

# Nova Scotia Centre on Aging

Fall 2019 Newsletter

## Becoming more age-friendly—Why should we care?

For more than 10 years, Canada has been engaged in a global movement to have communities become more age-friendly. Communities use an eight-domain framework for a deeper look at their communities to understand what supports older adults to age actively and where there may be gaps. According to the Public Health Agency of Canada (PHAC), this work is being done in hundreds of communities across Canada resulting in important dialogue, authentic engagement of different community members, including older adults, and ideally action. The notion of “age friendliness” is also extending into business and higher education institutions.

While many communities are engaged in this work, the approach to supporting communities to become more age-friendly varies. Here in Nova Scotia, the Department of Seniors provides funding to support a planning process (e.g., community assessment) and provides funding for community projects that may be informed by the planning process or otherwise. Examples of these funded projects range from initiatives supporting intergenerational relations to enhancing community supports to initiatives tackling ageism. All are contributing to supporting the health and well being of older adults.

But really, so what? Why should we

care? There are many reasons. Helping older adults to live safely, enjoy good health and stay involved is not just good for older adults themselves but also for our communities and more broadly our society. The dialogue alone that the Age-Friendly Communities initiative promotes is important. Too often, the aging of our population is negatively framed when in fact it is a success story and one we should celebrate. According to PHAC, work at the community level to become more age-friendly leads to several outcomes such as: having the skills and abilities of older adults recognized and leveraged, respecting the decisions and lifestyle choices of older adults, and better understanding the age-related needs of older adults to ensure they are able to remain engaged in all areas of community life. At a macro level age-friendly communities work takes on disrupting or challenging notions of ageism because it pays attention to the physical and social environments that enable older adults to remain engaged and demonstrate leadership, thereby not rendering them invisible. So, yes, we should care about becoming more age friendly because *a society that is better for older adults is better for people of all ages.*



## 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...

### Gaining insights into home care clients



Team members on site at MSVU for team meeting which included sites from Nova Scotia, Manitoba, and British Columbia via videoconferencing, October 4.

Research is underway in the Home Care Pathways Project. Analysis of home care client data is continuing at the Manitoba site and will be complimented by similar research being conducted by the Nova Scotia site this fall.

The Care Constellations Stream-NS site began interviews over the summer with home care clients and those involved in their care. These interviews will continue into October and will contribute to understanding how clients experience and navigate home support. Interviews have begun with the Winnipeg Regional Health Authority clients.

The Policy Stream is using its collection of policy documents to examine the history of home care in Nova Scotia and Manitoba and how caregivers are supported by policy in each province.

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

### NSCA helping to debunk myths about older workers

NSCA is working with the F/P/T Ministers Responsible for Seniors on a project that examines stereotypes and assumptions about older workers. Various myths are being identified and unpacked to understand what are the contributing factors that work to perpetuate negative views. In addition, initiatives and strategies to address the myths will be identified. Ageism and labour force participation of older adults are current areas of focus for this Ministerial group and NSCA staff are pleased to be working on this important topic.

## Study on long term care sharing findings



Dr. Janice Keefe presenting study findings at Northwood Research Symposium in Dartmouth with team members from Alberta and British Columbia sharing results with Symposium participants through videoconferencing.

The Seniors-Adding Life to Years (SALTY) project is sharing results of its work across the project's four themes. In May, the 40+ team met for two days in Halifax for rich conversations about emerging insights. Team members have been presenting results at various regional, national and international venues including Northwood Research Symposium in Nova Scotia, North American and European Networks on Aging conference and the Biennial Global Aging and Canadian Hospice and Palliative Care conferences. In October, researchers from two of the project themes, Evaluating Palliative Approach in LTC and Examining Policy context, will present at the Canadian Association on Gerontology conference. Other national and international conferences, as well as knowledge mobilization events, are being planned in order to share evidence from the project's research with various LTC stakeholder audiences. Also, manuscripts summarizing research methodologies and findings are in progress and will be targeting scholarly journals in the coming months.

Videoconferencing technology has been an important component of the SALTY project. It has been a cost effective strategy to enable regular team engagement and knowledge sharing, which can be challenging for such a large Pan-Canadian project. For the Northwood Symposium, team members from Alberta and British Columbia were able to join local team members to share and discuss findings with Symposium participants in Nova Scotia. During the winter, the team will meet via technology to share and discuss its findings around the intersection of long term care policies and care practices.

Follow the latest on the team's activities and emerging results at: [www.SALTYltc.ca](http://www.SALTYltc.ca)

 SALTYltc  
 @SALTY\_ltc

[MSVU.CA/NSCA](http://MSVU.CA/NSCA)

## Out and About

### Strong presence at Canadian Association on Gerontology annual conference



Watch for our promotional booth at this year's Canadian Association on Gerontology conference in Moncton. As well, Centre-affiliated projects have presentations as do a number of the Mount's gerontology graduate students. Hope to see you there!

## Have you Heard...

### TEDxMSVU Aging Well talks helping to tackle ageism



The 10 TED Talks from the TEDxMSVU Aging Well event are online and being viewed by many. The talks challenge us to rethink assumptions of our aging population and encourage dialogue about this important topic. Some of the TEDx topics include:

- Busting ageism
- Embracing possibilities
- Cultivating entrepreneurs
- Influencing the future of work
- Technology-bring it on
- Reimagining design

To view, go to: [www.msvu.ca/tedxmsvu](http://www.msvu.ca/tedxmsvu)

**Be challenged. Be encouraged. Be inspired.**

## NSCA to host another “Our Future is Aging” conference in Spring of 2021



**Don't miss NSCA's  
“Our Future is Aging” conference  
in the Spring of 2021!**

### Watch for CALL FOR ABSTRACTS in 2020

Building on the success of our conferences in 2012 and 2016, you won't want to miss this exciting opportunity to showcase your research in a venue with others interested in advancing knowledge, practice and policy across disciplines.

Connect with us on social media or by email to get the latest updates on plans for the 2021 conference!

### Dr. Pamela Irwin joins SALTY team and Home Care Pathways team



Dr. Pamela Irwin moved to Halifax in July, and joined Nova Scotia Centre on Aging team at the beginning of October to work with the SALTY project and Home Care Pathways project.

Dr. Irwin completed her DPhil (PhD) in Sociology with the Oxford Institute of Population Ageing at the

University of Oxford, United Kingdom. While her research centred on the development of resilience in older women in a rural community, Pam continues to be interested in issues around resilience, ageing, gender, and rurality.



## Presentations & Publications

### Presentations:

Keefe, J., Hoben, M., Cloutier, D., & Daly, T. (2019, September). *Seniors – Adding Life to Years (SALTY): Pan Canadian research informing quality of life for older adults living in residential long term care*. Panel presentation to Ontario Long Term Care Association This is Long Term Care, Toronto, Ontario.

Keefe, J., Aubrecht, K., Cloutier, D., & Hoben, M. (2019, June). *Seniors Adding Life to Years Project - Emerging evidence to support quality of life in long term care*. Panel presentation to 9th Annual Northwood Research Symposium: Research in Aging Continuing Care and Beyond. Halifax, Nova Scotia.

Keefe, J. (2019, June) Presentation to Continuing Care Association of Nova Scotia Annual General Meeting, Baddeck, Nova Scotia.

McAiney, C., Keefe, J., Vedal, I., Bergman, H., Hogan, D., & Morgan, D. (2019, May). *Preparing for the National Dementia Strategy: Insights from the Canadian Academy of Health Sciences assessment on dementia care in Canada*. Panel presentation at Canadian Association of Health Services and Policy Research Conference, Halifax, Nova Scotia.

Taylor, D. & Keefe, J. (2019, May). *Interaction of resident quality of life with policies that govern staff: A four-province comparison of long-term care policy using a staff perspective*. Poster presentation at Canadian Association of Health Services and Policy Research Conference, Halifax, Nova Scotia.

Stevens, S. & Keefe, J. (2019, May). *How approaches to care shape the pathways of older adult home care clients – When research meets policy*. Oral presentation at Canadian Association of Health Services and Policy Research Conference, Halifax, Nova Scotia.

## 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 activities over the last several months:

- Dr. Zimmer's presentation on skip-generation households won an award at the Population Association of America meeting in Austin, Texas.
- Benjamas Penboon, GACI international pre-doctoral student, defended her thesis at Mahidol University this past spring. Ms. Penboon's presentation on migration and provision of support to parents in Cambodia was awarded "Best Presentation" at the Population and Development Conference in Paris, France.
- In early August, GACI hosted a major research planning meeting at MSVU. Twelve collaborators from Vietnam, Singapore, the U.S., and across Canada gathered to discuss and strategize upcoming research on our 'Vietnam' project. See more details about this project on our website: [www.globalagingandcommunity.com](http://www.globalagingandcommunity.com)
- Dr. Zimmer's work on trends in living arrangements among extreme old in China was presented at an international aging research Forum in Xi'an, China in early September.

The GACI, which shares space with the NSCA in the Mount's Dr. Rosemarie Sampson Centre on Aging, helps to position the Mount as a centre of excellence on aging.

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

## 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.

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