

Nova Scotia Centre on Aging

Advancing Aging Research. Enhancing Seniors' Lives

Spring 2013

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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.

Caregiver Demand to Double by 2021

When older people need care, it is mostly provided by family and friends, however, assuming their continued availability in the next 10-20 years is problematic.

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 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.

In the near future, there will be more family and friends taking on the role of a caregiver and taking on more responsibility to an already over-extended segment of our population.

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.

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.

We have made some progress in Nova Scotia with the introduction of the Supportive Care Program, the Caregiver Benefit and enhanced support to community organizations such as Caregivers Nova Scotia. These initiatives will help specific caregivers, but much more is needed. No one approach will meet all caregivers' needs. In order for policy-makers to design supports appropriate and relevant for family and friend caregivers, a better understanding of their needs is required.

May is Caregiver Awareness Month in Nova Scotia, so whether you're helping a spouse, mother, father, brother, sister, aunt, uncle, cousin, neighbor or friend—thank you. What you do is valuable, important and integral to the well being of our aging society.



What's Happening...

Team sifts through data to understand Nursing Home Resident Quality of Life



The Care and Construction team's excitement is growing as analysis of the survey data and rich qualitative data from interviews and focus groups continues. The information provided by all participants has created an important resource for understanding how nursing home models of care influence resident quality of life. Initial reports to the nursing homes based on staff survey results were met with affirmation of the importance of this information for shaping long term care delivery in Nova Scotia. More results will be shared at Northwood's Research Symposium in June and the CAG Conference in October. As well, planning is underway for events in Fall 2013 to share results with participants and sector representatives. For more information visit www.careandconstruction.ca

Health care professionals participate in E-Learning Project on Caregiving

This spring a number of health care professionals from two health districts and Caregivers Nova Scotia will be piloting an online workshop on how to use The C.A.R.E. Tool, a guide to help professionals engage in a conversation with family and friend caregivers to better understand their needs.

NSCA Now on Facebook

We launched our Facebook page at "Our Future is Aging: Current Research on Knowledge, Practice and Policy" last fall. If you would like to receive updates on NSCA activities and events, search Nova Scotia Centre on Aging on Facebook and like our page.

Minister of Seniors Officially launch the Elder Abuse Awareness project



From left to right: Maria Franks (Executive Director LISNS), John Underhill (LISNS Board member, member of project advisory committee, The Honourable Alice Wong, Becky Kent MLA, and Dr. Janice Keefe.

Consultations with health care professionals in five districts were completed in January as well as interviews with key informants in other provinces to validate the Nova Scotia experience with other jurisdictions. Work is now underway to extract the key messages that will inform the development of a workshop for health care professionals intended to increase understanding of elder abuse issues and ways to support seniors and their families.

Mass Messaging to Support Positive Aging

Call a friend – it's good for you!

Your mother told you an apple a day would keep the doctor away but did you know enjoying a card game or having a chat over a cup of tea can have the same effect?

Social activity is an important part of your overall health and well-being.

- Being social improves your brain performance, including your memory, and lowers your risk of developing dementia.
- Spending time with people improves your mood and actually lowers your risk of depression.

So take the time to connect with your community! Include social activities such as bowling, visiting a community centre or just calling a friend as part of your plan for healthy living and positive aging.

This is one of several messages that a collection of academic, non-profit and government organizations in Nova Scotia are releasing to help Nova Scotians age well. For more information on the importance of social activity or this initiative visit www.caregiversNS.org/foh

NSCA “Out and About”

Café Scientifique-Rethinking Ways to Deliver Care in an Aging Society



On April 23rd the NSCA hosted a Café Scientifique that provided an opportunity for the general public to talk with national renowned researchers - Dr. Janice Keefe, Dr. Ruth Martin-Misener and Dr. Gail Tomblin Murphy about the issues of caring for an aging society and challenging current approaches to care delivery. The evening was moderated by Mary Lee, Health Association Nova Scotia and funded by Canadian Institutes of Health Research.

Baby Boomers Redefining Caregiving



The NSCA hosted “**The Baby Boomers-Redefining Caregiving**” on March 5th at St. Benedict Parish Hall. Dr. Janice Keefe and Nancy Guberman engaged the audience in a discussion of how baby boomers will shape the patterns, behaviors and views of giving and receiving care in later life.

Have you Heard?

NSCA Will Have a New Home in Margaret Norrie McCain Centre



On April 9, 2013 the Mount community, donors and honourees celebrated the ground breaking of the new Margaret Norrie McCain Centre for Teaching, Learning and Research. The McCain Centre scheduled to open in December 2014 will be the Mount’s first new classroom facility in over 40 years and it will be the new home of the NSCA. The McCain Centre will be the first academic building in Canada devoted throughout to honouring and telling the stories of women. Stay tuned for more information about the women being celebrated in the new space for the Centre on Aging.

Video on Seniors and Depression Available

Why isn't Dad fishing anymore? Seniors and Depression, is a 5 minute video sharing the experiences of a family whose father was experiencing depression. Through this family’s story, viewers understand that depression is not a normal part of aging and can be treated. Contact us to receive a copy or view the video on line at www.novascotia.ca/seniorsmentalhealth

Nova Scotia to Host Canadian Association on Gerontology Annual Conference

Canadian Association on Gerontology conference comes to Nova Scotia but once every 10 or so years so you won’t want to miss this opportunity. More than 500 academic, practitioners, students, from all disciplines will converge at the Westin Hotel from October 17-19 to hear leading international researchers and to participate in hundreds of oral and poster presentations and workshops. For more information visit www.cagacg.ca

Publications and Presentations

Publications:

Ward-Griffin, C., Keefe, J., Kerr, M., Belle Brown, J., St. Amant, O. (2013). *Supporting double duty caregivers: A policy brief*.

Weeks, L. E., & Keefe, J., MacDonald, D. J. (2012). Factors predicting relocation among older adults. *Journal of Housing for the Elderly*, 26(4), 355-371.

Norris, D., Fancey, P., Power, E. & Ross, P. (2013). The critical ecological framework: Advancing knowledge, practice and policy on older adult abuse. *Journal of Elder Abuse & Neglect*, 25(1), 40-55.

Presentations:

Keefe, J., Fancey, P., & Newell, F. (2013, Feb). *Spouses' experience with dementia: How caregiver assessment makes a difference*. QE II Geriatric Rounds, Halifax.

Keefe, J., & Ward-Griffin, C. (2013, Feb). *Older workers balancing employment and family care: Implications for double duty caregivers*. Webinar offered through CHNET-WORKS.ca.

Keefe, J., Williams, P., & Brown, L. (2013, Jan). *The pleasures and pitfalls of community-based research*. Panel presentation as part of Cross Campus Conversations series, Mount Saint Vincent University, Halifax.

Keefe, J. (2012, Nov). *Who Cares: Aging Boomers and Caregiving Policy in Canada*. Canadian Science Policy Conference, Calgary.

Keefe, J., Kelloway, K., Earl, M., & Hirdes, J. (2012, Nov). *Three perspectives on nursing home quality of life in NS: Results from a province wide survey on nursing home residents, family and staff*. NSCA Our Future is Aging Conference, Halifax.

Fancey, P., Campbell, J., Hattie, B., & Keefe, J. (2012, Nov). *Building age-friendly communities from the community up: The Nova Scotia experience*. NSCA Our Future is Aging Conference, Halifax.

Ward-Griffin, C., DeForge, R., Keefe, J., Brown, J.B., & St-Amant, O. (2012, Nov). *Double duty caregiving: A knowledge translation initiative*. Gerontological Society of America Conference, San Diego.

Keefe, J., Vezina, S., Legare, J., & Decarie, Y. (2012, Nov) *Projecting older Canadians home support needs: Future scenarios of disability and social support*. Gerontological Society of America. Conference, San Diego.

Keefe, J., McInnis, A., & Lee, M. (2012, Nov). *Generating partnerships in long term care: The Mount's Care and Construction Project*. AUCC Open Doors, Open Knowledge 2012: Putting Ideas to Work, Halifax.

NSCA Conference —Great Success



“Our Future is Aging: Current Research on Knowledge, Practice and Policy” was held on November 21-23, 2012 at the Delta Halifax. This conference showcased current research on aging from multiple and varied disciplines which addressed the issues and opportunities of an aging population. Special thanks to all our participants, presenters and keynote speakers for making this a productive, informative and successful conference! Presentations from our keynote speakers are available on the conference webpage.

The Mount AgeTastics Team Raises more than \$5000 for Alzheimer Society of NS



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.

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