- Enhance Healthy Relationships and Boundaries
- Agents of Change in Community

- Mobilize Social Prescribing
- Navigate Community Resources

*Empower Resilient Communities*

- Actively Listen
- Provide Peer Support
- Converse Using Appreciative Inquiry
- Build Resilience
- Practice Self-Care

<https://www.gatewayruralhealth.ca/connectedness-coaching>

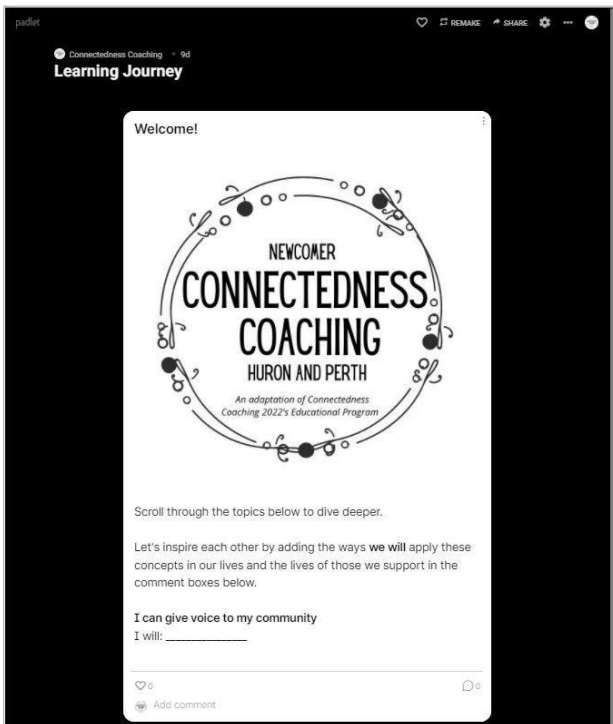
I feel that as a result of taking this course, I will better be able to **connect with others** and **maintain healthy relationships** in the future.

– Rural Newcomer Youth Attendee

# Welcome to Your Toolkit

This toolkit will help you to inspire, resource, empower and connect with those you serve.

Scroll down to explore more concepts.



## Module Six



[Click here to dive deeper](#)

After completing this module you will be able to:

- negotiate and navigate with the world in meaningful ways
- be able to help others become more resourced to meet their needs

**I can use my resiliency to benefit others in my community**

I will: \_\_\_\_\_

0

Add comment



### How Could You Support Jasmine?

What strategies might be of value to share with Jasmine? Reflecting on your own experience, what insights might you provide?

**NEWCOMER CONNECTEDNESS COACHING HURON AND PERTH**

Resilience: our ability to navigate and negotiate with our world in meaningful ways  
 Resource: a source of supply or support  
 Resilience resource examples: have a routine, have consequences to ones actions, have access to love and supportive relationships, have a powerful identity, a sense of control and belonging, have rights and responsibilities, have basic needs met, able to think creatively and be healthy physically and financially

### Module Six - Build Resilience

"Resilience is our capacity to navigate to the psychological, social, cultural and physical resources that sustain our wellbeing and negotiate for these resources to be provided in ways that are meaningful."  
-Dr. Michael Ungar

### Resources to Help You



### Diving Deeper

It's about building a community  
15 minute read  
Resource: opportunity for equity and resilience

### Re-Visiting Jasmine

Please continue providing support to Jasmine. Tap into your learnings from the webinar, your experiences and provided resources. Assume your answers to the questions below. Or supply your answers online if you're able to receive feedback. Be sure to click the blue arrow button to move to the next question.

So that we can provide you with feedback, please enter your first name in the box below.

Feedback Question

## CONNECTEDNESS COACHING TOOLKIT

HOME

JOURNALING & SHARING YOUR STORY

CONTACT US



### Meet Jasmine

A Resident of Grand Bend, Ontario.

How Could You Support Jasmine?

**What strategies (or resources) might be of value to share with Jasmine?**

**Reflecting on your own experience, what insights might you provide?**

**Given the limited information, what do you feel is Jasmine's underlying reason for her struggle?**



## **Homework Question**

**Jasmine indicated that she struggled to make ends meet because her daughter was using her debit card without permission.**

**How might you adjust your support?**

# What Are Your Next Steps?

- How can you help older adults **navigate and negotiate** for their needs?
- How might you give **voice or space** to older adults?