

DEAF SENIOR WELLNESS PROGRAM

The Deaf Senior Wellness Program is designed to provide culturally sensitive and linguistically appropriate information and events to decrease loneliness and isolation and increase the health knowledge and communicative spirit of the Deaf senior population that is geographically scattered throughout Eastern Massachusetts.

The Wellness Program utilizes the following events and services as a forum to promote healthy diet, connections to family and friends, physical activity, a sense of humor, and the ongoing acquisition of technology skills.

- Senior Sunday Socials
- First Tuesday of the Month Wellness Sessions
- Cultural / Educational Group Trips
- Individualized and small group MailStation and computer instruction
- Outreach to sick or lonely Deaf seniors via email, TTY, fax, letter, cards and home visits
- Transportation solutions that assist Deaf seniors attend events and appointments
- Advocacy on Deaf senior citizen issues



Blood Pressure Screenings



Technology Instruction



First Tuesday Wellness Sessions



Health Lectures in Sign Language



Sunday Socials



Bus Trips



Intergenerational Interactions



Transportation Assistance



Advocacy on Deaf Senior Issues