

Nova Scotia Centre on Aging

Advancing Aging Research. Enhancing Seniors' Lives

Fall 2012

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Dr. Janice Keefe
Director, NS Centre on Aging

Atlantic Provinces Aging Quickly

The recent 2011 Canadian Census confirms what we already know, our Atlantic Canadian population is the oldest in Canada and we are aging faster than the rest of the country. For example, Newfoundland had a whopping 40% increase in median age compared to Canada at 21% (1991-2011).

Nationally, seniors accounted for a record high of 14.8% of the population in Canada in 2011, up from 13.7% five years earlier. In Atlantic Canada the proportion of 65+ ranges from 16.0% in Newfoundland and Labrador to 16.6% in Nova Scotia. These statistics suggest opportunities and challenges for us in Atlantic Canada. And, more so, there are a number of factors unique to Atlantic Canada in helping to understand the impact of these trends. Atlantic Canada's population growth is lower than the national average, we have a higher rate of chronic disease and we have a large proportion of Atlantic Canada seniors living in rural communities. What do these numbers mean in terms of supporting older Atlantic Canadians and their families.

Our society is at a turning point and the work of the Centre on Aging to generate socially-relevant knowledge to influence practice and policy will be increasingly important.

Here at the NSCA, we are at the forefront of contributing to policy and practice through our work and have partnerships with many organizations in the health and social sectors. We know there is a demand for current research in this area and we understand there is a need for opportunities for knowledge exchange and to foster new collaborations. In an effort to engage the many researchers, organizations, businesses, and the public, we will be hosting a one-time conference on November 21st-23rd at the Delta Halifax. The conference offers a program full of informative and varied sessions to better understand research that will influence policy and practice in the aging field.

I look forward to seeing you in Halifax on Nov. 21st. The full conference program is available at:
www.msvu.ca/nsca/agingconference.

All the Best,



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.

NSCA 20th Anniversary Celebrations

NSCA to Host “Our Future is Aging” Conference

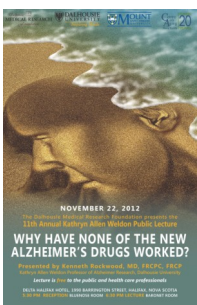


Momentum for the conference is building and registration is filling up, so don't miss this exciting one-time opportunity.

Researchers, academics, policy makers and stakeholders engaged in aging research from a range of perspectives will converge on the Delta Halifax on November 21-23 to share the latest research and best practices in aging and to foster collaborations. The conference program includes a slate of national and internationally recognized researchers— **Dr. Anne Martin-Matthews**, former Scientific Director, Institute of Aging, Canadian Institutes of Health Research, and **Dr. Susan Kirkland**, Principal Investigator, Canadian Longitudinal Study on Aging. **André Picard**, critically acclaimed journalist for The Globe and Mail will open the conference with an address on health care in the context of an aging population. The program also includes a panel offering a multi-perspective look at dementia and more than 60 oral and poster presentations and workshops on topics such as: aging in place, sciences and dementia, resilience in aging, new models of delivery and many more. For the full conference program, go to:

www.msvu.ca/nsca/agingconference

NSCA Conference to offer Kathryn Allen Weldon Public Lecture



NSCA is partnering with Dalhousie Medical Research Foundation to present the 11th Annual Kathryn Allen Weldon Public Lecture on November 22, 2012 – *Why Have None of the New Alzheimer's Drugs Worked?* This lecture will be held at the Delta Halifax Hotel, the Conference venue, with a reception at 5:30 and Lecture at 6:30 and is free to the public.

What's Happening...

New Resources Available

Adult Day Programs

The NSCA is pleased to support the dissemination of new information on Adult Day Programs in Nova Scotia, an important program to support older adults and their caregivers in the community. This work was completed by Thea Brown, Masters Student, Department of Family Studies and Gerontology, MSVU. Her thesis developed an instrument that measures the presence or absence of environment design principles found to support persons with dementia and then she assessed the extent to which these features are implemented in 27 adult day programs. A brochure highlighting the key findings is available from www.msvu.ca/nsca. Thea's work on this important topic also gained her recognition when she was awarded the Phyllis Horton Bursary from the Alzheimer Society of Nova Scotia in June of 2012.

Caregiver Toolkit

The NSCA is pleased to support the dissemination of the Caregiver Toolkit, an initiative of the BC Psychogeriatric Association with input from a number of organizations across the country, including Nova Scotia Centre on Aging. The Caregiver Toolkit contains two resources: the Service Providers Resource Guide and the Caregiver Policy Lens. Both resources are user-friendly and designed to raise awareness, and provide information about, issues faced by caregivers of older adults. To access these tools go to www.caregivertoolkit.ca

Helping to Make Nova Scotia More Age-Friendly

Creating age-friendly communities can help improve quality of life for all. To this end, the Centre continues to work with a number of municipalities with their community consultations and their plans to support implementation as part of the Age-Friendly Communities Nova Scotia Implementation Project. Municipalities involved receive matching funding from the NS Department of Seniors which then also enables them to receive support from the Centre with information gathering, analysis, as well as report and plan development. More than 10 municipalities are engaged in this initiative.

Understanding Nursing Home Resident Quality of Life



Spring and summer were busy months for the Care and Construction Project. Research assistants completed surveys with more than 300

residents at over 20 nursing homes throughout Nova Scotia. At the same time, surveys were completed by more than 400 family members and 800 staff. The positive response provides a large and rich data base to better understand what influences nursing home resident quality of life. Data collection with the case studies continued as well with researchers returning to three participating homes for their 2nd visit. This part of the research will provide an important context for understanding the relationships between residents, family and staff in relation to resident quality of life.

This fall, researchers will return to select homes to conduct focus groups with family members and personal interviews with residents to have a more in-depth conversation about their perspectives on resident quality of life.

The first presentations from the study will take place at the NSCA's conference this November. For project updates, visit www.careandconstruction.ca, or contact 457-6218, 1-877-302-4440 or careandconstruction@msvu.ca

Helping to Raise Awareness about Elder Abuse

NSCA is partnering with the Legal Information Society of Nova Scotia and NS Department of Seniors to develop resources intended to assist healthcare professionals better understand elder abuse and be more prepared to recognize and respond to the issue. The project's Advisory Committee, comprised of representatives from different professions and care settings, met in July. Consultations were held with seniors and family and friend caregivers in August to understand their experience with healthcare professionals around this issue. This fall, consultations will be held with healthcare professionals in five regions to gather input on the needed content and format for the resources that the project will develop.

Dr. Keefe Receives Marion Stephenson Award

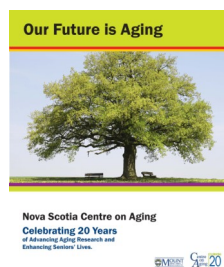


Dr. Janice Keefe received the Marion Stephenson award by the Canadian Healthcare Association during their June Annual General Meeting. Dr. Keefe was given the award to acknowledge the significant contributions she has made through her policy work to the continuing care sector. Congratulations Dr. Keefe!

Caregivers Study In Analysis Stage

The Timing of the C.A.R.E. Tool Project is now well into its data analysis phase. After 18 months of spousal caregiver recruitment and data collection, the project has gathered data from 100 older spousal caregivers, 10 nurse trainees and 20 key informants. It is a rich and large body of data, and positions the research team well to meet the project objectives. The project team is now working on articles and other materials with dissemination activities continuing into 2013.

Humble Beginnings—20 years of Great Success



As our 20th anniversary year comes to a close, we encourage you to take a look at our 20th anniversary brochure. The brochure highlights our work in influencing practice and policy in the aging field as well as our efforts in building capacity and translating knowledge. We also acknowledge our sources of funding and the many others who contributed to the Centre's success. Go to www.msvu.ca/nsca or contact the Centre at (902) 457-6546 or nsca@msvu.ca

Publications and Presentations

Presentations:

Keefe, J. (2012, September). *Aging Research in Atlantic Canada*. Invited Keynote at Aging Research in Newfoundland & Labrador: Achievement and Prospects, Cornerbrook, NL, September 24, 2012.

Spin, P., Vezina, S., & Keefe J. (2012, June). *Older Canadians who go without: Predictors of unmet need for activities of daily living*. Presented at the European Population Aging Conference, Stockholm, Sweden. June 14-18.

Décarie, Y., Légaré, J., Keefe, J. & Vézina, S. (2012, May). *Future care needs of older Canadians needing assistance: Who will do how much? and what if..?* Presentation at the International Federation on Aging, Prague, May 28-June 2, 2012.

Keefe, J. (2012) *What do we know about need for support services*. Invited keynote at Home is Where the Heart Is: Working Together to Support Seniors Independence. Halifax, N.S., June 12, 2012.

Publications:

Fancey, P., Keefe, J., Stadnyk, R., Gardiner, E., & Aubrecht, K. (2012). Understanding and assessing the impact of nursing home approach to care and physical design on residents and their families: A synthesis of the literature. *Seniors Housing & Care Journal*, 20(1), 99-114.

Dill, D.M., Keefe, J., & McGrath, D.S. (2012). The influence of intrinsic and extrinsic job values on turnover intention among Continuing Care Assistants in Nova Scotia. *Home Health Care Services Quarterly*, 31(2), 111-129.

Humble, Á.M., Keefe, J., & Auton, G. (2012). Caregivers' retirement congruency: A case for caregiver support. *International Journal of Aging & Human Development*. 74 (2), 113-142.

MacDonald, B.J, Keefe, J., Spin, P. Vézina, S., Décarie, Y., & Légaré, J (2012, July). *Assessing gaps in receipt of needed support: Who will go without?* Policy Research Directorate of Human Resources and Skills Development Canada.

NSCA Welcomes New Staff

The Centre welcomes Stephane Leblanc as Project Assistant and Alison Spurr as Conference Assistant; as well as Judith Godin who will be conducting data analysis and Sacha Nadeau as Research Assistant with the Care and Construction Project.

2012–2013 NSCA Advisory Board of Directors



The Centre's Advisory Board met on October 4, 2012 and welcomed new members Dr. Ian Pottie and Anna Wartacz. During the upcoming year, we will be refreshing our Strategic Plan and part of this work includes consultation with the Centre's Advisory Board, which began on October 4, as well as obtaining input from other stakeholders.

Opportunities to Support NSCA

F.R. MacKinnon Endowment Fund

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

Project Twenty12

Project Twenty12 focuses on securing \$12 million for the Mount's new Teaching, Learning and Research Centre that will include space for the NSCA. Contributions of any kind are welcome and there are two specific donor programs; 12 leading Canadian women can be honoured with a donation of \$250,000 each and 2,012 Canadian women can be honoured by purchasing a brick for the Women's Wall of Honour with a \$1,200 contribution. For more information, call Advancement Office at 457-6470 or 1-888-678-2586.

Contact us:

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