



AETS

**Anishinabek Employment
and Training Services**

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AETS COMMUNITIES



Strength. Tradition. Empowerment.



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Age Well at Home Program

For Elders & Adults 55+

Our Team

Jamie Sabourin

Jamie serves as the Age Well at Home Program Assistant at Anishinabek Employment & Training Services and is a member of Netmizaaggamig Nishnaabeg (Pic Mobert First Nation). As a dedicated and driven professional with a solid foundation in community advocacy, Jamie is passionate about creating positive change and finds deep fulfillment in helping others. Committed to empowering individuals, Jamie works to foster meaningful impact within the community and beyond.



Lorraine Keough

Lorraine is the Age Well at Home Program Coordinator at Anishinabek Employment & Training Services and a proud member of Netmizaaggamig Nishnaabeg (Pic Mobert First Nation). With over 20 years of experience in employment & training services within Indigenous communities, Lorraine brings invaluable expertise to her role. She is deeply committed to reconnecting with her land and culture. Guided by strong community ties, Lorraine's advocacy for growth and inclusivity reflects her dedication to improving lives and fostering a bright future.



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PURPOSE

The purpose with the Age Well at Home Program is to have AETS's Community Elders and Adults 55+ stay living safely and independently in their own homes through active engagement, support, learning and empowerment.



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OBJECTIVES

PROJECT OVER-ALL OBJECTIVE

The objective for the Age Well at Home Program is to achieve meaningful change in the lives of AETS's Community Elders & Adults 55+, by empowering them to live as active, independent, engaged community members and to provide information on how they can access more comprehensive services as their needs change.

Our work is driven by an organization that is professional in its operations and strives to always present its values of dignity, participation, diversity, social inclusion, learning, and professionalism in all aspects. Through this program, we will bring together community Elder's and Adults 55+ to advocate on behalf of themselves and change perceptions on aging well at home and the abilities of older adults in general.

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OBJECTIVES cont....

Project Specific Objectives

- Expand delivery of volunteer-based eligible service to low-income and otherwise vulnerable seniors to help them age at home
- Increase the quality of life of low-income and otherwise vulnerable seniors by providing navigation services to help older adults and their families gain access to eligible services provided by other organizations operating in the area.



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SERVICES

Offering Social and Health System Navigation Services to Elders and Adults 55+ who are Citizens of the nine First Nation Communities serviced by AETS in the areas of...

- In-home supports
- Transportation Supports
- Meal Supports
- Friendly Visiting
- 55+ Workshops & Social Groups or Gatherings
- Adult Computer and Online Literacy Learning
- Community Event Support for Elders with an Elders Rest Area
- Volunteer Services

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55+ Workshops, Social Groups & Information Sessions

- 55+ Coffee and Crafting Drop-in
- Bi-Weekly Transportation Services
- Weekly Friendly Visiting Services
- 55+ Recipe Sharing and Cookbook Making Group
- 55+ Walk & Talk Group
- 55+ Resistance Band Exercise Group
- 55+ Tea & Bannock Poetry & Short Story Reading Group
- 55+ Computer & Online Literacy Learning
- 55+ In-Home Personal Safety Information from TBPS
- 55+ Fire Safety Information from TBFS
- Savvy Spending & Indigenous Banking Workshop
- Responsible Gambling information session
- Diabetes Health Information Session
- Age Friendly Thunder Bay Information Session
- Ontario Caregiver Organization Information Session



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VOLUNTEERS

The Age Well at Home Program cannot function without the help of our community volunteers. We are recruiting 9 volunteers with one volunteer from each of the 9 first nation communities serviced by AETS.

Volunteers will be responsible for assisting with workshops, events, community outreach, and mentorship as required.

A Volunteer job description is available to view on our webpage.

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The Vera Shaganash

Seven Sacred Teachings Award for Youth

Anishinabek Employment and Training Services (AETS) is pleased to offer The Vera Shaganash Seven Sacred Teachings Award. Inspired by the memory of Elder Vera Shaganash of, Netmizaaggamig Nishnaabeg who was an active member of the AETS Elders in Residence Program from 2018 to 2019 prior to her passing on November 11, 2019, in White River, ON. Vera saw the potential in our youth and felt the importance of recognizing and acknowledging their good efforts. This award recognizes youth aged 15-29 from the AETS member communities who in the past year have demonstrated the Seven Sacred Teachings in whole or in part (Love, Honesty, Truth, Courage, Wisdom, Humility and/or Respect). Through their actions, nominees are improving the quality of life or well-being of others.

The award is honorary and recognizes youth with a certificate and a plaque.



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Community Partners & Collaborators

Community partnerships and collaborations are at the heart of information delivery within the Age Well in Home Program. Partnering with Thunder Bay Literacy Group for adult learning opportunities, Ontario Native Women's Association for responsible gambling and diabetes health information, Bimaadiziwin Wiidookaagewin for cultural support and knowledge sharing, Noojmawing Sookatagaing Ontario Health Team for community health and social service connections through their service provider gatherings, Age Friendly Thunder Bay for their connections to services for seniors, and the Ontario Caregivers Organization for support and services to aid Elders and Caregivers aging at home will allow our team to collaborate, and deliver specialized information from each of these community groups to help improve the lives and promote the healthy aging of our Elders & Adults 55+.



Age Friendly
THUNDER BAY



THUNDER BAY LITERACY GROUP
Adult Learning Centre



Bimaadiziwin
Wiidookaagewin
CULTURAL PROGRAM



THE ONTARIO

caregiver

ORGANIZATION



NOOJMAWING
SOOKATAGAING
ONTARIO HEALTH TEAM



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Age Well at Home Initiative

Canada

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PROGRAM & CONTACT INFORMATION

Age Well at Home Program Website

- <https://www.aets.org/awah>

Elder & Adults 55+ Application

- [AWAH Elder - Application Form](#)

Volunteer Opportunities

- [AETS Volunteer Community Outreach Assistant Job Description](#)
- [AETS Volunteer Community Outreach Assistant Application Form](#)
- [AETS Volunteer Policy](#)

Contact Us

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Hours of Operation and Parking

Monday to Friday from 8:30 am to 4:30 pm **by scheduled appointment:**
Call 807-698-5611 to meet at one of three locations in Thunder Bay: 285 Red River Road or 251 Red River Road or 216 Brodie Street South



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PROGRAM PICTURES



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Thank You

Any Questions?