

Nova Scotia Centre on Aging

Advancing Aging Research. Enhancing Seniors' Lives

Spring 2012

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Dr. Janice Keefe
Director, NS Centre on Aging
with folks on Parliament Hill

Who Cares? Aging Boomers and Caregiving Policy in Canada

On April 26, 2012 I was fortunate to be the invited speaker at the Big Thinking Lecture at the Parliamentary Restaurant on the important issue of aging and caregiving policy. The event, sponsored by the Canadian Federation for the Humanities and Social Sciences and the Canadian Health Service Research Foundation, was attended by over 20 MPs and 100+ staff and interested parties. Following the speech and Q&A I spent the day meeting with MPs and their staff from all parties, including the Minister of State for Seniors.

surviving children in the next 20 years—it is after 2021 that the proportion with no surviving children begins to rise significantly. The influx of the Boomer cohort and their characteristics into older age will by itself double future demand for either formal or family/friend caregiving.

Currently 70% of the hours of care in the community is provided by family or friends. This portion of our population is often invisible and undervalued but they are critical to supporting the needs of an aging population.

My message was this; our population is aging and when older people need care, it is mostly provided by family - BUT assuming their continued availability is problematic. We need to consider how to best support them as we understand how the the role of the government, the community and the market place will need to be enhanced.

So, we need to consider the economic, social, and health care costs of NOT supporting caregivers. It will cost Canada more in the end if we don't support caregivers now.

Our research has projected the available supply of potential caregivers in the next 40 years and indicates that among persons who may be in need of assistance (those over 85 years) will have more

May is Caregivers Month In Nova Scotia. I am pleased to share highlights from this presentation in this Newsletter because Family and Friend caregivers are important and we need to support what they do. A video of the speech is available on line at <http://vimeo.com/41746525>



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

20th Anniversary Dinner—Great Success



Pictured above: Dr. Janice Keefe, MSVU President Dr. Ramona Lumpkin, The Honourable Marilyn Moore

On April 19, 2012 many friends and supporters helped to celebrate our 20th anniversary to great success! The Centre's many accomplishments were recognized and its numerous supporters acknowledged. Silver Donald Cameron (our guest speaker) gave an interesting presentation on his perspective of growing older. Others recognized during the evening included the Group of IX for its longstanding commitment to seniors' issues and Bessie Harris for her contribution to the Centre. The highlight of the night was the awards to our two student essay contest winners - Katherine O'Toole, Grade 5 (1st prize) and Celina Aalders, Grade 6 (2nd prize). Everyone in the audience was moved when the students read their winning essays.



Pictured above: MSVU President Dr. Ramona Lumpkin, Katherine O'Toole, Sacha Nadeau, Celina Aalders, Dr. Janice Keefe

Thank you to the organizations who purchased tables, our ticket sponsors, our emcee Olga Milosevich, and to everyone who attended the event. Happy anniversary!

What's Happening...

Care and Construction Project: Important research to inform decisions about nursing home care in NS



Pictured above: Members of research team, project staff and research assistants at training workshop, May 2012.

The Care and Construction project examines how different models of nursing home care impacts resident quality of life. The research is led by a multi-disciplinary team with over 20 members and has the support of more than 20 nursing homes from throughout Nova Scotia. The project is now launching survey data collection. They are inviting three key groups of people to share their opinions on resident quality of life: residents, family members and staff.

In May and June 2012, invitation letters will be sent to all residents, family members and staff at the nursing homes involved in the project. Each week during the spring, our research assistants will visit different nursing homes involved with the project and will host information sessions on site. Residents will be able to arrange times with research assistants to go through the survey during these presentations. Family members and staff can complete surveys online, obtain a paper copy from their nursing home or request a copy from the project office. Additionally, staff from other nursing homes across the province can complete the survey online or by requesting a copy from our project office.

To find more about the project or to find out how to be involved contact 457-6218, 1-877-302-4440, careandconstruction@msvu.ca or visit the project website at www.careandconstruction.ca.

NSCA to Host Conference on Aging

Aging Conference

Delta Halifax
Nov. 21-23, 2012

Our Future is Aging: Current Research on Knowledge, Practice and Policy

This exciting one-time conference will be a showcase of the innovative aging research, practice and policy that is happening in Atlantic Canada and beyond. 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 a address on health care in the context of an aging population. The program also includes a panel offering a multi-perspective look at dementia, poster presentations and workshops. For more information, go to www.msvu.ca/nsca/agingconference.

NSCA to Co-Sponsor Forum on Supportive Services

NSCA and Dept of Seniors are co-sponsoring a forum on supportive services for independent living on June 12, 2012. The event will be held at the Mount's Rosaria Student Centre and is intended to address the important role supportive services has in helping seniors age in place, learn about innovative community-based approaches, and to dialogue about the inter-collaborations required to advance the development of supports. Registration is required by June 4, visit www.msvu.ca/nsca

Nova Scotia Becoming More Age-Friendly

In partnership with Department of Seniors, the Centre continues to work with more than 10 municipalities as part of Nova Scotia's Age-Friendly Communities Initiative. Several municipalities have completed their community consultation phase and are moving into the next phase—planning for implementation. Four other municipalities received funding from Department of Seniors to start their consultation process - Richmond, Digby, New Glasgow and Guysborough. The Centre works with each municipality individually to support information gathering, analysis and report development.

NSCA Awarded Contract to Review Continuing Care Assistant Program

NSCA is reviewing the province's education program for continuing care assistants. This review is expected to consider and incorporate the needs of District Health Authorities while still meeting the needs of the continuing care sector. The work involves consultation with stakeholders to inform recommendations for changes to the curriculum standards and developing a plan to implement the changes.

Goal of 100 Caregivers in Study Achieved

We are extremely pleased that we reached our goal of interviewing 100 older spouse caregivers as part of the *Timing of the CARE Tool Project*. Analysis of the data are underway. Dr. Keefe met with the nurse trainees from Dalhousie and UPEI in May to share preliminary results. Thanks to all the individuals and organizations who assisted with recruitment.

NSCA Helps to Dispel Myths about Seniors and Depression

A new video is soon to be released on the topic of seniors and depression. The video produced in collaboration with the NS Seniors Mental Health Network features a personal account of a senior and his experience with depression and is intended to raise awareness that depression is not a normal part of aging.

Publications and Presentations

Presentations

Keefe, J., Kelloway, K. & Martin Matthews, A. (2012, May). *All Roads Lead to Caregiving: Perspectives on Caring for our Aging Population*. Café Scientifique, Halifax.

Keefe, J. (2012, April). *Who Cares? Aging Boomers and Caregiver Policy in Canada*. Big Thinking Lecture Series, Ottawa.

Keefe, J., McInnis, A., & Boudreau, D. (2012, April). *Research collaboration showcase: Care and Construction*. Panel presentation as part of Knowledge in Healthcare. Creating, Accessing, Implementing Conference, Halifax.

Keefe, J. (2011, November). *Incorporating caregiver needs into education for health care professionals*. 22nd Provincial Alzheimer Conference, Dartmouth.

Keefe, J. (2011, November). *The necessity of applied research in continuing care*. Continuing Care Council Forum, Dartmouth.

Publications

Keefe, J., Légaré, J., Charbonneau, P., & Décarie, Y. (2012). Intergenerational support to older Canadians by their adult children: Implications for the future. In De Santis, G (ed.), *The family, the market or the State? Intergenerational Economic Support under Pressure in Ageing Societies* series, International Studies in Population, Vol. 10. Springer Publisher

Légaré, J., Keefe, J., Décarie, Y., & Vezina, S., (2012, January) *Future Care Needs of Older Canadians Needing Assistance: Who Will Do How Much and for Whom?* Project 2 Final Report. Peer Reviewed report commissioned by the Policy Research Directorate of Human Resources and Skills Development Canada (HRSDC).

Keefe, J. (2011, November). *Supporting caregivers and caregiving in an aging Canada*. IRPP study 23. Montreal: Institute for Research on Public Policy.

NSCA Welcomes New Staff

Stephanie Chamberlain joins the Care and Construction Project as a research trainee and **Maureen Green, Mary-Dan Johnston, Sacha Nadeau** and **Alison Spurr** are hired for the summer to support the survey work. Also, Christy Nickerson-Rak is covering Rachel Ogilvie's maternity leave until November 2012.

Felicia Newall is the Project Assistant with the Continuing Care Assistant Program Review Project.

Café Scientifique—All Roads Lead to Caregiving



Panelists pictured above: Dr. Anne Martin-Matthews, University of British Columbia; Dr. Janice Keefe, MSVU; Dr. Kevin Kelloway, Saint Mary's University

The Humani-T Café, Halifax offered a relaxing venue for our Café Scientifique on May 10 which was funded by Canadian Institutes of Health Research. The café was an opportunity for the general public to talk with nationally renowned researchers about family friend caregivers and care providers in home care and nursing homes.

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.

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