

## **Older Healthcare Workers Conference Wellness and Health Promotion Programs Workshop Summary**

### **Areas of discussion:**

- Lack of worksite wellness programs in the healthcare sector that focus on staff *and* clients
  - Discussed how tying worker health to client services as much as possible can produce a benefit for both the client and worker.
  - Example of good practice – home care worker demonstrating how client can exercise using milk jugs found in the home.
- Available resources for worksite wellness
  - A number of websites were discussed including [www.realage.com](http://www.realage.com), [www.ncpad.com](http://www.ncpad.com), [www.mayoclinic.com](http://www.mayoclinic.com), and others.
- Needs reported by direct care workers relating to health promotion (e.g., group walking/physical activities, stress reduction, free HP classes/programs, programs offered by professionals on health eating, ongoing processes, disease process, health screening)
- Valentina Lukyanova discussed her presentation to homecare workers where she did group exercises with them.

### **We also discussed the following three models of health promotion**

1. Worksite wellness
2. Informal/casual approach to health promotion
3. Incorporating health ed/training with jobs (i.e. inservice training)

The group discussed ideas/examples of effective programs. It was noted that having different options for employees to self-select from and encouraging individual goal-setting were good practices in health promotions programs.

The group agreed that pursuing a future project using the third approach (training/jobs) would be most beneficial for those involved.