

# Nova Scotia Centre on Aging

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Dr. Janice Keefe  
Director, NS Centre on Aging

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## A Message from the Director

The Nova Scotia Centre on Aging (NSCA) was buzzing with activity during these past months, from workshops to public lectures to the addition of 3 new projects. The Centre has accomplished many successes in 2010 as we continue our research and community engagement on a variety of projects.

In May, the NSCA partnered with other organizations to host a public lecture and a workshop in support of Caregivers Awareness Month. For the first time, we ventured to offer the lecture live over internet and to our delight it was a true success! In case you missed it, the lecture will also air on Eastlink Podium TV on various dates throughout July (times are listed later in the newsletter).

In partnership with the Legal Information Society of Nova Scotia, the NSCA hosted a number of public information sessions presenting the new resource *It's In Your Hands* which provides information and resources for seniors and care

providers regarding legal affairs. We recently completed the *Age-Friendly Community Implementation and Evaluation Guide* which was developed to aid communities throughout Canada that are implementing an "age-friendly" initiative. This Guide is expected to be available in the fall.

We're delighted to be working with researchers from Dalhousie University, Saint Mary's University and the University of Prince Edward Island as well as decision makers from the continuing care sector to develop a proposal that will support research on examining change in our nursing homes in N.S.

In an effort to increase the Centre's profile, we have developed a new Communications Strategy which includes a refreshed design of our newsletter.

I wish you a safe and fun-filled summer – Enjoy!



## NSCA Supporting Caregivers Awareness Month



In photo: (From left to right) Pam Fancey, NSCA Associate Director; Dr. Janice Keefe, NSCA Director; Sharon Reashore, Executive Director, Caregivers Nova Scotia; Linda Bird, Director of Programs and Services Alzheimer Society of Nova Scotia.

In May, NSCA supported Caregivers Awareness Month in Nova Scotia. Dr. Janice Keefe, Director, Nova Scotia Centre on Aging gave a public lecture entitled “Our Aging Society – Who Cares? A Nova Scotia Reality Check.” The lecture was delivered in person to approximately 75 people and accessed by more than another 200 individuals via live streaming on the web. As well, NSCA organized a workshop for health care professionals which had them examine the realities of family and friend caregivers and consider implications for their respective practice. Both events were well attended and feedback positive.

### Public Lecture Available on Eastlink Podium TV for HRM Subscribers

#### Our Aging Society – Who Cares? A Nova Scotia Reality Check

Premier - Thursday **July 22** at 9 pm  
Friday **July 23** at 9am  
Monday **July 26** at 9am  
Tuesday **July 27** at 9pm  
Wednesday **July 28** at 9am  
Thursday **July 29** at 9am

## What’s Happening...Ongoing

### Seniors Legal Planning Information Kit



After much consultation and hard work, a new resource on legal issues (in English and French) was completed in April. Promotion and distribution of *It’s in Your Hands: Legal Information for Seniors and their Families* has been occurring via province-wide information sessions since early May. Feedback from participants has been overwhelmingly positive. In addition to being available in print, *It’s in Your Hands* is available on line at [www.legalinfo.org](http://www.legalinfo.org)

### Projecting the Housing Needs of Aging Atlantic Canadians (ASHRA)

The project continues with its dissemination and knowledge transfer work. The research team led by Dr. Don Shiner expects to release the final report in the fall. NSCA is co-chairing, with Department of Seniors, the Nova Scotia stakeholder group which formed as a result of the project. The group wishes to continue to meet after the project’s completion to maintain momentum around the topic of seniors’ housing.

### Home Support Workers: HR Strategies to Meet Future Projected Chronic Care Needs of Older Persons in Canada

The evaluation of a federally-funded project examining the issues and strategies related to the recruitment and retention of home support workers is wrapping up this spring. The evaluation, being led by NSCA, is assessing the project’s objectives related to enhanced opportunities for collaboration amongst stakeholders, and increased knowledge of human resource issues and possible strategies. The project involved the development of a background paper which outlined key issues and shared insights from other jurisdictions regarding strategies to address human resource recruitment and retention challenges of home support workers. The project held a series of consultations with practitioners and decision makers in Halifax, Toronto, Regina and Montreal to share and build upon this base information. The research team led by Dr. Janice Keefe expects to release the final report later this year.

## Supporting Caregivers of Older Adults: Tools for Service Providers, Program Planners, Educators and Policy Makers

NSCA is a collaborator on a national project being led by Dr. Penny MacCourt (BC) and funded by HRSDC. The purpose is to increase support for Canadian families providing care to dependent older adults by enabling the development of a network of caregivers, seniors' service provider organizations, government departments, health care educators and research centres whose work affects caregivers; developing a Tool Kit for service providers; and developing a Caregiver Policy Lens. NSCA will be organizing consultations for the project this fall in Nova Scotia during which input on the Caregiver Tool Kit and Policy Lens will be collected.

## What's Happening...New

### Timing of the C.A.R.E Tool With Older Spousal Caregivers

Janice Keefe, Pamela Fancey, Nancy Guberman and Cathy Ward-Griffin have launched a new research project about caregiver assessment with funding from the CIHR Institute of Aging, the Canadian Nurses Foundation and the Parkinson Society of Canada. The research will examine the impacts of a caregiver assessment using the C.A.R.E. Tool for older spousal caregivers of a partner with cognitive impairment. It will also look at the learning experiences of nursing students as they work with older spousal caregivers in conducting these assessments. Another component is to identify factors that may influence the development of education about caregivers for health care professionals.

Recruitment of spouse caregivers to participate in the project will begin this fall. For more information contact Christy Nickerson Rak, at (902) 457-6573 or [christy.nickerson.rak@msvu.ca](mailto:christy.nickerson.rak@msvu.ca)

## Building an Alliance for Research on Continuing Care in Nova Scotia

With funding from NSHRF, NSCA is leading the development of an application for research that will examine the impact of changes underway in our nursing homes on residents and their families. The alliance involves researchers from different disciplines and institutions, as well as representatives from government, not for profit and nursing homes. The team meets monthly via teleconference and had a day long in person meeting to work on concepts, measures and research questions.

### TEER for CARE: Technology – Enabled Education for Recognizing Caregivers' Aspirations, Realities and Expectations

A team of researchers led by Dr. Janice Keefe has received funding from NSHRF to develop an e-learning version of the in-person training session they offer for health care professionals on the realities of family and friend caregivers and caregiver assessment using the C.A.R.E. Tool. The team obtained information from potential users on learning needs and preferred formats and recently met to explore e-learning options. They will be working with MSVU Distance Learning and Continuing Education department over the next few months to produce a draft version of the e-learning session.



## Research Day 2010

Mount Saint Vincent University's Research Day was held on Feb. 10, 2010 and the Nova Scotia Centre on Aging had an opportunity to display its research to the Mount community and the general public. The Centre's display had two themes, "Building Capacity" and Knowledge Transfer".





## Dr. Keefe Recipient of the Award of Research Excellence

Dr. Janice Keefe received Mount Saint Vincent University's Award for Research Excellence at the Spring 2010 Convocation. The Award is given annually to a faculty member and recognizes an individual's contribution to the research community and to the research environment at the Mount. The Award also serves to showcase the high level of scholarly research at the Mount.

## 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 ([msvu.ca/alumnae/howtogive.asp](http://msvu.ca/alumnae/howtogive.asp)).

### MSVU Capital Campaign

*Our Building Tomorrow Together* Capital Campaign focuses on: Expanding our Campus; Enhancing Academic Excellence, and Ensuring Student Success. The campaign will fund a new state of the art Teaching, Learning and Research Centre which will include space for the NSCA. If you would like to contribute to this vision please contact the Mount's University Advancement Office ([msvu.ca/alumnae/howtogive.asp](http://msvu.ca/alumnae/howtogive.asp)).

## Welcome New Staff

**Christy Nickerson Rak** is Project Manager for the project Timing of the C.A.R.E. Tool with Older Spouse Caregivers.

implementing a communications strategy for the NSCA.

**Elaine MacFadyen** joined us in early January as Communications Coordinator and will be developing and

**Rachel MacDougall** is a Graduate Research Assistant working on the project Building a Research Alliance in Continuing Care in Nova Scotia.

## Publications and Presentations

### Publications

Keefe, J., Knight, L., Martin-Matthews, A., & Légaré, J. (accepted). Key Issues in Human Resource Planning for Home Support Workers in Canada. *WORK: A Journal of Prevention, Assessment, and Rehabilitation*.

Gaymu, J., Busque, M-A., Légaré, J., Décarie, Y., Vézina, S., & Keefe, J. (2010). What will the family composition of older persons be like tomorrow? A comparison of Canada and France. *Canadian Journal on Aging*, 29(1), 57-71.

Ward-Griffin, C., Keefe, J., Martin-Matthews, A., Kerr, M., Brown, J.B. & Oudshoorn, A. (2009). The Development and Validation of the Double Duty Caregiving Scale (DDCS). *Canadian Journal of Nursing Research*, 41(3), 108-128.

### Presentations

Keefe, J., Charboneau, P., Lefrancois, G., Décarie, Y., & Légaré, J. (2010, May). *Projecting the support needed in the community to assist older Canadians: Where should you invest your business?* Presentation at the Silver Economy Summit, Halifax, Nova Scotia

Keefe, J. (2010, May). *Care of older Canadians: Policy challenges affecting caregivers*. International Council for Canadian Studies, Montreal, Quebec.

Keefe, J. (2010, May). *Planning for Canadian human resource needs in chronic home care : Projected demand for formal and informal support 2006-2031*. International Council for Canadian Studies, Montreal, Quebec

Keefe, J., Charboneau, P., Décarie, Y., & Légaré, J. (2010, April). *Defining disability: Recognizing the heterogeneity of care receivers and its consequences for projecting future care needs of Canadians*. Presented at the Statistics Canada Socio-economic Conference, Gatineau, Quebec.

Décarie, Y., Légaré, J., Charboneau, P., Keefe, J., Gaymu, J., & the FELICIE team. (2010, April). *Future older people in the most vulnerable situation in terms of health, family situation and living arrangement: A comparison of Canada with some European countries*. Presented at the Statistics Canada Socio-economic Conference, Gatineau, Quebec..

Fancey, P. (2010, March). Abuse of Older Adults. Presentation to Students of Continuing Care Assistant Program, Eastern College, Dartmouth, Nova Scotia, March 12, 2010.

Fancey, P. & Hattie B. (2010, February). Alzheimer's Disease and Other Dementias Care Course. Facilitators' Orientation Workshop, Bedford, Nova Scotia, February 3, 2010.

## Contact us

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