

Nova Scotia Centre on Aging

Spring 2015 Newsletter



Supporting family caregivers of persons with dementia

The Department of Health and Wellness and the Alzheimer Society of Nova Scotia have been co-leading an Advisory Committee that guided the development of Nova Scotia's first plan to enhance dementia care and treatment to ensure persons living with dementia and their families are well supported. For the past year, the NSCA supported the work of the Strategy. Last fall, I facilitated consultations for the public and health care professionals throughout the province and we have been helping to develop an evaluation framework for the Strategy.

A strong theme that emerged throughout the work was the need to support the family and friend caregivers who provide assistance to persons living with dementia throughout their journey.

The NS Department of Health and Wellness will release the Strategy this spring and it is expected that caregiver support will be given attention.

Our work at the Centre continues to have a focus of caregivers who support persons living with dementia. We welcome opportunities to share results from our study on older spouse caregivers of persons with dementia. We currently are partnering with researchers at Mount Sinai Hospital to explore the feasibility, sustainability, and impact of the Reitman Centre's Working CARERS Program, a skills training program for employed caregivers, in rural communities in two Canadian provinces. The NSCA is coordinating activities for Nova Scotia which include interviewing caregivers and delivering the 8 week program with groups of caregivers.

As dementia rates rise, we are committed to provide excellence in research in this area in an effort to enhance dementia care both provincially and nationally.



Dr. Janice Keefe,
Director, NS Centre on Aging

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.

Advancing Aging Research and Enhancing Seniors' Lives for 20 Years



What's Happening...

NSCA Moves to New Home



The Nova Scotia Centre on Aging is moving to a new home this spring on the Mount campus. As part of the Margaret Norrie McCain Centre for Teaching, Learning and Research set to open on May 29, 2015, the Dr. Rosemarie Sampson Centre on Aging will be a state-of-the-art working and meeting space in which the Nova Scotia Centre on Aging and other units on campus with an “aging” focus will be located. Dr. Rosemarie Sampson, former Dean at Mount Saint Vincent University, has made this space possible through a generous donation to the fundraising campaign.

Study on Older LGBT Population Preparing For Later Life Launches Online Resource

The Simon Fraser University Gerontology Research Centre and its academic and community partners from across Canada (including NSCA) are pleased to announce the launch of the LGBT End-of-Life Conversations Website at www.sfu.ca/lgbteol. The website reports findings from focus groups conducted in Vancouver, Edmonton, Toronto, Montreal and Halifax with LGBT older adults and people who provide service to them. It contains Resource Inventories prepared by the project team in each city that list facilities and services that LGBT older adults may find helpful and LGBT friendly as they make decisions about their current and future housing, health care, support services, etc.

Study on Nursing Homes Shares Results



A number of resources are now available that share results from the Care and Construction study, a four year project that examined the impact of different models of care on nursing home resident quality of life. Key findings from the study suggest that positive relationships among residents, families and staff and more home-likeness mattered most. For staff, a supportive working environment also mattered. These messages are packaged in brochure style summaries intended for senior administrators in long term care and there are other brochures for residents, staff, family and volunteers. A presentation of the key findings is also available on YouTube. Funding for the project has ended but presentations and manuscripts continue to be developed. For more information on the resources available as well as the ongoing dissemination work underway by the team go to www.careandconstruction.ca

Facilitators Trained to Deliver ‘Vital Signs’ Workshop

Vital Signs is a half-day workshop intended to help health care practitioners be better prepared to help older adults and their families with issues of abuse. NSCA has been working with the Legal Information Society of Nova Scotia and the NS Department of Seniors to develop the Vital Signs workshop as well as the Training workshop for individuals interested in delivering the workshop. More than 20 individuals participated in the training workshop in March and are now part of a roster of individuals prepared to offer the Vital Signs workshops. If you are interested in finding out more, contact lisns@legalinfo.org or visit www.legalinfo.org/elderabuse

Advice Seeking Networks in Long Term Care

The NSCA worked hard with its partners in Atlantic Canada to achieve a 65% response rate to a survey about advice seeking networks. Various strategies were used to encourage participation such as emails, Facebook, Twitter, YouTube, newsletters and presentations. Of the more than 200 nursing homes in Atlantic Canada, 202 directors of nursing/care or an equivalent responsible for resident care completed the online survey telling us from what organizations and individuals they go to for advice about resident care. The survey is also underway in Western and Northern regions of the country as part of the pan Canadian study being led by Dr. Carole Estabrooks, University of Alberta. The project, now in its second year, is investigating to what extent and in what ways networks function within the long term care sector. The results will be used to help spread innovations about resident care. During spring/summer 2015, interviews will be completed with a sample of survey respondents to better understand the motivations behind seeking advice, how the relationship began and the type of advice sought. The Atlantic Canada team, led by Dr. Janice Keefe, will be hosting a regional meeting with sector representatives this spring to review the preliminary findings. The full team is expected to meet in Edmonton in early June. For more information about the project go to www.trec.ualberta.ca/en/Projects/SNA.aspx



Dr. Keefe Presenting at TREC Team Meeting



Pictured above: Dr. Janice Keefe

Dr. Keefe gave a presentation at the annual TREC team meeting in March in Edmonton on the Advice Seeking Networks in Long Term Care project.

New Caregiver Policy Brief Now Available



Caregivers, health care practitioners, and health and social care systems benefit from the integration of caregiver assessment in the provision of home care. This is the main finding of a recent review of studies on caregiver assessment done by Dr. Janice Keefe, in collaboration with colleagues. The new policy brief that examines the benefits of caregiver assessment can be found at: www.msvu.ca/nsca/

NSCA "Out and About"

Results of NSCA Study on Nursing Homes Presented at International Conference



Pictured above: Dr. Ann Martin-Mathews, Dr. Katie Aubrecht and Dr. Janice Keefe

Dr. Keefe gave a presentation on the results of the Care and Construction project at the International Association of Gerontology and Geriatrics European Congress in Dublin, Ireland this past April. Katie gave a presentation on learnings from a secondary data analysis of interviews with family caregivers of a person living with dementia and she also participated in the GSIA Master class.

Orientation Session for Dementia Care Course Facilitators



Pictured above: Pamela Fancey and Brenda Hattie.

Pamela Fancey and Brenda Hattie delivering an orientation session for Dementia Care Course facilitators in January, 2015.

Presentations & Publications

Presentations

Keefe, J. (2015, May). Enabling family/friend caregiving of persons living with dementia: Innovative policy and practice. Dementia & Caregiving Webinar. Sponsored by the Health Care Innovation Working Group.

Keefe, J., Kelloway, E. K., & McInnis, A. (2015, April). Relationships, homelikeness, and the work environment: Perspectives from nursing home residents, family, and staff on quality of life. International Association of Gerontology and Geriatrics European Region Congress 2015, Dublin, Ireland.

Aubrecht, K., Keefe, J., Ploeg, J., Fraser, K., Kaasalainen, S., & McAiney, C. (2015, April). "There's No Magic Pill": What comfort means to family caregivers of older adults managing multiple chronic conditions that include dementia. International Association of Gerontology and Geriatrics European Region Congress 2015. Dublin, Ireland.

Keefe, J. (2015, April). Caregivers in the workplace. Keynote Speaker in support of National Caregiver Day April 7, 2015 Sponsored by Employment and Social Development Canada and NL Seniors Resource Centre and Caregivers Out of Isolation. St. John's NL.

Keefe, J. (2015, February). Policy implications of Supporting Caregivers and Caregiving in Ontario. Representation as part of Round Table Webinar on Caring for Caregivers - and the Development of the Ontario Caregivers Strategy. Sponsored by CIHR's Institute for Health Services and Policy Research.

Keefe, J. (2014, December). Who Cares? Preparing the Caregiver and the System for What Lies Ahead. Presentation at Public Event for McMaster University. Hamilton, Ontario.

Weeks, L.E., Keefe, J., & Stadnyk, R. (2014, November). What makes a nursing home a home? Insights from family members. Gerontological Society of America, Washington, DC.

Panagiotoglou, D., Martin-Matthews, A., Fancey, P., & Keefe, J. (2014, October). Job satisfaction and the context of care work by home support workers: Insights from three Canadian provinces. Poster presentation at the Canadian Association on Gerontology's 43rd Annual Scientific and Educational Meeting. Niagara, Ontario.

Publications

Godin, J., Keefe, J., Kelloway, E.K., & Hirdes, J. (2015). Nursing home resident quality of life: testing for measurement equivalence across resident, family and staff perspectives. *Quality Life Research*.

Keefe, J., Kelloway, E.K., McInnis, A., Earl, M., Stadnyk, R. & Nickerson Rak, C. (2015). *Care and Construction: Assessing differences in nursing home models of care on resident quality of life. Final Report*. Nova Scotia Centre on Aging: Halifax, NS.

Keefe, J., Kelloway, E.K., & McInnis, A. (2014). Enhancing residents' quality of life through care and construction. *Long Term Care Today*, 25(3), 16-18.

Like us on Facebook



If you would like to receive updates on NSCA activities and events, search Nova Scotia Centre on Aging on Facebook and like our page.

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 902-457-6470.

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