

HEALTH & WELLNESS SEMINAR for Post-Menopausal Women

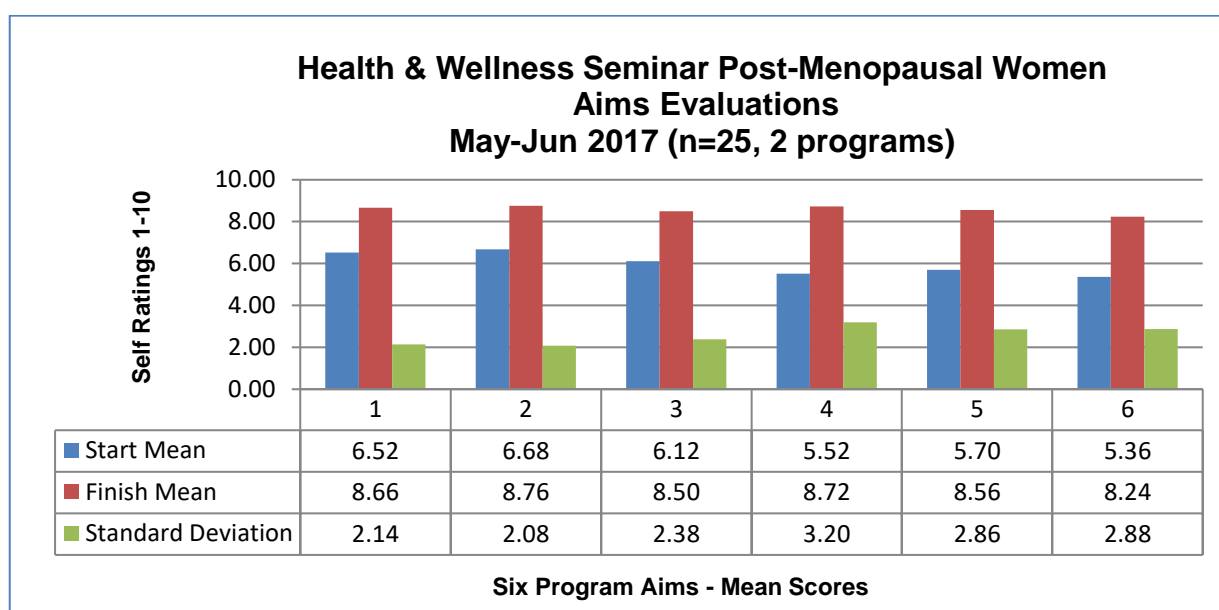


This is a four-and-a-half-hour seminar providing women 65 years and older with valuable information, resources and tips to stay healthy and well.

The seminar is facilitated by Erica Pitman (PACFA Registered Counsellor and Executive Officer at Central West Women's Health Centre), Anne Smart (Women's Health Clinical Nurse Consultant for Western Local Health District) and Louise Linke (Nurse Practitioner – Continence for Western Local Health District).

Topics explored include physical health and health checks, staying healthy as we age & prevention measures, exercise, continence, mental and emotional wellness, grief & loss, coping with change. The seminar also allows for participant questions & answers.

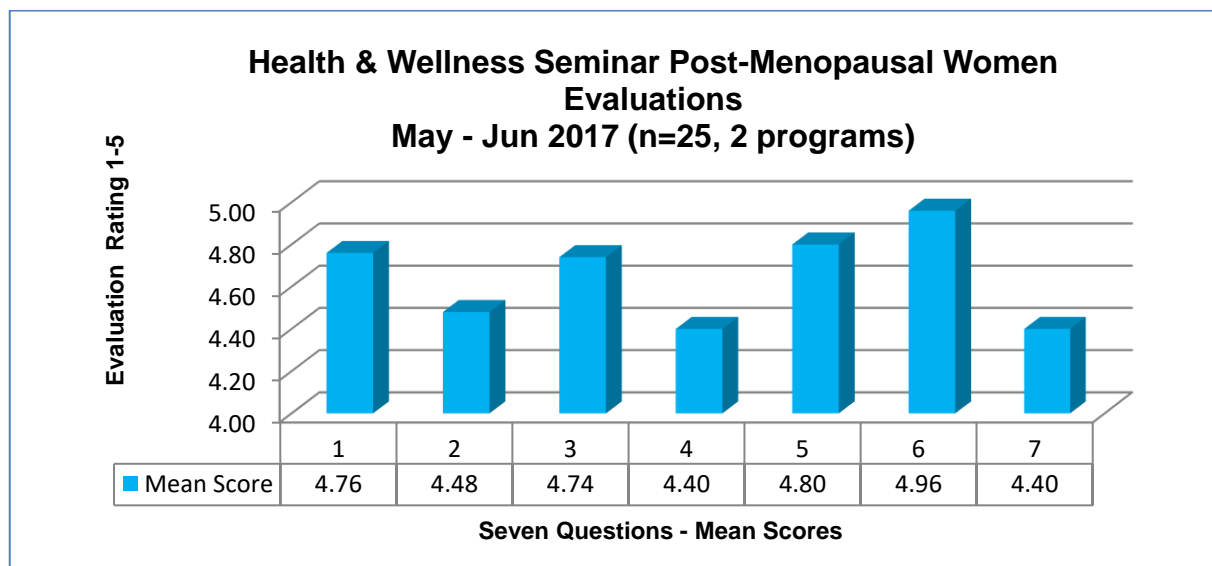
Due to popular demand following the first seminar, a second seminar was made available.



Quest # Workshop Aims

- 1 Understanding/ implementing prevention measures
- 2 Knowledge of important health checks
- 3 Knowledge appropriate exercise & ability to implement
- 4 Understanding good bladder/ bowel function
- 5 Understanding mental health & grief and loss
- 6 Ability to implement effective strategies to maintain emotional health and wellbeing

Clearly the program aims were met. Participant's ratings at the start of the program ranged from 5.36 to 6.68 with the final ratings ranging from 8.24 up to 8.76 (out of 10). The greatest area of reported change (3.20) was in participant's understanding of good bladder/ bowel function.



Quest #	Question
1	Appropriateness of group program content
2	Degree of comfort discussing feelings & experiences
3	Level of coping with situation/issue
4	Ability to make positive changes in life
5	Overall satisfaction with group experience
6	Likeliness to recommend group to others
7	Ability to access support in future

The evaluation of the program was positive with scores ranging from 4.40 up to 4.96 (out of 5). Ability to make positive changes in life and ability to access support in the future were the lowest ratings (4.40). Likeliness to recommend the group to others rated the highest (4.96).

HEALTH & WELLNESS SEMINAR EVALUATIONS (May 2016 - Jun 2017 N=25)	
<i>How have you benefited from your group experience?</i>	
Category	Examples
Increased knowledge & skills	<ul style="list-style-type: none"> • "I have learnt a lot of things about my body." • "Valuable information on a large variety of appropriate issues." • "More aware of things." • "Learnt some new information." • "I have learnt so much from every session."
Peer support	<ul style="list-style-type: none"> • "Definitely good to mix with others." • "Found it interesting and enlightening to listen to other ladies' comments." • "I'm not alone." • "Knowing I'm not the only one with these things happening." • "Social interaction." • "Consolidated skill/experience, valuable reminders. The value of hugs!"
Health	<ul style="list-style-type: none"> • "I know that I must be more critical with exercise, diet & social interaction."
Environment	<ul style="list-style-type: none"> • "Great group experience."

<i>What were the most important things you learnt from your group participation?</i>	
<i>Category</i>	<i>Examples</i>
Services available	<ul style="list-style-type: none"> • "Where to get help for a lot of female problems." • "To initially contact my GP for issues- not to be embarrassed." • "Coping with stress, learning about Jean Hailes."
Knowledge	<ul style="list-style-type: none"> • "Good to get groups of people together to reinforce knowledge." • "I am not alone in the aging process." • "New updates on several issues." • "Maintenance- foods containing fibre- many things." • "How to work to improve things." • "Issues around continence & constipation."
Self-care	<ul style="list-style-type: none"> • "Ask for help if needed." • "Stress, taking care of yourself, bladder and bowel information." • "Coping with grief issues." • "Coping with loss."
Health	<ul style="list-style-type: none"> • "Health checks on a regular basis." • "Bladder and bowel exercises, emotional health, ability to say no." • "Incontinence info." • "Continence."
<i>What was the most difficult part of the group for you?</i>	
<i>Category</i>	<i>Examples</i>
Comfort	<ul style="list-style-type: none"> • "Uncomfortable chair- sitting too long."
Group participation	<ul style="list-style-type: none"> • "Speaking out in front of a group."
Hearing	<ul style="list-style-type: none"> • "Hearing all said by the second speaker."
<i>Was there something else that would have been beneficial for you?</i>	
<i>Category</i>	<i>Examples</i>
Other strategies	<ul style="list-style-type: none"> • "How to better organise myself."
Session topics	<ul style="list-style-type: none"> • "Maybe a tai chi one." • "Would have liked same topics but slightly more time- never did tai chi before." • "Addressing nursing home issues." • "Obesity." • "Looking forward to the proposed seminar on death & dying."
Introductions	<ul style="list-style-type: none"> • "Need to introduce all participants at the beginning of the day."