

Nova Scotia Centre on Aging

Spring 2020 Newsletter

Decade of Healthy Ageing off to turbulent start

The World Health Organization (WHO) has declared 2020-2030 the *Decade of Healthy Ageing*, a time of “concerted, catalytic and collaborative action to improve the lives of older people, their families and the communities in which they live.” For many around the globe, living in a healthy environment and access to the basic essentials of daily life are issues in need of concerted attention. While conditions for most older Canadians are not as dire, there remain barriers in society that prevent older adults’ full participation in society. The WHO has developed 10 Priorities to direct the Decade’s work and has identified ways for all of us to get involved. A commitment to dialogue and action to improve the quality of life for older adults to ensure their full participation should be our collective goal for the next ten years.

However, this marked Decade has gotten off to a turbulent start. A global pandemic has changed all of our lives and diverted our attention. During the COVID-19 crisis, the situation of older adults became forefront as “aging” became recognized as a risk factor for the disease. Unfortunately, many older adults around the globe, especially those with complex health conditions, frail and those living in congregate settings have lost their lives to the virus. This is not the

kind of attention that a decade dedicated to Healthy Ageing was aiming for.

So, as we regroup from crisis mode and learn to live with COVID-19, our attention can return to the important work that the *Decade of Healthy Ageing* intended to do, only with increased intensity and urgency.

Our work at the Centre supports several aims of the Decade—conducting research that addresses the current and future 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. However, given that our operations at the Centre have been impacted by COVID-19, we will need to think of different approaches to achieve these aims.

So while this important Decade got off to a turbulent start, let’s regroup and channel our actions because attention to **healthy ageing** is needed more now than ever before.

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



Our News

What’s Happening...

Out and About

Have You Heard...

Presentations & Publications

Opportunities to Support NSCA

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.

Advancing Aging Research. Enhancing Lives of Older Adults.



Centre
on
Aging
Nova Scotia

MSVU.CA/NSCA

What's Happening...

Home Care Pathways project field work interrupted



Several components of the Home Care Pathways project have continued during the COVID-19 restrictions such as analysis of interRAI assessment data and other health administrative data of home clients as well as the review of policy documents. However, the follow-up interviews with members of the 12 care constellations in Nova Scotia and Winnipeg Regional Health Authority were put on hold this spring. Plans are underway to resume the interviews through telephone, but in the meantime, team members have been deep into the coding and analysis of the interview data from the first interviews with clients, caregivers, care coordinators, home support workers and agency supervisors. Insights about factors influencing clients' experience are emerging.

A full team meeting was held via videoconferencing technology this spring to discuss preliminary findings across the working groups. Unfortunately, dissemination activities planned for 2020 have been cancelled due to the COVID-19 pandemic.

Stay up to date www.homecarepathways.ca

Study on quality of life in long term care releasing results



Dr. Deanne Taylor co-led with members from the SALTY Advisory Groups participated in a facilitated discussion on the “Rewards and pitfalls of the authentic inclusion of stakeholders in the analysis of nursing home policies” at the Canadian Association on Gerontology conference in Moncton, October 2019.

The SALTY team had a full slate of dissemination activities planned for 2020 (e.g., conferences, workshops), but most have been cancelled due to the COVID-19 pandemic. The team has taken the opportunity to focus on manuscript development and use their expertise about long term care to help inform dialogue and discussions about long term care in relation to COVID-19.

Other key activities include:

- *International Journal of Health Policy* publication on project's approach to integrated knowledge translation.
- Team meeting via videoconference to share findings around the intersection of long term care policies and care practices.



- Webinar hosted by Canadian Foundation for Healthcare Improvement—*Quality of Life in Long Term Care: What's policy got to do with it?* [recording will be available]

To learn more about the SALTY project, check out our video at: <https://vimeo.com/389017178>

Follow the latest on the team's dissemination activities at: www.SALTYItc.ca

[Twitter](#) @SALTY_Itc

[Facebook](#) SALTYItc

Out and About (when it was still safe to do so)

NSCA participates in Minister of Seniors' Round Table



In February, Pam Fancey, Associate Director of NSCA was pleased to participate in the Minister of Seniors, Deb Schulte's roundtable with researchers on Aging hosted by Dalhousie University.

Dr. Keefe Speaks at Canadian Academy of Health Sciences Meeting in Halifax



Dr. Janice Keefe speaking at the Canadian Academy of Health Sciences meeting in Halifax on Friday, March 6.

Dr. Janice Keefe participated in the Canadian Academy of Health Sciences (CAHS) meeting with stakeholders held in Halifax on Friday, March 6. Highlights from CAHS expert panel's report on their assessment of dementia evidence were discussed.

On the evening of March 5, NSCA co-sponsored with CAHS a panel presentation for the public, "Sharing insights to support caregivers of persons living with dementia" attended by researchers, clinicians, family members and persons living with dementia.

Have you Heard...

Dr. Keefe contributes to important dialogue about older adults during COVID-19 crisis



The COVID-19 pandemic has had significant impact on many aspects of our health and social systems, but there has been specific emphasis on older adults and, in particular, on long term care.

Dr. Keefe has been featured on several media outlets during the COVID-19 pandemic drawing attention to, and providing commentary on, such topics as:

- Quality of care of long term care residents
- Front line care workers in long term care
- Restrictions on family visitation
- Family and friend caregivers
- Ageism

Many of these interviews and articles can be viewed on the NSCA Twitter and Facebook accounts.

Data on nursing homes revisited for Masters thesis

Congratulations to Emily Kervin (former Research Assistant with NSCA) who recently defended her thesis, **Nursing Home Physical Design and Homelikeness: How Does It Impact Quality of Life for Long-Term Care Residents in Nova Scotia?** Emily's research utilized interview data with nursing home residents which was collected as part of the CIHR-funded *Care and Construction* project (www.careandconstruction.ca).

Presentations & Publications

Publications:

Keefe, J., Cranley, L., Berta, W., Taylor, D., Beacom, A., McAfee, E., MacEachern, L., Boudeau, D., Hall, J. Thompson, G., Squires, J., Wagg, A., & Estabrooks, C. (in-press). Examining the role of policy in shaping best practice dissemination: A case study of informal professional advice networks in Canadian long-term care. *Canadian Journal on Aging*, 40(1)

O'Neil, K., Aubrecht, K., & Keefe, J. (2020). Dimensions of housing insecurity for older women living with a low income. *Journal of Aging and Environment*
doi.org/10.1080/26892618.2020.1744498

Keefe, J., Hande, M., Aubrecht, K., Daly, T., Cloutier, D., Taylor, D., Hoben, M., Stajduhar, K., Cook, H., Bourgeault, I., MacDonald, L., Estabrooks, C. (2020). Team-Based Integrated Knowledge Translation for Enhancing Quality of Life in Long-term Care Settings: A Multi-method, Multi-sectoral Research Design. *International Journal of Health Policy and Management*, 9(4), 138-142. doi.org/10.15171/ijhpm.2019.123

Berta, W., Wagg, A., Cranley, L., Doupe, M., Ginsberg, L., Hoben, M., MacEachern, L., Chamberlain, S., Clement, F., Easterbrook, A., Keefe, J., Knopp-Sihota, J., Rappon, T., Reid, C., Song, Y. Estabrooks, C. (2019). Sustainment, Sustainability, and Spread Study (SSaSSy): Protocol for a study of factors that contribute to the sustainment, sustainability, and spread of practice changes introduced through an evidence-based quality-improvement intervention in Canadian nursing homes, *Implementation Science*, 14, 109. (10 pages). doi.org/10.1186/s13012-019-0959-2

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 (GACI) is directed by Dr. Zachary Zimmer, Tier 1 Canada Research Chair.

Notable recent activities:

- Paper presented: "Chronic pain: Powerful summary measure of Population Health," at the Interdisciplinary Association for Population Health Science, Washington.
- Two publications: "Persistent, consistent and extensive: The trend of increasing pain prevalence in older Americans," in *The Journal of Gerontology: Social Sciences* and "Does religious activity distinguish the mortality experiences of older Taiwanese? An analysis using nineteen-years of follow-up data," in *Journal of Religion and Health*.
- Forthcoming book chapters: Demographic Shift Exercise and Physical Activity for Older Adults; Pain and Disablement, *International Handbook of Health Expectancies*, and Cambodian Elderly Survey, *Encyclopedia of Gerontology and Population Aging*.

Congratulations to Clove Haviva, GACI's Templeton Foundation Postdoctoral Scholar who completed her fellowship and is now with Faculty of Medicine, Dalhousie University.

The Global Aging and Community Initiative is located in the Dr. Rosemarie Sampson Centre on Aging and affiliated with the Nova Scotia Centre on Aging. For more information on activities visit: www.globalagingandcommunity.com

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

Contact us:

Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6

T: 902-457-6546
E: nsca@msvu.ca
www.msvu.ca/nsca