



Session Outline: Connecting Seniors: Exploring Diversity & Inclusion

<i>Session Type</i>	PowerPoint
<i>Session Checklist</i>	<ul style="list-style-type: none">✓ Outline✓ Fact Sheet(s)✓ Slides (**projector & speakers required)✓ Reference Handouts - Dot Activity (for facilitator only); Power Wheel, Different Forms of Power✓ Flip-Chart Paper and Markers✓ Sign-in Sheet✓ Session Feedback form



Session Module Name	Connection Seniors: Exploring Diversity and Inclusion
Facilitator Name	
Expert Presenters	
Required Materials	Adhesive Flip chart paper, risk factor booklets, Connecting Seniors, Different Forms of Power, and Power Wheel Handouts (included in this folder), markers, Dot Activity for facilitator only, 5 pieces of paper cut into square along with pens for each participant, thumbnail size dots (blue, yellow, green or other solid colour)
Date and Time	
Logistics Required	Projector, laptop, screen, at pre-registration time ask if there are any accessibility needs we need to be aware of and any dietary requirements we need to be aware of and any language translation or ASL requirements
Room Arrangements	Classroom style with round tables, room big enough to do movement activities, 1-2 flip chart paper on easel for room to see, ensure room has enough space to meet any accessibility device needs such as a motorized wheel chair

Session Objectives:

1. Explore how we are affected by power and privilege
2. Learn about various barriers that contribute to seniors isolation
3. Strengthen your ability to support seniors in the face of these barriers



Suggested Session Flow (Based on 2.5 to 3 Hour Training):

Time (minutes)	Section	Description	Notes	Method	Facilitator delivering
6	Welcome/ Housekeeping/ Context	Welcome/ Traditional territories acknowledgements, Housekeeping, Allies in Aging Context	Slide 1&2	Facilitator	
4	Session Intro, Objectives Components	Introduction to Session, Session objectives and Core Components	Slide 3-5	Facilitator	
30	Who's in the Room	Icebreaker activity of your choice (time is dependent on number of participants, 30 min for approx. 20 to 30 participants)	Example available on slide 6	Group Activity	
2	Safe Space Guidelines	Go through Guidelines and why this is important. Depending on time ask participants if anything missing, if not can add a dimension to raise hands if in agreement with the guidelines	Slide 7	Facilitator	
30 (72 min used)	Activity: The Dot (Inclusion/ Exclusion)	Time is dependent on number of participants and how much they have to say. Facilitator only use reference handout to carry out activity Acknowledge PeerNetBC from where this activity originated Then, stop. Debrief. Debrief: use questions in hand out or revise to your needs	Slide 8	Facilitated Group Activity	
10	Break	BREAK FOR 10 MIN	Hand out risk factor booklets	All	



1	Inclusion	Reconvene with a recap of Dot activity and inclusion slide 9 definition	Slide 9	Facilitator
15	P&P Definitions and Examples	Facilitator read through each definition and at end of each could ask the room for any examples. If none, then can go into examples, then move onto next definition.	Slide 10	Facilitated Discussion
10	Power Wheel	Discuss Power Wheel - this can be done either by reading slide; or through a flip chart discussion by having someone in the room volunteer to discuss their identity markers (or the facilitator can breakdown their own identity to illustrate how the power wheel works) or tie back to Dot Activity by having a discussion about exclusion	11	Facilitated Discussion
10	Immigrant and Refugee Differences	Read slide, then facilitate an open dialogue around Question: Let's think about when one group has chosen, and another group has been forced – how do you think choice versus forced affects these two different groups of people?	Slides 12	Facilitated Discussion/ Facilitated Group Activity/ Facilitated Discussion
20	Activity: Immigrant/ Refugee Experience	Facilitator will have handed out five pieces of square paper and pen to each participant at beginning of session. Ask participants to write down on each paper one important thing in their life and place the paper face down in front of them. Facilitator goes around the room and randomly takes away two pieces of paper from each participant then facilitate a discussion around questions in slide notes. Then facilitator asks participants to choose one paper to discard from the	Slide 13-14	Facilitated Group Activity



three remaining. Facilitate a discussion as a result of this discard. Questions in slide notes.				
12	Immigrant and Refugee Barriers	Facilitate dialogue around questions on slide then lead into slide 16 to summarize what was heard. Then “dove tail” into the “Connecting Seniors” hand out if needed found in folders	Slides 15-16	Facilitated Discussion
10	Supports	Facilitate a dialogue around the questions in the slide and refer to “Connecting Seniors” hand out if needed	Slide 17	Facilitated Discussion
11	Evaluation	Wrap up & Evaluation	Slide 18	Facilitator and All
Total: 2:51 Hrs (hold 3hrs)				

Additional Information

Is there a need for handouts or additional materials to be prepared?



Session Evaluation

<i>Achievement of goals</i>	
<i>Timing</i>	
<i>Proposed improvements in content</i>	
<i>Proposed improvements in delivery</i>	
<i>Other comments</i>	