

Stay Healthy Guide

Summary of the 5 booklets

Advices and resources for elders

Staying a long period of time without moving, even a single week, results in a loss of strength and endurance. You can also feel that your memory and your thoughts become slower and less sharp. That loss of capacity is called “**deconditioning**”. The result can be serious, because it can lead to difficulty completing your daily activities or leisure. Inactivity can also affect your mental health and your appetite.

Have confidence in your abilities, you can prevent deconditioning!

This guide aims to:



Preserve your
strength



Reduce your fall
risk



Preserve your
independence



Contribute to
good health



Take care of
yourself



Be physically active

Being inactive result in a loss of strength

Follow these advices if it is safe for you and your health condition. Follow physical distancing measures.

- **If you can, stand up every hour.** If you can't, change position frequently.
- If you have not fallen in the last 6 months, walk in you apartment 2 times per day, until you feel a moderate effort. Use your cane or your walker if you have one.
- An exercises program is included in the guide. You can complete it daily!
- Attend the activities that your residence organise. Join your friends and family when they plan an activity.



Be mentally active

The brain is an essential organ, take care of it!

- Play games that **exercise your brain** in a variety of ways: Word Search, Sudoku, Riddles, memory games, etc. You can purchase a written activity booklet.
- Develop a new interest! For example, try a new hobby (drawing, crafting, painting, music, sewing, cooking). And share your new experience with your loved ones! You will be gratified!
- After reading a book or watching a movie, **chat with a friend over the phone!** This stimulates your brain and allows you to discuss something more positive than confinement or the news.
- For more information on mental stimulation activities, ask the reception of your residence.



Eat well

*Several factors can create a loss of appetite.
A poor nutrition can weaken your bones and muscles,
affect your mobility and your health.*

- Please review **Canada's Food Guide** to ensure you have good nutrition.
- Please **plan the menu in advance**. So you will have what you need to eat well, balanced and with a variety of food.
- Eat your three meals at **regular times**. If you have little appetite, you can also add 2 or 3 snacks during the day (cheese, 3.25% milk, chocolate milk, nuts, peanut butter, etc.)
- Eat **protein** at every meal (meat, fish, tofu, lentils, beans, nuts, etc.)
- If you have a lack of appetite, eat the main meal before soup or salad.
- Bet on the pleasure of eating: listen to music, set up a beautiful table.
- You can use an electronic tablet to socialize with your loved ones while eating!
- For more information on improving your nutrition, ask the reception of your residence.



Good hydration

*Seniors feel thirsty less quickly with age.
It is very important to stay hydrated to maintain our health.*

- Always keep a **glass of water at reach**.
- Water is the best liquid to drink for your health. Juices and soft drinks contain too much sugar. Favor non-alcoholic and caffeine-free liquids (water, milk, herbal tea).
- Take more water while taking your medicine.
- Set up a routine to remind yourself to drink. For example, a glass of water with each meal, and a glass of water at 10:00 a.m. and 2:00 p.m.



Take Care And Keep Busy

*Maintain hobbies and a daily routine.
Have stress and mood management strategies.*

- Go to bed and get up at regular times. Avoid taking longer naps or longer than usual.
- Take a shower and get dressed every day. Eat your meals at regular times.
Try to maintain a stable **routine**.
- Keep positive thoughts.
- Use techniques for relaxation, distraction or meditation.
- Give yourself a little treat every day (listen or play music, look at pictures and memories, read a book, do puzzles, pictures, etc.)
- Participate in the **activities** of your community, as well as those of your social network. Even if the activity does not do not attract you, it would certainly be very beneficial! You might be surprised!
- Reduce or stop your consumption of alcohol, drugs, tobacco or your gambling. Confinement can have an effect on your consumption of alcohol and drugs or gambling.
- For more information on how to take care of your mental health, ask the reception of your residence.



Keep In Touch

Several life events can decrease contacts that we keep with our loved ones, in addition to generating a lot of anxiety, pain or even fear.

- **Contact your relatives**, friends or neighbors every day. Send them an email or letter.
- Identify **people to confide** in when needed.
- Pay attention to your feelings, emotions and reactions, and give yourself permission to express to someone you trust.
- **Contribute to mutual aid** and solidarity in your community! Call someone to encourage them to eat well, move more or just to chat. Helping others can help your well-being and that of others!
- Use an electronic tablet to communicate more often with those close to you. Ask a loved one or staff member to help you if needed!
- To learn more about ways to improve your social relationships, ask the reception of your residence.



Reach for help

Ask for help when you are feeling overwhelmed. This is not a sign of weakness, it is showing you strong enough to take the right measures.

- When you are going through difficult times, use the resources of organizations offering listening or telephone or online support. It may help you deal with your emotions or develop new strategies.

Gatineau sector

PAVRE Program

819-663-3305 ext : 206 (Ghislain)

or 819 663 3305 ext : 222 (Josée)

Hull sector

PAVRE program

819-778-2900 ext 28

or 819-968-8644 (Steve)

Aylmer sector

ACCES center

819-684-2242

- Listen for signs of stress, anxiety or depression and consult the services of a professional as needed. You are not alone in this situation.
 - Info-Social 811 option 2.
- If you have any questions about your use of alcohol, drugs, or gambling, do not hesitate to talk to someone you trust or to a professional.
 - Help and referral. 24/7 phone: 1 800 265-2626
- For a larger list of community support organizations, ask the reception of your residence.



Be Physically Active

Health benefits of physical activity

- Strengthen your bones and muscles
- Reduce your risk of falls
- Can prevent some types of health problems and chronic disease
- Improve your mental health and mood
- Helps maintain the ability to live independently

Seize every opportunity to move by doing various activity. Ideally, move around as much as possible. Remember that every small movements or action on your part helps a lot.

Tips to stay active every day

- Plan your activities in your daily schedule

I will do my exercises at this time of the day: _____

- You can write down your effort and your success in a calendar. This action can help you stay motivated!
- Do your activity with your family and friends on the phone or with a video call.
- Move with another person, your husband or your kids by including them in your activities.
- Write down your weekly objective, and place it in a visible area!



Activities in your environment

- Walk indoors regularly. Even if your room is small, you can walk back and forth (laps).
- Move when you can. Get up every hour. When you watch **television**, get up, walk, move around. You can also exercises at all **commercial break**.
- Check the activities offered by your living environment. Note the ones that interest you.
- _____ • _____



A safe exercise space

- Make space to move inside. Choose a space dedicated to exercises. Place a chair with an armrest and a stable object in front of you to act as a support (table, chaise). If you use a cane or a walker, keep them close to you.
- If necessary, have someone move furniture to free up more space.

Safety instructions

- Choose your physical activities according to your abilities. There are many ways to move.
- Go **slowly** and don't force it.
- Breathe deeply.
- Start with a few repetitions and progress over time.
- Keep a straight posture.
- **Stop at the slightest discomfort.**
- **Avoid pain.** If you feel pain, take a break, review the instructions, adjust your posture, and try the exercise again but more slowly. If you still feel pain, stop and move on to the next one.

A safe effort level

Whatever exercise you choose to start, respect your own rhythm.

The best way to know if you are doing an exercise safely is to “listen to your body”.

If you can't talk without gasping, you are working too hard.

The Rate of Perceived Exertion (RPE) is described in the table on your right. It describes how hard you feel your body is working.

During an exercise session, you should begin with an **effort target of #2 or #3**, which corresponds to an easy or moderate exercise..

RPE	How it feels	What you can do
0.5	Very, very easy	Sing
1	Very easy	You have enough breath to sing
2	Easy	
3	Moderate	Talk
4	Somewhat hard	You have enough breath to talk or speak
5	Hard	
6		GASP
7	Very hard	You cannot say more than 4-6 words without gasping
8		You cannot say more than 2-3 words without gasping
9	Very, very hard	
10	Maximum	You cannot talk at all



Basic exercise program

Please stop the exercise if you feel pain or you are out of breath.

Carefully read the safety measures before starting the exercises..



Exercise #1

The knee lift

- Sit straight on a chair with armrests.
- Support your back on the backrest
- Lift one knee up.
- Repeat with the other knee.

Repeat **10 times** for each legs.



Exercise #2

Getting your leg straight

- Sit straight on a chair with armrests.
- Support your back on the backrest
- Lift your foot off the floor by getting your leg as straight as possible.
- Curl your foot toward you.
- Repeat with the other leg.

Repeat **10 times** for each legs.

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Exercise #3

Squeeze a ball

- Grab a soft ball or a rolled towel.
- Squeeze as hard as you can.

Hold for **5 seconds**

Repeat **10 times** for each haand.



Exercise #4

Standing and sitting

- Sit on a chair with armrests.
- The chair must be stable.
- Sit in front of a table for safety and support.

To stand up

- Place both arms on armrests
- Lean your body forward.
- Stand slowly

To sit down

- Lean slowly to reach for the armrests.
- Sit slowly. Do not let yourself drop in the chair.

Repeat **5 times** according to your abilities.

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Exercise #5

Arm lifts

- Sit on a chair with armrests
- Sit as tall and straight as possible.
- Clasp your hands together.
- Lift your hands as high as possible, without pain.

Keep your head and body straight during the exercise.

Breathe deeply during the exercise.

Repeat **10 times**, according to your abilities.



Exercise #6

Tap your feet

- Lift up your feet and toes.
- After, point your feet back down.

You can do one or two feet at the same time.

You can also do the exercise lying down.

Repeat **20 times**.



Other physical exercise programs



<http://bit.ly/gobouger>

5 colors = 5 program levels, adapted to different physical activity levels.



move50plus.ca

Physical exercises videos for people over 50 years old.





Be mentally active

Developing good habits to keep your brain healthy

- Do physical activity
- Learn to manage stress
- Keep a healthy diet
- A lack of sleep may have adverse effects on intellectual capacity.
- Socialize
- Practice intellectually stimulating activities
- Take your medication properly

Tips to adopt on a daily basis

Take your time

- As we age, our reflexes slow down somewhat and we process and analyze information less quickly.
- You will retain information better if, during the day, you plan four 15-minute study sessions instead of a single, one-hour session.
- Ask people to repeat the information you do not have not well understood.
- Take notes.

Be attentive

- As we age, we are more easily distracted and have greater difficulty in concentrating and in doing more than one thing at a same time.
- Learn to adapt your routine to perform more demanding activities at the beginning of your day.
- Adopt a calm environment.
- Avoid two tasks at the same time (Ex: speaking and preparing a meal).
- Wear your hearing aids and glasses.

Make associations

- Associate new information with what you already know. This will help you to remember more easily.



My interests and new interests!

Please think about **what interests you**, or what **hobbies** you had in the past. It is maybe possible to redo these activities or adapt them so that you can do them in your home.

- _____
- _____
- _____
- _____

There are many activities to do inside your home: drawing, mandala, puzzles, crafts, painting, photo albums, "scrapbooking", writing, reading, sewing, cooking, knitting, carpentry, engraving, sculpture, poetry, listening to music, playing music, meditation, singing, cosmetic design or bath salts, online courses and workshops, apprenticeships, online museum exhibitions, etc.

- Please reserve a time during the day for these activities: _____

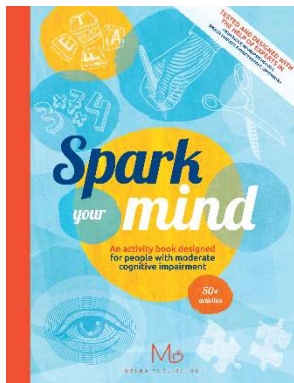
Sharing my interests and opinions with my loved ones

You can share these interests with your family and friends either by phone or through social networks. You can even send them the result of your work by post!



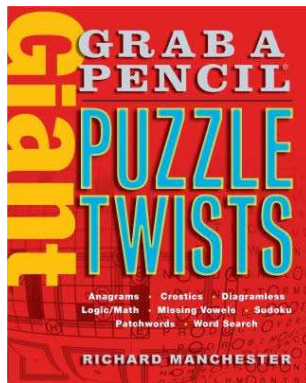
Books and activity booklets

In bookstores and merchants on the web, you can find many hobby books and stimulating games for the brain. We give you a few examples, but you can certainly choose many others!



Easier exercises

www.eugeria.ca

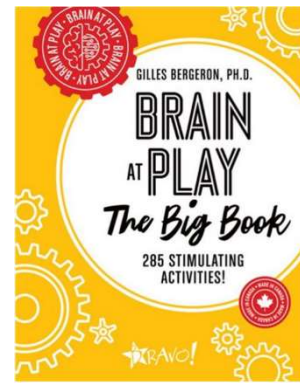


More difficult activities

Giant Grab a Pencil uzzle Twists

Editor : Richard Manchester

www.chapters.indigo.ca/



Brain at Play- The Big Book :

285 Stimulating Games!

By Gilles Bergeron

Will be available : July 1, 2021



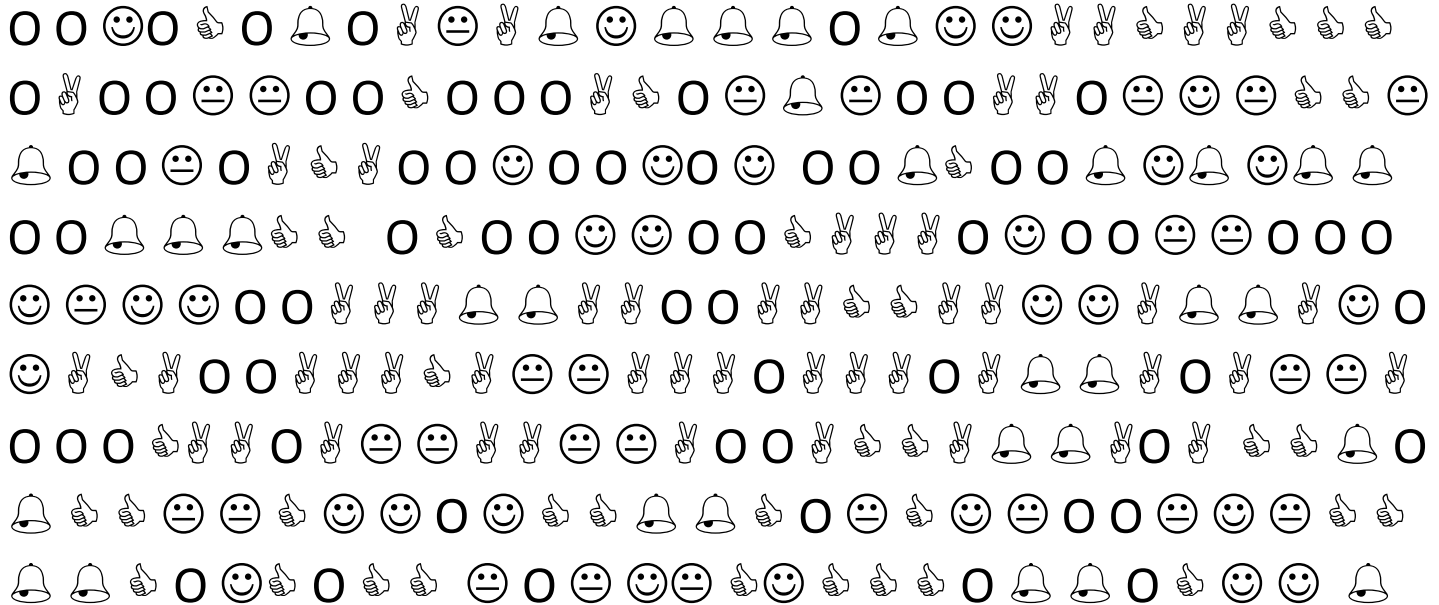
Examples of stimulating activities for the brain

Doing these activities can help keep you mentally active. These 3 examples are beginner level. Each person can carry out activities at their level (from beginner to expert), so that it is both enjoyable and stimulating.

Activity 1

Work your attention

As fast as possible, circle the 😊 and the 👍 .



How many did you count : _____ Time : _____

Activity 2

Introduction to Sudoku

You must place the numbers from 1 to 4 without repetition, on every column, on every row and in every region.

3		4	
	1		2
	4		3
2		1	



Activity 3

Around the world

Find words that start with the given letters: foods, first names and country names.

	Food	First names	Countries
A			
D			
F			
C			
S			
G			
E			

Challenge: Repeat the exercise for each letter of the alphabet!

Websites



<https://www.ottawapublichealth.ca/en/public-health-topics/brain-health.aspx>

www.puzzles-to-print.com/printable-brain-teasers/

Puzzles, quiz, riddles and brain teasers to print..

What will you do for your brain today?

A daily brain challenge app for a smartphone but also a paper version for everyone. This information-rich website also contains multiple resources for a healthy brain.





Eating Well

Eat a variety of healthy foods each day:

food-guide.canada.ca

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Proteins

Proteins important for your muscles and skeleton. Eat protein at each meal to better protect you against falls and their consequences and to limit the risk of wounds. There are a number of ways you can incorporate them into meals or snacks.

- Milk or chocolate milk
- Eggs
- Meats, poultry
- Yogurt
- Nuts or nut butter
- Fish and seafood
- Cheese
- Legumes (peas, lentils, beans, hummus)
- Tofu and soy products



Are you lacking in appetite?

- Eat your three meals at regular times. If you have little appetite, please also have 2 or 3 snacks (cheese, 3.25% milk, chocolate milk, nuts, peanut butter, etc.)
- Eat your main meal before your salad or soup.
- Bet on the pleasure of eating: listen to music, set up a beautiful table. You can even eat in the company of your loved ones by video call! (skype, messenger, etc.)
- Eat foods that you like and that are easy to prepare.
- Add color to your plate: a beautiful dish is always more appetizing!

Are you at risk of malnutrition?

In the past 6 months, have you lost weight without trying to lose that weight?

Have you been eating less than usual for more than a week?

If you answer yes to these two questions, you are at risk of malnutrition, this means losing your muscle mass, your strengths and your autonomy. The advice offered in this guide is as much most important to you.

- Choose high protein snacks. (cheese, milk 3.25% fat, milk with chocolate, nuts, peanut butter, etc.)
- Choose high calorie desserts. (pastries, pies, cakes, milk desserts, etc.)
- Avoid low-fat foods, go for the regular versions.
- Increase the amount of oil, butter, margarine or mayonnaise in your food.
- Take a glass of milk, chocolate milk or a liquid nutritional supplement between meals or with your medication

Food resources in your community

Meals on Wheels from the Outaouais

To offer hot meals delivered to their homes for the elderly, sick or unable to meet their food needs.

Gatineau Sector: 819 568-0747

Hull Sector: 819 778-2900 poste 23

Aylmer Sector: 819 664-2529

Buckingham Sector: 819 281-4343





Good Hydration

Water

Water is the best liquid to drink for your health. Juices and soft drinks contain too much sugar therefore should only be consumed occasionally.

Favor non-alcoholic and caffeine-free liquids (water, milk, juice, herbal tea).

I forget to drink water!

- Here is a routine to hydrate yourself. You can change it to suit you.
Please set an alarm or visual reminder at the time you choose.
 - 1 glass at lunch
 - 1 glass at 10:00 a.m.
 - 1 glass at dinner
 - 1 glass at 3:00 p.m.
 - 1 glass for dinner
- Je garde toujours un verre d'eau ou un thermos d'eau glacée à portée de la main.





Take Care And Keep Busy

Try to maintain a stable routine

Following various life events, our daily life, habits or activities can be upset. Everyone reacts and adapts to it in their own way, with varying degrees of ease. Establishing a routine of life allows **gradually regain interest and control** over your participation in your activities.

- Go to bed and get up at regular times. Avoid taking longer naps or more numerous than usual.
- Take a shower and get dressed every day. Eat your meals at regular times.
Try to maintain a **stable routine**.
- Set aside time each day for the activities that are **most important to you**.
- Set aside a **short** time each day to deal with issues that **cause you stress**.
- Treat yourself to a **little treat** every day (listen or play music, look at pictures and memories, read a book, do puzzles, pictures, etc.)
- Reduce or stop your consumption of alcohol, drugs, tobacco or your practice of gambling.
Confinement can have an effect on your consumption.

- | | | |
|--|--|---|
| ○ Alcohol: help and referral
811 option 2 | ○ Drugs: help and referral
1 800 265-2626 | ○ Gambling: help and referral
1 800 461-0140 |
|--|--|---|

Activities in your community

Participating in planned activities in your community greatly helps to get involved in a routine. Even if the activity does not appeal to you, it would certainly be very beneficial! And maybe even that the activity will surprise you!

Please review the programming of your residence, and note the ones that appeal to you the most:

- _____
- _____



My morale, I take care of it!



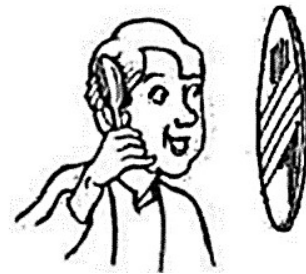
- ☐ Each evening, think of something that went well during the day.



- ☐ Make plans.



- ☐ Move every day.



- ☐ Take care of your appearance.



- ☐ Every day, reserve little pleasures for yourself.



- ☐ Talk to yourself.



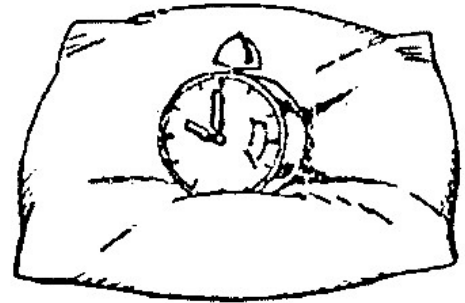
- ☐ Celebrate your successes.



My sleep, I take care of it!!

Do you have a solution for a better sleep?

- ☐ You have developed a routine before going to bed.



- ☐ If pain is avoiding you from sleeping, take your pain medication at bedtime.

- ☐ Use your distraction techniques in bed.



- ☐ Wait until you are really tired before going to bed.



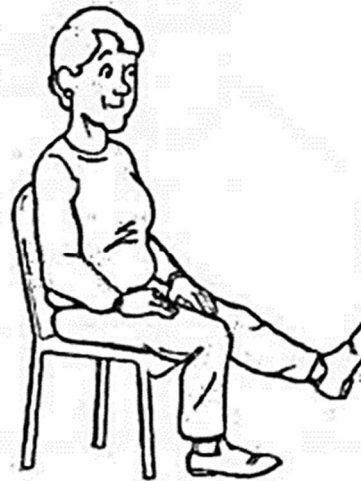


- ☐ Avoid taking afternoon naps. You can instead take a short rest in an armchair.

- ☐ Replace your coffee and dinner tea with herbal tea or decaffeinated coffee.



- ☐ Organize your room as comfortable as possible.



- ☐ Exercise during the day.



Distraction techniques

What is a distraction technique?

The idea is to focus on something instead of anxious thoughts

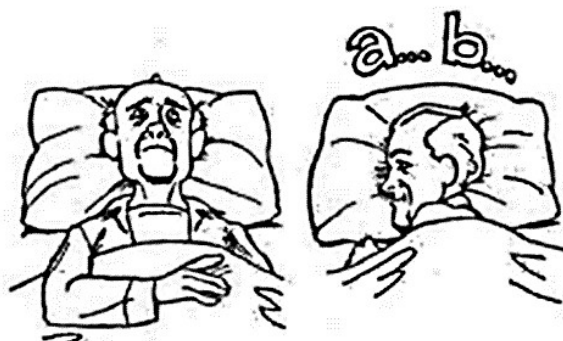
How to use distraction techniques?

- Name a flower or a bird for each step you take.
- Name an object for each letter of the alphabet.
- Remember the words of an old song
- Recite a prayer
- Count by three to a thousand or count backwards, by two.



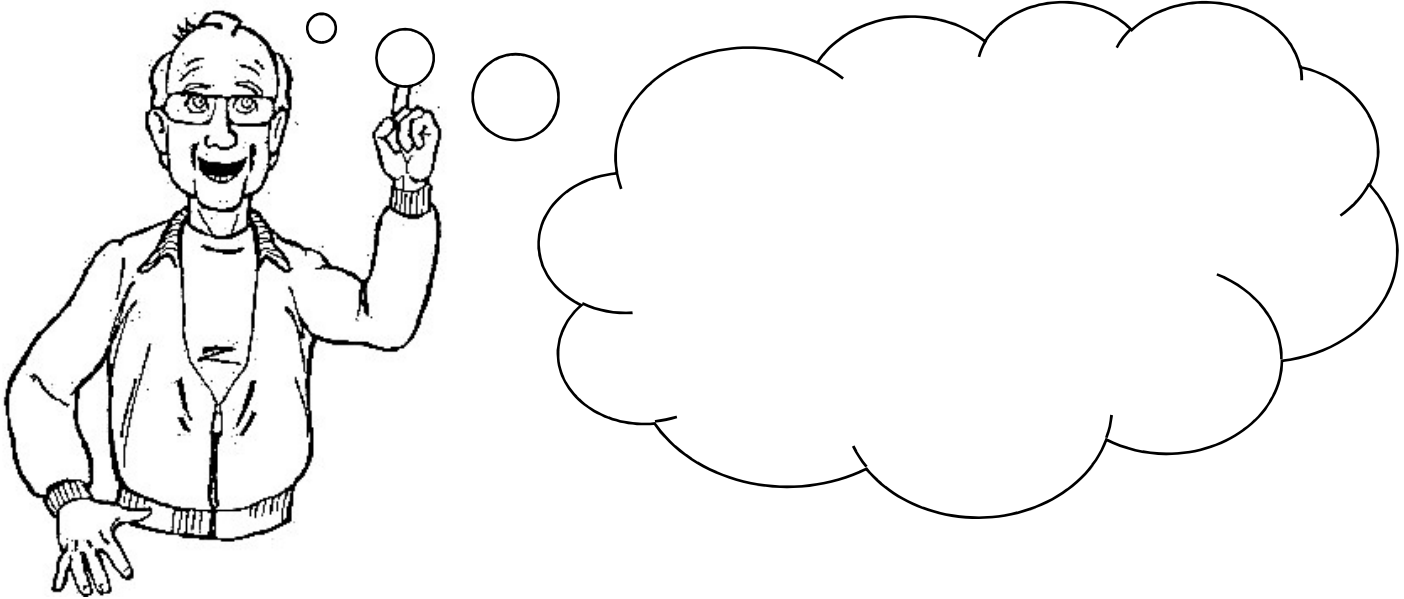
When to use distraction techniques?

- To chase away dark thoughts.
- To help falling asleep.
- To decrease pain during short-term activities that cause pain.



I keep a positive thought!

- You can write today's positive thought and post it in your home!



I choose my goal

Please choose the actions you want to add to your daily routine. You can decide the best time to achieve your action or the number of repetition you want to complete.



You can also **write these actions in a visible location**, such as your calendar or next to your bed, in order to remember these positive actions for your health.

Websites

Québec 

allermieux.criusmm.net/en

This website, from the Quebec health care services, aims to help people better manage their mental health with a numerical platform.





Keep in Touch

My relationships with others, I take care of it!

Talk to someone every day

- Who are the people you trust? The people you can entrust in case of problem:

- Who are the people that makes you feel good: _____
- Call or write to one of these people **every day**.
 - Don't wait for people to call you. Take the initiative to take news or to discuss with them. Maintaining and strengthening these relationships will do you good!
- If necessary, learn about resources in your community, such as crisis lines telephone and community organizations.

Have a positive relationship with my loved ones

- Ask people questions and listen to them.
- Talk about the **efforts you make** to maintain yourself healthy.
- **Express your emotions** and try to find solutions.
- In each discussion, talk about at least **one positive topic**.
- **Forget your misunderstandings**, see your relationships with a new eye.



Use technology

- You can use an **electronic tablet** or a computer to communicate more often with your loved ones. Ask for help when needed!
 - **Simple instructions** for using the computer or iPad to communicate with relatives:
<https://www.bbc.com/news/technology-51968122>



Self-help helplines

- A few websites have developed tools that can help improve or extend your social contacts:



Les petits frères
1-877-805-1955

The “Les Petits Frères” organization has set up a telephone squad to come to the aid of isolated elderly people. This line of support is available to people aged 75 and over. The volunteers will call you twice per week for the duration of the crisis.



Social Distancing At The Other End Of The Line
514-700-8211

<https://infoauboutdufil.wixsite.com/welcome>

This program, set up by students from Sherbrooke, consists of matching people elderly to students of psychology and medicine. Calls are made one to four times a week.





Reach for help

Help and support telephone line

Gatineau sector (PAVRE program):

819-663-3305 ext : 206 (Ghislain)

ou 819 663 3305 ext : 222 (Josée)



Hull sector (PAVRE program):

819-778-2900 ext : 28

ou 819-968-8644 (Steve)

Aylmer Sector (ACCES center):

819-684-2242



1 800 567-9699

Tel-Aînés offers various listening and free and confidential reference to help people aged 60 and over to break isolation and express their emotions.



**Entraide-Deuil
de l'Outaouais**

Mourning and mutual aid

819 770-4814

suicide.ca
help • educate • prevent

1-866-277-3553.

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec 

Psychosocial telephone consultation service

Info-Social **811** option 2

1 866 277-3553



La ligne **1-888-489-2287**
Aide Abus Aînés

The Elder Mistreatment Helpline

www.aideabusaines.ca/en

1 888 489-2287

The Line offers you a free confidential service, from 8:00 a.m. to 8:00 p.m., 7 days a week.

L'APPUI POUR LES
PROCHES AIDANTS
D'AÎNÉS
OUTAOUAIS

INFO-AIDANT
1 855 852-7784

LAPPUI.ORG

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec 

Alcohol, help and referral: 811 option 2

Drugs, help and referral: 1 800 265-2626

Gambling, help and referral: 1 800 461-0140





Other useful resources



COVID-19 Information
1 877 644-4545

This number offers services and recommendations to people who show signs or symptoms of COVID-19 or who have questions about the pandemic.



Federation of the Golden Age of Quebec (FADOQ)
1 800 828-3344

www.fadoq.ca/outaouais

FADOQ has created a resource page to accompany you. You will find, among other things, information on food, accommodation, fraud, mental health as well as a telephone directory for help services.

Centre int gr 
de sant 
et de services sociaux
de l'Outaouais



Summary of community organisations for seniors in
Outaouais

<http://bit.ly/outaouaispartners>

