

Finding Home™

How to Belong in a Changing World

Gordon Neighbourhood House

Why Home is Important

Seniors Dialogue # 1 – May 19th, 2011



“Seniors are the Past of the Future.”
— Dialogue Participants



“Home is where you learn and teach to be human, how to face life.”
— Dialogue Participants

Home Means to Me ...

- I belong and feel happy
- I feel safe & can rest, relax & trust
- I can be myself

What Makes Home ...

- Respect & trust
- Safety & security
- Freedom & possibility

Benefits of Having Home ...

- I have a future
- I have a sense of belonging
- I feel safe

When I Don't Have a Home ...

- I feel lonely & scared
- I feel like I can't contribute
- I feel unsafe & unvalued

“Seniors are the Past of the Future.”

“When I left my home in Mexico, I brought my kitchen tools, pictures and other things to help me feel at home here in Canada.”

How I Create Home ...

- Caring about others
- Having financial support & services for seniors
- Being active & volunteering

What Takes Home Away ...

- High cost of housing
- Poor health
- Lack of financial security
- Having no control over my environment
- Discrimination

“Creating Home takes effort. It is up to us to create home.”

Our Top Priorities ...

“When I have a home, I feel a sense of opportunity and possibility.”

- Aging in Place
- Unsafe Neighbourhoods
- Services for Seniors
- Entertainment
- Cost of Housing
- Health Issues
- Adult Children Moving Back Home
- Fear of Moving into Nursing Homes

WEST END SENIORS & HOUSING DIALOGUE PROJECT

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Aging in Place

Seniors Dialogue #2 – May 19th, 2011

“I want to age where I feel well and have a sense of dignity.”

Aging in Place Means ...

- I have the support I need
- I can keep my culture
- I know my neighbours
- I can access familiar services

Aging in Place is Important Because ...

- I don't want to negotiate a move at a time when I am losing family & friends; & when my body is less able
- I want to avoid living in a nursing home

Benefits of Aging in Place ...

- I feel emotionally, physically & mentally safe
- I have my same friends
- I am able to keep my own life & culture
- I live near familiar stores, services, trees, neighbours & cats

Costs of Not Being Able to Age in Place ...

- Anxiety & loneliness
- Loss of dignity
- Feeling powerless

“We don't want to end up in a nursing home where you lose your freedom, your life becomes like a prison, where you are told when to go to bed, take medicine and go to the bathroom.”



“Aging In Place is more than money it involves both mental, emotional and physical support. It is about fostering human dignity and respect throughout life.”

— Dialogue Participants

Reasons We are Forced to Move ...

- Rent increase or eviction
- Poor health
- My kids don't want me or won't help
- Don't have enough money to choose
- Not eligible for government services
- Loss of affordable rental housing

Root Causes of Ageism ...

- Not getting dignity & respect
- Roots are in the mind, our memories, values & ancestors
- We need to implant respect for seniors in the spirit of our children

“Our culture fails to see seniors as we are and acknowledge how we have contributed.”

“Entertainment engages you in your community. It is for your spirit and makes you laugh.”

Our Tips to Age in Place ...

For Keeping Healthy...

- Be a part of something
- Exercise body & brain
- Volunteer
- Learn how to use email, facebook & twitter
- Find a good doctor that allows questions
- Get out and dance
- Practice yoga or meditation

For Entertainment...

- Listen to street buskers
- Go to 2nd beach for dance classes
- Read newspapers or a book
- Cheer for the Canucks
- Listen to music or watch tv
- Sing/write/paint/dance
- Die your hair pink & wear purple
- Join a hobby group

For Affordable Housing...

- Petition the government
- Contact your MP & MLA
- Educate yourself about the SAFER program
- Go to Kay's Place for housing information
- Find Co-op Housing

For Seniors Services...

- Be honest, ask for help
- For Home Care, find an advocate
- Look for low cost meals in the West End

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