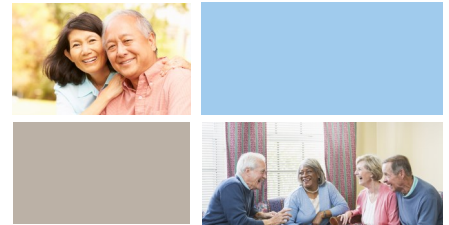


Nova Scotia Centre on Aging

Fall 2024 Newsletter



Our Future is Aging: Rethinking Challenges and Opportunities for the Decades Ahead

The aging of the population has been talked about for decades. Demographers were predicting this trend in view of declining fertility rates and increasing mortality rates. We knew there were going to be more absolute numbers of older adults, and that older adults (using age 65 as the criteria) would comprise a greater proportion of the overall population. This was one of the reasons I considered gerontology as my career path some 30 years ago. I knew there would need to be lots of work to advance knowledge, practice and policy across many sectors – health, social, economic - for this monumental demographic shift.

Well, as we all know the 1st of the baby boomers reached 65 in 2011 which was recognized as the beginning of this demographic shift. To prepare there had been a lot of work in the areas of health services, health system, age friendly communities, financial preparedness for retirement, caregiver supports, drug therapies, and specific diseases like Alzheimer disease. Enhancements and innovations have been made in many services and programs to support older adults. This is the good news. Yet, there remain gaps in services, and we repeatedly hear that older adults experience challenges in achieving quality of life. This is the bad news. Most of the issues that we were grappling with as researchers and decision makers for decades continue. They

haven't gone away but rather have become more challenging as societal conditions have changed. How are we preparing for the after effects of the global pandemic, the enhanced reliance on technology, and the increased cultural diversity of our older adults?

Our collective future well-being is reliant on preparing for, and supporting, the aging population. In addition to many of the issues we still need to focus on (e.g., health services, transportation, housing, continuing care, social participation), there are new realities facing our work. Paramount among these emerging issues are longevity, artificial intelligence (AI) and climate change. We are living longer, but are we living healthy longer? AI is offering possibilities to improve quality of life, yet there are real concerns about the inherent biases in AI algorithms that stereotype older adults as a homogeneous group. How does climate change impact our aging population? To stay ahead of the curve, we must be forward thinking and embrace the new realities facing today's, and tomorrow's, older adults. I am very excited that our conference [Our Future is Aging- Multidisciplinary Research Informing People, Policy & Practice](#) on June 3-4, 2025 will be tackling many of these topics and offer a much-needed space for reflection and dialogue in support of forward thinking.



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.



MSVU.CA/NSCA

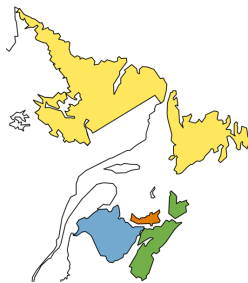
Advancing Aging Research. Enhancing Lives of Older Adults.

What's Happening...

Over 2300 surveys of staff in long-term completed for Atlantic Canada Project

Between November of 2023 and May of 2024 long-term care staff, including care aides, nurses, allied health professionals and managers, throughout Atlantic Canada participated in a survey that asked about their work environment and their mental and physical health. Dr. Janice Keefe is leading this project which is part of the Atlantic Research Collaboration on Long-term Care, a group of researchers, trainees and sector collaborators aiming to improve staff quality of work life and resident outcomes.

With data collection complete in the 53 randomly selected care homes, the team is now reviewing the results and preparing a series of three site reports specific to each care home. The series of reports will provide each care home administrator a descriptive summary of their staff's results from the survey about work life, health and wellbeing and work environment, compared to other staff in their province. In addition, provincial webinars are being planned for 2025 to report results to the sector.



The team is currently working to obtain required approvals to access interRAI data which will allow us to understand any associations between work context and resident outcomes.

Next steps for the team include preparing the survey data for various dissemination activities including academic publications, conference presentations and a planned webinar for the Atlantic region long-term care sector.

New Brunswick Lead Investigator Dr. Rose McCloskey and research staff Emily Hubley and Annika Wiebe promoted the project at the Aging Care and Research Symposium in Fredericton, NB.

Keep up to date on the study at www.arcltc.ca



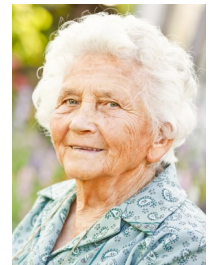
Over 400 surveys of staff in long-term completed for Nova Scotia Wave 2 Project

Over 400 staff from seven care homes in Nova Scotia participated in the Long Term Care Quality of Work Life Survey for a 2nd time. The first time was in 2021 in the midst of the pandemic and again in the winter/spring of 2024. This work is connected to the larger project that is underway across Atlantic Canada but different in that these seven homes will be able to understand staff experience over time.

Participating homes will receive a report specific to their home that will provide a current snapshot of survey responses by different staff groups and some insight into any changes from 2021 in the quality of work life of their staff.

Home Care Pathways team focuses on dissemination

Several team members will be sharing results from the Home Care Pathways study at national and international venues this fall.



Presentations:

Home Care clients with dementia – clinical characteristics, caregiver factors, and trajectories in Manitoba and Nova Scotia, Canadian Association on Gerontology, Edmonton.

How medical objects, meal prep assistance and relational culture impact the meaning of "Home" for home care clients, Gerontological Society of America, Seattle.

How well do institutionalized assumptions about unpaid caregivers match the experiences of home care clients? Gerontological Society of America, Seattle.

Summaries:

A series of summaries is available for published work emerging from the study. These are a great way to quickly understand different analyses being done and to get key take away messages from the work. Summaries are available on the project webpage.

Stay up to date: www.homecarepathways.ca



SAVE THE DATE: Our Future is Aging Conference June 3-4, 2025

What: A conference that showcases research on aging from a diversity of perspectives, disciplines and approaches which address issues and opportunities of an aging population.

Plenary sessions will cover topics such as changing contexts of population aging, artificial intelligence and aging, and leading research networks and initiatives.

There will be concurrent oral and poster sessions and the opportunity to learn about the many research centres in the region working on aging-related topics.

For students/trainees: Pre-conference workshops mentor-trainee breakfast and a poster competition.

Who should attend: Researchers, trainees, students, decision makers, educators, practitioners, older adults.

How to be part of the program: Submit an abstract until November 1. Click [here](#) to complete the Call for Abstracts online form.

Check for updates at www.ourfutureisaging.ca

Recruiting Postdoctoral Fellows...

Finished or finishing your PhD? Looking for a Postdoctoral opportunity? Our Centre has several opportunities.

For more information contact nsca@msvu.ca

Have you Heard...

Dr. Keefe named Gerontological Society of America Fellow



We are pleased to announce that the Gerontological Society of America has named Dr. Janice Keefe as one of its newest fellows under the Social Research, Policy and Practice Section. She will be formally recognized in November at the Society's annual conference in Seattle.

Out and About

ARC LTC staff participate in the Aging Care & Research Symposium



Emily Hubley and Annika Wiebe at the Aging Care and Research Symposium, Fredericton, NB September 2024.

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 giving@msvu.ca

Presentations & Publications

Publications:

Keefe, J. M., Duynisveld, A., Stevens, S., & Estabrooks, C. (2024). Quality of work life and mental well-being for long-term care staff in Nova Scotia. *Healthcare Policy*, 19(4), 32–41.

Spring, L., Funk, L., Kuryk, K., Warner, G., Macdonald, M., Burke, R., & Keefe, J.M. (2024). Person-centered home care: Exploring worker-client relationships using an intersectional and critical disability framework. *Journal of Applied Gerontology*, 43(1), 101–109.

Presentations:

Keefe, J., Yuting, S., Duynisveld, A., Duan, Y., Doupe, M., Estabrooks, C., & Squires, J. (2024, October). *Factors affecting mental health outcomes for LTC staff: Assessing the impact of staffing role and jurisdiction*. [Oral]. Canadian Association on Gerontology, 2024 Annual Scientific and Educational Meeting, Edmonton, AB.

Mah, J., Keefe, J., Mitchell, L., & Poss, J. (2024, October). *Home Care clients with dementia – clinical characteristics, caregiver factors, and trajectories in Manitoba and Nova Scotia*. [Oral]. Canadian Association on Gerontology, 2024 Annual Scientific and Educational Meeting, Edmonton, AB.

Hipel, I., Yuting, S., Keefe, J., Duan, Y., Doupe, M., Estabrooks, C., & Squires, J. (2024, October). *"We may be exhausted – but we continue to care": Changes in nurses' burnout prior to and during COVID*. [Poster]. Canadian Association on Gerontology, 2024 Annual Scientific and Educational Meeting, Edmonton, AB.

News from the Global Aging and Community Initiative



The Global Aging and Community Initiative (GACI) is directed by Dr. Zachary Zimmer, Tier 1 Canada Research Chair. It is located within the Dr. Rosemary Sampson Centre on Aging and affiliated with the Nova Scotia Centre on Aging.

Recent publications:

- Sara I. Hamm, Zachary Zimmer, and Mary Beth Ofstedal. Linking Multi-Dimensional Religiosity in Childhood and Later Adulthood: Implications for Later Life Health. *Research on Aging*, August 2024.

- Zachary Zimmer, Feinuo Sun, and Amber Duynisveld. Are We Adding Pain-Free Years to Life? A Test of Compression Versus Expansion of Morbidity. *The Journals of Gerontology*, August 2024.

- Zachary Zimmer, Mevlude Akbulut-Yuksel, Yvette Young and Toan Khanh Tran. The long-term association between exposure to wartime bombing earlier in life and post-traumatic stress later in life among today's older Vietnamese population. *Acta Psychologica*. April 2024.

Presentations:

- Yulin Yang, Rui Huang, Zachary Zimmer, Feinuo Sun, Anna Zajacova, Hanna Grol-Prokopczyk, and Jacqueline Torres. (2024, April). *Rural-urban differences in chronic pain prevalence and trends among middle-aged and older adults in the United States*. Population Association of America Meetings, Columbus, OH.

For more information visit:
www.globalagingandcommunity.com

Stay up to date...like us on Facebook 
and follow us on X  Youtube 

Contact us:

Nova Scotia Centre on Aging
Mount Saint Vincent University T: 902-457-6546
166 Bedford Highway E: nsca@msvu.ca
Halifax, NS B3M 2J6 www.msvu.ca/nsca