



Nomination

Expanding your reach

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McMaster FHT Healthy Aging Series



The Healthy Aging Series (HAS) is a four-part group education series for older adults, delivered by members of the interprofessional team at the McMaster FHT. What makes this program truly exceptional is that the topics have been chosen by our patients and are now being delivered to other people in our community for their benefit. The HAS was developed through the Health TAPESTRY research program, which allowed patients to identify health goals and areas they felt our FHT could deliver more robust programming. All too often, group medical visits focus on diseases, not people. The HAS has created a truly person-centred platform for connecting our FHT to our clients and our community.

The HAS was developed using aggregate data on health goals collected as part of the Health TAPESTRY program. Patients were also invited to complete a survey at the start of the series to indicate specific areas of interest within each health topic. For example, for the fitness and function session, the survey indicated participants wanted to learn about community programs, staying active in the winter, and overcoming barriers such as pain. Working groups developed the modules using the results from the surveys to tailor the sessions to patient needs. Patients were also invited to participate in a survey to evaluate the HAS, and data was used to improve future sessions.