

# Nova Scotia Centre on Aging

Fall 2021 Newsletter

## Celebrating the Contributions of Older Adults

The United Nations has declared (2021-2030) the Decade of Healthy Ageing. This is a global collaboration to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives of older people, their families, and the communities in which they live. However, in order to foster healthy aging and improve the lives of older people and their families and communities, fundamental shifts are required not only in the actions we take but in how we think about age and aging.

Each year, we recognize October 1 as the International Day of Older Persons and, in Canada, National Seniors Day. This day is about recognizing and celebrating the valuable contributions to our communities, workplaces and society by older adults and challenging the negative stereotypes about older adults. We need to continue this attention beyond this one day.

During our online event hosted on October 5, in collaboration with Community Links, we heard about the innovative and important ways in which older Nova Scotians are helping to strengthen their communities and support the older adults who live in them. The time and talent of older adults is a valuable asset throughout our province. Many organizations would

not exist without their commitment to community service.

The fact that we have a higher proportion of older adults than ever before should be viewed as a good news story as opposed to the doom and gloom that is often associated with the aging of our population. Many people are aging in places where they want to be and they are able to continue to participate in our communities. How can this be a bad thing? So, how do we turn things around to make it a good news story.

Our work at the Centre supports several aims of the Decade of Healthy Ageing— conducting research that addresses the needs of older people, generating evidence to inform systems of long term care, undertaking initiatives to address and eradicate ageism, and advancing efforts that support and promote age friendly cities and communities.

Help us to change the narrative. Let's all challenge ageist assumptions within ourselves, in our personal interactions with others and in our communities. And let's acknowledge and celebrate the many positive contributions of older adults in our communities.



For more information on the Decade of Healthy Ageing visit: <https://www.who.int/initiatives/decade-of-healthy-ageing>



NSCA Director,  
Dr. Janice Keefe

## Our News

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## Our Mission

Through research, education and community engagement, the Nova Scotia Centre on Aging advances knowledge on aging to inform social policy and practice and enhance the quality of life of older people and their families.



## What's Happening...

### Study on pathways of home care clients releases first results

The analysis of data on home care clients in Nova Scotia and Winnipeg is starting to emerge:

Co-investigator Dr. Lori Mitchell presented at the Canadian Association on Gerontology annual conference (virtual)—*Mapping older home care clients' pathways in the health care system: A tale of two provinces.*

Findings about the utilization of psychiatry services among home care clients in Nova Scotia and Winnipeg are published in *Frontiers in Psychiatry*.



ORIGINAL RESEARCH  
published: 17 September 2021  
doi: 10.3389/fpsyg.2021.712112



#### Disparities in Utilization of Psychiatry Services Among Home Care Clients: The Tale of Two Canadian Jurisdictions

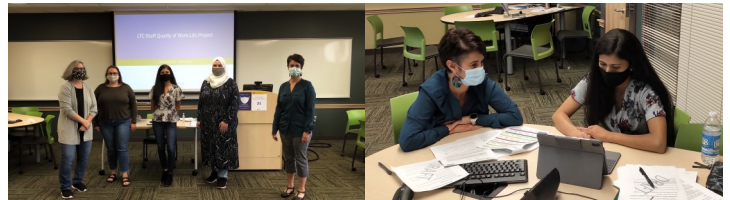
Jeffrey Poss<sup>1</sup>, Lori Mitchell<sup>2\*</sup>, Jasmine Mah<sup>3</sup> and Janice Keefe<sup>4,5</sup>

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The team's other activities include the completion of the third and final collection point with members of the 12 care constellations for both sites. These interviews will provide rich and valuable insights on the journey of home care clients, including the impact of COVID-19. The group is focused on coding and analysis of the interview data with a particular interest in understanding change over time and factors contributing to change in a client's pathway. The group working on the policy stream of the project will begin interviews with key stakeholders in Nova Scotia and Manitoba to gain policy context understanding.

The 20+ member team will meet virtually in November to discuss emerging findings and future directions, including the timing of workshops with sector stakeholders in both provinces. Visit [www.homecarepathways.ca](http://www.homecarepathways.ca) to stay up to date.

### Study on quality of work life being conducted with care homes in Nova Scotia



Orientation of staff and students working on the project.

The *TREC COVID-19 Impact Survey* is being completed by staff in participating care homes in Nova Scotia this fall. The survey will gather information about the place they work, their health and well-being, their relationship with work, access to resources, and caring for residents during COVID-19.


The survey is administered by a member of the team with Continuing Care Assistants and regulated staff are invited to complete the survey online. It is expected that 500 CCAs and 150 regulated staff will complete the survey. The results will provide much needed evidence on the working context of long-term care staff in Nova Scotia.

This fall, the Survey is also being administered with staff in care homes in TREC homes in Alberta and Manitoba as part of TREC's ongoing research in long-term care but is a first for Nova Scotia.

For more information about TREC visit [www.trecresearch.ca](http://www.trecresearch.ca)



### Mental Health Resiliency in Long-Term Care

NSCA is working with the  Nursing Homes of Nova Scotia Association to support the mental health needs of staff in long-term care. Centre staff are hosting focus groups with providers, talking with other jurisdictions about their initiatives and searching programs that may be relevant to staff needs. This background work will inform the selection of interventions for staff in participating homes.

The project is funded by Healthcare Excellence Canada

## Rich body of evidence about family visitation programs in LTC home during pandemic

Over 100 interviews with staff and family from the six participating care homes in Nova Scotia and Prince Edward Island and interviews with key informants from BC, The Netherlands and the UK are complete. These interviews provide rich insight into the factors and conditions that support the implementation of programs for designated family caregivers (NS) and partners in care (PE) in long-term care homes during pandemic public health restrictions.

The team is organizing and synthesizing the data to share back with participating care homes and the wider long-term care sector in both provinces. A symposium featuring this project and others focused on family was held at the Canadian Association on Gerontology annual conference (virtual) - *Not just visitors: Understanding the central role of families in the provision of long-term care.*

## Study on quality of life in long term care continues to release results



Congratulations to Marco Redden (former Research Assistant with NSCA) who successfully defended his thesis *Meaningful Engagement among Care Home Residents with Dementia and Family Members: A Critical Ecological Analysis.* The thesis utilized data from the SALTY Project.

Dissemination activities:

Article by team member Dr. Bourgeault and others on leadership in long-term care released in Healthcare Management Forum.

<https://doi.org/10.1177/08404704211040747>

Symposium at Gerontological Society of America 2021 Annual Scientific Meeting, virtual—*Leveraging promising policies to support long-term care resident's quality of life post-pandemic.*

Check out the Podcasts developed by SALTY trainees on issues in long-term care. Stay up to date on papers and presentations:

[www.SALTYItc.ca](http://www.SALTYItc.ca) @SALTY\_Itc SALTYItc



## Have you Heard...

### Dr. Keefe a Fellow of the Canadian Academy of Health Sciences



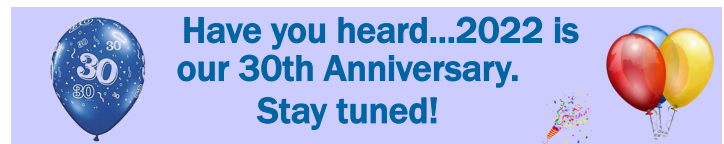
Dr. Keefe is one of just three health science leaders in the Atlantic region among the 74 newly named [2021 Fellows of the Canadian Academy of Health Sciences \(CAHS\)](#). This election is



considered the highest recognition of excellence in Canadian academic health sciences. Congratulations Dr. Keefe!

### Dr. Keefe appointed to National Committee Tasked with Developing Standards for Long-Term Care

Dr. Janice Keefe has been selected as a member of the Health Standards Organization (HSO) Long-Term Care Services Technical Committee, which will lead the work on HSO's National LTC Services standard. To learn more about the Committee's work visit <https://longtermcarestandards.ca/technical-committee>



## Out and About (Virtually)

### NSCA Celebrates Contributions of Older Nova Scotians

NSCA in collaboration with Community Links hosted a celebration and conversation (virtual) about the contributions of older adults to our communities. The event provided a great opportunity for community leaders to share and learn about community initiatives and the role of older adults as volunteers.

### Dr. Keefe Panelist for CAnD3 event

Dr. Keefe was a panelist on the Consortium on Analytics for Data-Driven Decision-Making (CAnD3) for an invigorating discussion on population aging. Funding support is available for trainees to participate in CAnD3. Contact [nscam@msvu.ca](mailto:nscam@msvu.ca) or go to [www.mcgill.ca/cand3/](http://www.mcgill.ca/cand3/) to learn more.





## Presentations & Publications

### Publications:

Poss, J., Mitchell, L., Mah, J., & Keefe, J. (2021). Disparities in utilization of psychiatric services among home care clients: The tale of two Canadian jurisdictions. *Frontiers in Psychiatry-Public Mental Health*, 12:712112.

Chamberlain, S.A. Gruneir, A., Keefe, J. M., ... & Estabrooks, C. A. (2021). Evolving partnerships: Engagement methods in an established health services research team. *Research Involvement and Engagement*. 7:71

Hoben, M., Ginsburg, L., Norton, P., Doupe, M., Berta, W., Dearing, J., Keefe, J., & Estabrooks, C. (2021). Sustained effects of the INFORM cluster randomized trial: An observational post-intervention study. *Implementation Science*, 16(83).

Fancey, P., Knight, L., Keefe, J., & Syed, S. (2021). *Older workers: Exploring and addressing the stereotypes*. Prepared for the Federal, Provincial, and Territorial (FPT) Forum of Ministers Responsible for Seniors.

### Presentations:

Keefe, J., & Irwin, P. (2021). *Tracing the expression of resident quality of life policies in Canadian long-term care settings*. Paper presentation at Gerontological Society of America 2021 Annual Scientific Meeting, November 10-13, virtual.

Keefe, J. (2021). *Families as valued contributors to LTC resident's quality of life: Policy perspectives*. Paper presentation at Gerontological Society of America 2021 Annual Scientific Meeting, November 10-13, virtual.

Mitchell, L., Poss, J., & Keefe, J. (2021). *Mapping older home care clients' pathways in the health care system: A tale of two provinces*. Paper presentation at Canadian Association on Gerontology, October 22-23, virtual.

Hande, M.J., Chamberlain, S., Weeks, L., Warner, G., Andrew, M., Krawchenko, T., & Keefe, J. (2021). *Factors affecting implementation of family visitor policies during the Covid-19 pandemic-A tale of two provinces*. Paper presentation at Canadian Association on Gerontology, October 22-23, virtual.

Huble, E., Taylor, D., Hande, M.J., Irwin, P., & Keefe, J. (2021). *Do long-term care policies support family involvement in residents' quality of life*. Paper presentation at Canadian Association on Gerontology, October 22-23, virtual.

Hande, M., Keefe, J., Forbes, F., & Stevens, S. (2021). *First voices in long term care research: Critical reflections on meaningful engagement, voice, and representation*. Workshop at North American Conference on Integrated Care, October 4-6, virtual.

## Opportunities to Support NSCA

### Dr. F.R. MacKinnon Endowment Fund

If you would like to support the efforts of the NSCA, contributions can be made to the Dr. F.R. MacKinnon Fund through the Mount's University Advancement Office at 902-457-6470.

## News from the Global Aging and Community Initiative



The Global Aging and Community Initiative ([www.globalagingandcommunity.com](http://www.globalagingandcommunity.com)) is led by Dr. Zachary Zimmer, Canada Research Chair.

**New grants awarded:** National Institutes of Health: "Early Life War Experiences and Alzheimer's Disease and Related Dementias." Co-Principal Investigator, 2021-2022, \$316,673 USD.

**Ongoing funded projects:** (1) "Long-term Effects of War on Health of Older Persons within a Rapidly Aging Population: The Case of Vietnam." (2) "Social Causes and Consequences of Chronic Pain." (3) "Study the effects of wartime trauma on mental health outcomes among older adults in Vietnam through Economic Modeling." (4) "The Demography of Chronic Pain: A Population Approach to Pain Trends, Pain Disparities, and Pain-Related Disability and Death." (5) "Health and Aging Post Conflict: War's Enduring Effects Among Survivors in Vietnam."

### Recent Publications:

C.Jagger, G. Libby, Z. Zimmer, C.Chiu, M. Ofstedal, & Y.Saito. Forthcoming. Are religiosity and spirituality related to self-reported health expectancy? An analysis of European Values Survey. *Journal of Religion & Health*.

A. Zajacova, H.Grol-Prokopczyk & Z. Zimmer. Forthcoming. *Sociology of chronic pain*. *Journal of Health & Social Behavior*.

Z. Zimmer, Y. Saito, O. Theou, C. Haviva & K. Rockwood. Online April 8, 2021. Education, wealth, and duration of life expected in various states of frailty. *European Journal of Ageing*. Available at <https://link.springer.com/article/10.1007/s10433-020-00587-2>.

Post-doctoral scholar Feinuo Sun began work with GACI after completing her Ph.D. in Sociology at the University at Albany, State University of New York.

GACI will be hosting the annual meetings of the International Network on Health Expectancies and the Disablement Process (REVES) in September of 2022.

**Stay up to date...like us on Facebook**  **and follow us on Twitter** 

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