



## \* Yee Hong Mission

\*With strong roots in the Chinese Canadian community and our respect for seniors, we **enable seniors of different backgrounds and needs to live their lives to the fullest - in the healthiest, most independent and dignified way.**

We provide a continuum of culturally and linguistically appropriate care to seniors of Chinese origin. Further, we provide culturally and linguistically appropriate long-term care services to seniors of other cultural backgrounds within the capacity of the centre.

- \* Aging is a process - it is not just one stage in life.
- \* During this process, people encounter changes in needs and developmental tasks
- \* People, no matter how old, has the capacity to change and improve their quality of life.
- \* If we want to be client centred, we have to focus on client's need.

## \* Our Service Assumptions

What are the stages and needs along this process:

- \* Retirement
- \* Empty nest
- \* Losses - health, people around, relationship
- \* Caregiving

\* Aging is a Process

A medical model:



- \* Service is a prescription
- \* Aging is a physical health issue

\* **Government  
Response**

## A Continuum of Service

- \* Aging is a process
- \* Service to target developmental tasks, not a prescription
- \* Wellness vs. illness
- \* Empowerment

**\* Yee Hong's Response**

## \* Our Philosophy to Care

- \* Provider of Choice - to provide the best care to our seniors.
- \* We promote Wellness - Wellness is a **philosophy of holistic life** that involves a **positive and proactive attitude** towards life. It is a **lifelong process** in which a person makes **conscious choices and decisions** to strive for the **highest potential** for well being. It encompasses a **whole and balanced perspective** on the individual and his/her **relationship** with the others, the community and the environment.
- \* Empowerment - We emphasize on strength rather than illness. We empower our clients to take charge of their own conditions and develop their strength. E.g. Young Stroke Survivor Program, Chronic Disease Self-management, Caregiver Education and Training.

- \* Traditionally, our programs focused on excellent physical care
- \* The new Wellness model emphasizes empowering our clients to manage themselves
- \* While we maintain excellence in our care for our clients, we move to empower our clients towards managing their own conditions

\* From Care to  
Empowerment



# \* The Continuum of Services



## Support Services

Client Intervention

Caregiver Support

Transportation

Friendly Visiting

Volunteer Development

Advocacy

Chronic Disease Self-Management

- \* Post-stroke Survivors
- \* Chronic Disease Management
- \* Sexuality and Intimacy
- \* Play Intervention for Dementia (PID)
- \* Caregiver Education and support services
- \* Self-support groups - caregiver, Parkinson, cancer
- \* Researches and publication

## \* New Initiatives

**Key Benefits**

- Filling the service gaps...
- Addressing post-stroke follow-up needs
- Providing cultural & linguistically appropriate services
- Maintaining & enhancing optimal level of functioning
- Supporting independent living
- Preventing premature institutionalization
- Offering information & respite to families

*We Bridge as We Care.*

\***We Bridge as We Care**

**CARE Model**

**Coping**  
To be able to cope with the limitations brought about by the stroke

**Awareness**  
To become aware of stroke risk factors

**Recovery**  
To recover from stroke & return to the community

**Education**  
To educate others on stroke prevention

The Adult Day Program focuses on the individual's PHYSICAL, EMOTIONAL, SOCIAL & SPIRITUAL well-being.

**Enhance Independence**

**Strengthen Physical Ability**

**Facilitate Social Interaction**

**Promote Positive Emotion**

CARE Post-Stroke Service Model aims at supporting stroke survivors & families:  
"To live their lives to the fullest - in the healthiest, most independent and dignified way."

**As We CARE,  
We MAKE A DIFFERENCE!**

Coping 克服  
Awareness 察覺  
Recovery 復原  
Education 教育

\* CARE Model for Post Stroke Young Survivors

**New Life after Stroke**  
**中風後的新生活**

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Sunny slide up eggs, anyone!



I can throw away my no-lace running shoes!



Should I fry or steam my fish?



I can make my own peanut butter sandwiches!

"Since I've had a stroke, I relied on my husband to take care of me. After my first day at the program, I went home and tried to peel an orange with one hand. It's difficult, but I DID IT! It's the best orange I have ever tasted, 'cause I peeled it myself." - Mrs. Chan

"Now that I can tie my shoe laces with one hand, I can throw away my no-lace running shoes!" - Mr. Seto



Yee Hong Centre for Geriatric Care  
 2311 McNicoll Avenue  
 Scarborough, Ontario M1V 5L3  
 (416) 321-6333  
 www.yeehong.com

\* **Our Community Health Education initiatives**



\* **Stanford Model -Chronic  
Disease Self-Management  
Program**



\* Finalist Award at Health Innovative Expo

# 頤康護老教育及資源中心

Yee Hong Caregiver Education & Resource Centre



\* Caregiver Education &  
Support Services

**Resource  
Center**  
資源閣



**Knowledge, Skills training and  
Wellness Programs for family  
caregivers**



\* Caregivers E-learning platform  
<https://carelearning.yeehong.com>



**Yee Hong Centre  
For Geriatric Care**

頤康中心

# CARE-Learning PLATFORM

關護網學習平台

<https://carelearning.yeehong.com>



KNOWLEDGE  
知識  
WELLNESS  
身心  
SKILLS  
技巧



*built to share . built to educate*

**905-597-9380 <https://carelearning.yeehong.com> 416-321-6333**

Funded by the Central Local Health Integration Network

愛...在頤康  
*Yee Hong dementia care Learning Series*

三條毛巾  
 T h e e t o w e l s

EFFECTIVE METHODS IN MANAGING RESIDENT/CLIENT BEHAVIOUR:  
 处理住家/客户行为的有效方法

SHOWER SCENE:  
 洗澡篇

NOW PLAYING  
<https://learning.yeehong.com>

DEMENTIA CARE TASK FORCE - EDUCATION PLANNING SUB-COMMITTEE  
 2015

Yee Hong Centre  
 For Geriatric Care  
 頤康中心

\* Dementia Care Learning Series  
[www.yeehong.com](http://www.yeehong.com)

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.....  
SEXUALITY

and

INTIMACY

ISSUES

■ The SSLD Approach



among SENIORS

**Transforming Organizational Culture Using the SSLD System to  
Address the Taboo of Sexuality and Intimacy Needs of Seniors**

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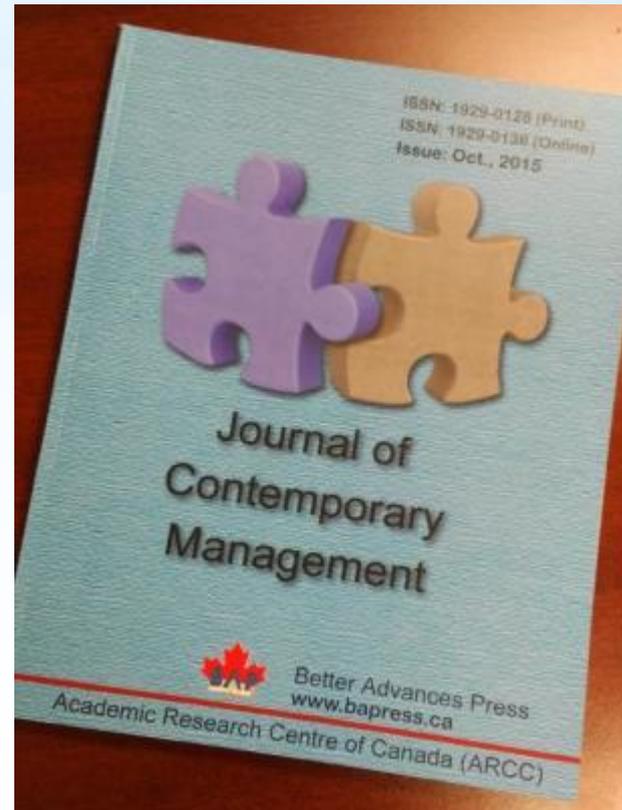
**Abstract:** Sexuality and intimacy needs of seniors are often considered taboo and as a result are overlooked and neglected. This paper breaks the cultural silence surrounding intimacy and sexuality with seniors within long-term care facilities. There is insufficient knowledge and skills training available within the current organizational culture of many long-term care facilities for staff to learn and understand the intimacy needs of seniors.

A case study, involving the largest non-profit nursing home in Canada, demonstrates how altering the existing organizational culture and managerial approach to client care using the SSLD (Strategies and Skills Learning and Development) system can produce a paradigm shift in senior care. Integral to the shift is the creation of an open dialogue and comprehensive staff training.

The case study brings forward and discusses the importance of organizational change in preparing staff to address senior sexuality and intimacy issues. Indicators of successful change include altered perceptions and approaches by staff, the adoption of a psychosocial model, a shift from a behaviour-focused to a needs-based approach, and the adoption of staff empowerment and competency oriented approaches.

**Keywords:** Management, Organizational change, Strategies and Skills Learning and Development (SSLD), Senior, Sexuality, Intimacy, Needs, Training

**JEL Classification:** L30, L31, L38



✳️ Publication of academic paper

**(生之躍動——快樂中、老年) 文集** 健康服務電子媒體設計系列  
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生之躍動

快樂中、老年

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✿ Publication and community health education

# Play Intervention for Dementia

PROFESSIONAL ADVANCED  
**Volunteer Training**

Date: October 29th, 2015 (Thur)

Time: 9:30am to 4:30pm

Location: Yee Hong Centre - Mississauga  
5510 Mavis Road, Mississauga, ON L5V 2X5

REGISTRATION FEE:  
**\$80.00**  
CRITICAL: This Fee is Fully Funded By  
Yee Hong Centre  
2015  
University of Toronto



**PURPOSE & WHAT TO EXPECT:**

To provide advanced training to volunteers in the community who would like to take part in providing Play Intervention for Dementia (PID) initiatives in Adult Day Programs

- Learn basic theory of SSLD system (N3C assessments)
- Understanding of concept behind PID
- How PID runs in a real setting
- Hands on demonstration of PID in action

FOR MORE INFORMATION & REGISTRATION: 416-412-4571 Ext 2624 [william.leung@yeehong.com](mailto:william.leung@yeehong.com)



**Yee Hong Centre  
For Geriatric Care**  
頤康中心



知行易徑  
SSLD



**FACTOR-INWENTASH**  
FACULTY OF SOCIAL WORK  
UNIVERSITY OF TORONTO

✿ Play Intervention for  
Dementia - Infomercial



\*We are the champion....



# \*The Changing Needs Studies

## Exchange & learning at Shangdong University : New perspectives on Aging



\* International  
knowledge exchange

**My presentation: Community-Based Chronic Disease  
Self-Management Program for Chinese in Toronto**



\* **Presentation at international  
conference**



\* Exchange with local and overseas universities



\* Exchange with local and overseas universities



\* Exchange with HK IVE  
and Shenzhen



\* Summer practicum students from different universities of Hong Kong - Cultural exchange and learn to “Work hard & Play hard”