

# Nova Scotia Centre on Aging

Summer 2022 Newsletter

## Our legacy of valuable training opportunities

The Centre has many accomplishments during its 30-year life with work addressing topics such as caregiving, long term care, home care, social isolation, age friendly communities, mental health and many others. A common thread through our work has been the role in providing rich and valuable training opportunities.

In the past 10 years, our projects have involved more than 30 students (undergraduate, graduate and a few PhD) as well as 7 postdoctoral fellows. These trainees have had rich learning opportunities often times with projects that involve other academic institutions, public/private sectors, and not for profit organizations. On page 3 we introduce two of our more recent PDFs who are working with the Home Care Pathways project, which is employing an integrated knowledge translation approach. Many of our trainees have gone on to academia, not for profit sector, private sector and government, some in positions specific to aging. Recently recognized were three staff in leadership roles with our NS's Alzheimer Society who had previous connection to the Centre (and the Mount's academic program on gerontology). Read more at <https://www.msvu.ca/trio-of-msvu-alum-putting-their-expertise-to-work-at-the-alzheimer-society-of-ns/>

Our projects offer opportunities that involve all stages of the research process from proposal development through to knowledge dissemination. As well, given our broader mandate of community outreach and engagement, trainees can be involved with event planning and developing education deliverables. While they benefit from this experience, we do as well. The skills and interest trainees bring to the Centre helps to keep us current, especially in the areas of technology and innovative approaches to knowledge translation. And while many of the students are from the Mount's family studies and gerontology program, we have benefited from others in communications, social work, nursing, nutrition, sociology, etc. Many find aging-related positions, but others take with them transferrable skills and greater insight of our aging population.

As we mark 30 years, we are pleased to be planning the Institute of Aging's Summer Program in Aging (SPA), which we will be hosting in NS in 2023. The SPA is an intensive 4+ day event for 40 or more trainees across Canada from different disciplines and with international attendees as well. It is through initiatives such as the SPA, and our ongoing project work, that we continue our work of preparing future professionals and scholars in the field of aging.

*Janice*



NSCA Director,  
Dr. Janice Keefe

## 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.



## What's Happening...

### Rich body of evidence on pathways of home care clients

The Home Care Pathways Team met in “hybrid” format over 2 days in June to discuss the project’s emerging findings from its analysis of home care client assessment data (Nova Scotia n=5323; Winnipeg Regional Health Authority n=5278), more than 60 interviews from members of 12 care constellations in Nova Scotia and Manitoba over three points in time, and the two site’s program policies.



Dissemination activities:

Meeting with representatives from provincial ministries and health authorities from Manitoba and Nova Scotia as well as other relevant stakeholders to share preliminary findings and get input into how the findings may be used to shape policy and practice.

Conference presentations—Canadian Association of Health Services and Policy Research and Northwood’s Research Symposium.

Check out the interview about release of findings on utilization of psychiatry services among home care clients [https://www.youtube.com/watch?v=aX\\_tDiyIvE](https://www.youtube.com/watch?v=aX_tDiyIvE)

Stay up to date [www.homecarepathways.ca](http://www.homecarepathways.ca)

### Supporting Mental Health of Long-Term Care staff



Our work to evaluate *Leaning into the Hard* program aimed at supporting the mental health of staff working in NS long term care sector is wrapping up. Surveys, focus groups and interviews with participants from the 40+ long term care homes participating in the program have taken place since January. Participants’ feedback is helping to understand their experience with the program and its benefits. This project has been a collaboration with the Nursing Homes of NS Association and funded by Healthcare Excellence Canada.

### Study on quality of work life sharing first glance of survey findings



Surveys from close to 500 staff from ten care homes in Nova Scotia are being analyzed with initial findings released this spring to the care homes and select other audiences. The *TREC COVID-19 Impact*

Survey administered with staff in Nova Scotia during fall of 2021 gathered information about the place they work, their health and well-being, their relationship with work and access to resources to support them in their work. The Survey was also administered with staff in care homes in Alberta and Manitoba providing an opportunity for our NS results to be compared to other jurisdictions. Project staff also participated in focus groups providing insights into their experience with doing this survey work during the pandemic.

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



### Understanding expands about family visitation programs in LTC home during pandemic

Close to 30 family members participated in another interview in March to understand their experience of visitation program during the Omicron wave. These family members were previously interviewed during 2021 and make up more than the 100 interviews with staff and family from the six participating care homes in Nova Scotia and Prince Edward Island. Analysis of the project’s data is ongoing with results being shared in various ways:

Presentation to NS and PEI sector- [recording HEC hosted webinar](#)

Practice Briefs:  
[Communication is Key](#)  
[Impact on Residents, Family and Staff](#)  
[Actions to Take from Staff Perspective](#)

## SALTY project still making waves



Two briefs with a focus on staff in long-term care and volunteers in long-term care have been released as part of the Seniors Adding Life to Years – (SALTY) Knowledge Translation Series:

[The Role of Volunteers in Enhancing Resident Quality of Life in Long-Term Care: Analyzing Policies that May Enable or Limit this Role](#)

[Long-Term Residential Care Policy Guidance for Staff to Support Resident Quality of Life](#)

Congratulations to Emily Hubley (Project Coordinator with NSCA) who successfully defended her thesis *Integrating a Palliative Approach to Care in Long-Term Care: A Comparative Case Study of Two Provinces*. The thesis utilized data from the SALTY Project.



The “Let’s Talk Care: Fresh Perspectives on Long-Term Care” Podcast Series is now available to listen to on

Youtube. Topics include working in long-term care, family presence in long-term care and living with dementia. For the full series go to [https://www.youtube.com/channel/UCx\\_HqQaF\\_49JXCueTXFkwwQ/videos](https://www.youtube.com/channel/UCx_HqQaF_49JXCueTXFkwwQ/videos)

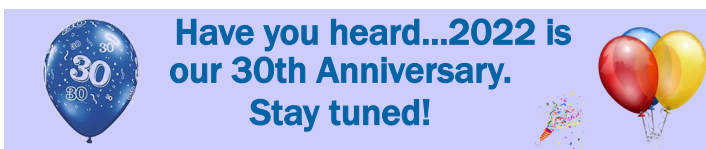
For more information go to: [www.SALTYItc.ca](http://www.SALTYItc.ca) @SALTY\_Itc SALTYItc

## Agetastics team supports important work of Alzheimer Society



Thanks to everyone who supported this year’s fundraising effort in support of the Alzheimer Society of Nova Scotia. We are pleased that we raised close to \$3000. The team had a great walk around the Mount campus in late May as their “Walk Your Way” approach to the campaign.

## Have you Heard...



## Out and About (Virtually)

### Minister of Seniors and Halifax West MP visit the NSCA



On March 4, the Minister of Seniors Kamal Khera and Halifax West MP Lena Metlege Diab visited the NSCA to learn about the vital research being done to better understand the needs and realities of our seniors.

## Introducing our new Post-Docs

We welcome Dr. Lauren Spring and Dr. Stephanie Mason to the Home Care Pathways project.



Dr. Spring holds a PhD in Adult Education and Community Development from the University of Toronto. In addition to her PD Fellowship, she is also a Teaching and Learning Consultant with Conestoga College. Dr. Spring is working with the project’s care constellation team.



Dr. Stephanie Mason holds a doctoral degree in Educational Studies from Mount Saint Vincent University. In addition to her PD Fellowship, she is also a sessional instructor with the Mount. Dr. Mason is working on knowledge mobilization activities for the project.

## Presentations & Publications

### Publications:

Funk, L., Irwin, P., Kuryk, K., Lobchuk, M., Rempel, J., & Keefe, J. (2022). Home care program flexibility and client-centred care as relational phenomenon. *Social Science in Medicine – Qualitative Research in Health*, 2, 100107. <https://doi.org/10.1016/j.ssmqr.2022.100107>

Song, Y., MacEachern, L., Doupe, M.B., Ginsburg, L., Chamberlain, S.A., Cranley, L., Easterbrook, C. A., Hoben, M., Knopp-Sihota, J., Reid, R.C., Wagg, A., Estabrooks, C.A., Keefe, J.M., Rappon, T., & Berta, W.B. (2022). Influences of post-implementation factors on the sustainability, sustainment and intra-organizational spread of complex interventions. *BMC Health Services Research*, 22,666. <https://doi.org/10.1186/s12913-022-08026-x>

Mah, J., Rockwood, K., Pitre, T., Stevens, S., Keefe, J., & Andrew, M. (2022). Do interventions reducing social vulnerability improve health in community dwelling older adults? A systematic review. *Clinical Interventions in Aging*, 17, 447-465. <https://doi.org/10.2147/CIA.S349836>

Taylor, D. & Keefe, J. (2021). How residents' quality of life are represented in long term care policy: A novel method to support policy analysis. *Journal of Long-Term Care*. 375–385. <http://doi.org/10.31389/jltc.79>

### Presentations:

Aubrecht, K., Keefe, J., Gahagan, J., Hamilton-Hinch, B., Kelly, C., Herron, R., Moody, E., Sim, M., Flynn, T., Dryden, O., Hande, M., Hardie, S., DePodesta, M., Hadfield, K., & Pertl, M. (2022). Making Sense of Health Equity in Rural Dementia Caregiving During a Pandemic. Canadian Association of Health Services and Policy Research Conference, Virtual.

Spring, L., Keefe, J., & Warner, G. (2022). "Person-centred" home care: How "rule-bending" can help fortify relationships and build trust between clients and care providers. [Canadian Association of Health Services and Policy Research Conference, Virtual.

Keefe, J. (2022, May 10). *Research on Quality of Life and Work Life in Long-Term Care – Engaging Key Stakeholders*. [Presentation]. The Council of University Executives, Conference Board of Canada.

Keefe, J. (2022, March 3). Age Friendly Communities: An initiative whose time has come. [Presentation]. Age Friendly Communities Launch (Atlantic Canada). 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 (GACI) is directed by Dr. Zachary Zimmer, Tier 1 Canada Research Chair.

- Recently awarded a Social Sciences and Humanities Research Council of Canada Connections grant to support a two-day workshop on 'Health Expectancy methods' to precede the REVES conference in September. The title: "International Workshop on Health Expectancy: An Education, Training and Networking Opportunity for Early-Career Scholars."

- Organizing the 33rd REVES (the International Network on Health Expectancies and the Disablement Process) meeting taking place September 21-23, 2022 at Dalhousie University.

- Post doctoral fellowship opportunity with expertise in biological aging to work on the CIHR Project Grant: "Long-term Effects of War on Health of Older Persons within a Rapidly Aging Population: The Case of Vietnam."

- Papers appearing in journals authored by Zimmer and colleagues: "A global study of pain prevalence across 52 countries: examining the role of country-level contextual factors. Pain; "Location and provision of support from migrants to left-behind parents in rural Cambodia," *Journal of Cross-Cultural Gerontology*; "Early-life war exposure and later-life frailty among older adults in Vietnam: Does war hasten aging," *Journal of Gerontology: Social Sciences*; "Are religiosity and spirituality related to self-reported health expectancy? An analysis of European Values Survey," *Journal of Religion and Health*.

[www.globalagingandcommunity.com](http://www.globalagingandcommunity.com)

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

### Contact us:

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