

COMMUNITY MATTERS TORONTO Community Assistant Healthy Living Skills 2015	Rating 1 (Poor) – 7 (Excellent)	
	Pre	Post
<b>SESSION 1</b>		
I can define the Health Immigrant Effect		
I can describe to St JT residents how the Health Immigrant effect can apply to them		
I can use examples of how the Community Wellbeing index results for St JT gives valuable information about the population for use in program responses		
I can explain the HL service flow to a resident so they reply that they understand it.		
I can define the St JT demographics that apply to the people I work with and the programs I am involved in: especially the groups that are at risk for chronic disease and should be targeted for health promotion activities		
I know where to search for current information about St JT by.....		
I can define the social determinants of health that CMT focusses on in its HL program		
<b>SESSION @ HEALTH PLANNER Working with Individuals and Families</b>		
I can develop a relationship of trust with the person that deepens over time		
I know how to learn about the whole person, the range of the social determinants of health at play with specific individuals and their families		
I can maintain my own Health Planner		
I can assist residents in identifying and maintaining healthy behaviours they developed prior to immigration		
I can encourage the person to feel confident in identifying their current strengths and assets in their daily life		
Using the Health Planner, I can develop healthy living goals and implement clear, practical action plans regarding nutrition, exercise and mental health, specific to the person		
With the help of CMT staff I can encourage the person to use other community resources when appropriate ( housing, financial, job etc)		
I can identify how to <b>effect behaviour change</b> re targeted goals		
I can define and understand the person's triggers which may make it hard for them to reach their goals		
I can develop the person's self advocacy skills for appropriate health and social services		
<b>Screening</b>		
I can identify the incidence and prevalence of chronic health conditions in ST JT		
I can use screening for CANRISK: diabetes,		
I can screening for risks for heart and stroke		
I can screen for mental health risks by:		
I can screen for dental health		
I can define the risks and benefits of screening for the 5 identified priority cancersI know how to help residents with screening for: Cervical cancer risk Breast cancer risk Prostate cancer risk		
I can offer flexible approaches to screening, so it responds to the person's priorities I can identify the myths and other factors that influence the person's decision to be screened Identify and develop new networks of neighbourhood residents and professional with the person I can follow up and encourage participants to follow through with the recommendations made from screening by _____		
<b>Networks</b> I can help a participants develop their individual and community connections to expand effective networks for information and support they require		
<b>Health Promotion</b> I can develop and run health promotion workshops in the following areas:- _____		
My skills in organizing a community Health Fair are: _____ _____ _____		
<b>Social media</b> and introducing weekly content to assist participants in achieving their goals I can: Research Best practices, research and materials to add to the CMT Health Library I can develop and maintain a resource list containing good Websites and print material		

Develop health promotion material for Facebook Develop health promotion material for Twitter Develop video health promotion material: script and storyboard ideas		
<b>Computer and Social Media Skills</b> Upload pictures and videos on Facebook and Twitter Use a tablet to show the Health library to residents Word Excel Power Point I can maintain the participant record by ensuring that the forms are completed and entered on the CMT database		
<b>Cultural Integration</b> Some positive health practices from my culture include:		
<b>OUTREACH</b> I can define neighbourhood resources in St JT : Shopping, use of public transit, use of 211, 311Childminding, day care and after school Employment Citizenship Housing: apartment living, legal rights Family doctors in the area and how to find them		
I can list area health resources in St JT such as:		
I can identify various forms of community outreach to residents who would benefit from the program including set up a screening table with all the relevant materials		
The skills my neighbours in my building have are:		
The major challenges residents in my building face are:		
I can encourage those who seem wary and works with other CMT people to reach out		
<b>Physical Literacy</b>		
I can define PHYSICAL LITERACY		
I can describe the 7 stages of the Canadian Sport for Life Continuum		
I can define and Demonstrate 8 locomotor and Body Skills		
I can define and Demonstrate 3 Sending Skills		
I can define and Demonstrate 2 Receiving skills		
I can use proper safety procedures for children		
<b>Nutrition</b>		
I can define key elements of Canada's Food Guide		
I can outline food substitutions that can be made given current shopping and cooking practices		
I can read food labels and understand the impact of trans fat, salt and other additives		
<b>Self-Help and support groups</b>		
I can run social support groups to deal with social isolation, diabetes, heart stroke and cancer		
I can participate in specified, social support, nutrition work-shops and physical fitness activities		
I can conduct self-help groups on health related topics as they arise with participants		
Define and incorporate practical approaches to the use of cultural health practices		
Research and bring to the team findings on Best Practices in delivering a culturally appropriate health program		
Implement, evaluate and change programs as required		
		January 2015
I can define the model and process of case management to be used by CMT		
I know how to use consent forms and Form 14		
