

Nova Scotia Centre on Aging

Spring 2016 Newsletter



Making Research Matter

The mission of the Nova Scotia Centre on Aging is to advance knowledge on aging to enhance the quality of life of older people and their families. We do this through research, education and community engagement. Our approach to research is one that involves engaging the users of the research in the research process.

In our study examining nursing home models of care, for example, we had representatives from the long term care sector helping to design the research study. This process contributed to several nursing homes making changes which were informed by the research.

Further, for the next 4 years, I am delighted to be leading a team of researchers, clinicians, decision makers, caregivers, care workers and resident representatives on a project aimed at adding quality to the lives of residents in nursing homes (see New Projects). Not only will researchers be working directly with decision makers, but we will also work with representatives of the individuals to whom the project is aimed – the residents, families of residents and staff. The involvement of these key players will help to ensure the research remains relevant.

Engaging the end users of the research is not something new in the research world, but an area that is growing in importance in the health and social science fields. Given the demographic trends and the need for evidence to inform practices and policy directions for an aging population, there is increasing need to *make research matter*.

I am pleased that our June conference, *Our Future is Aging*, will feature several presentations of research and knowledge user collaborations and initiatives in which end users are engaged. The conference also offers a workshop to enhance skills in moving research into action. Finally, we are delighted that Dr. Judith Phillips, from the UK is one of our key note speakers. A strong proponent of engaging end users in the research, Dr. Phillips' will share insights in what has and hasn't worked from her years of experience supporting research collaborations.

Making research matter is a focal point of the Centre's work and a key message of the conference. Join us in June to learn more about how to make research matter.



Dr. Janice Keefe
Director, NS Centre on Aging

Our News

What's Happening...

New Projects

Awards Recognition

Presentations & Publications

Opportunities to Support NSCA

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...

Our Future is Aging Conference



Join us on June 16 & 17, 2016 for Our Future is Aging: Current Research on Knowledge, Practice & Policy Conference. With more than 50 presentations, high caliber key note speakers and an exhibit showcase – you won't want to miss it! www.msvu.ca/agingconference

In conjunction with the conference the **15th Annual Kathryn Allen Weldon Public Lecture** will be presented by Dr. Kenneth Rockwood; "Does it matter that dementia is mostly a problem of old age?"

Team Shares Survey Results with Knowledge Users



Did you ever wonder who to go to in the long term care sector for advice on resident care? Did you ever wonder how to spread new ideas to enhance clinical practice in an efficient way? In 2014-15 the Advice Seeking Networks in Long Term Care survey was completed by senior leaders in nursing homes in Atlantic Canada and across the country providing first of its kind information for the long term care sector across Canada. The research team is now analyzing the survey data and looking for input to help appropriately interpret and draw conclusions about the data. Decision makers in long term care throughout Atlantic Canada are being invited to participate in an interactive Webinar to share results from the survey and ask for insights to help in the analysis and interpretation of these results. Ways in which the network data can be used to support spread of innovation through the sector will also be discussed. For more information on the project visit www.trec.ualberta.ca/en/Projects/SNA.aspx

Working CARERS Research Study Launched in Bridgewater Area

If you are currently employed and providing assistance to a family member or friend living with dementia in the Bridgewater area and surrounding communities, you are invited to participate in a study that is examining the experiences of employed caregivers in rural communities and the adaptation of the Working CARERS Program for rural communities. NSCA is partnering with researchers at Mount Sinai on this project. For more information call 1-877-302-4440.

Busy Year For Fountain of Health Initiative



The Fountain of Health Initiative (FOH) provides evidence based practical tools to improve mental health outcomes. Over the past year the FOH Initiative hosted public educational sessions, strengthened relationships with various associations, developed an interactive website and worked on pilot projects that aim to get older adults and clinicians using its tools. The NSCA is a member of the FOH Provincial team. For more information go to www.fountainofhealth.ca

Dr. Janice Keefe Reappointed as Director



Current Staff and students working at NSCA under Dr. Keefe's leadership.

Dr. Janice Keefe has been reappointed as the Lena Isabel Jodrey Chair in Gerontology and has also been reappointed as the Director of Nova Scotia Centre on Aging for another 5 year term (2016-2021).

New Projects

Seniors-Adding Life to Years (SALTY)

Seniors—Adding Life To Years (SALTY) is a 4-year multidisciplinary and multi-sector program of research developed by a team of researchers, clinicians, decision makers and caregivers from across Canada. The purpose of the research is to add quality of life to late life for people living in nursing homes and their caregivers, including family, friends and volunteers who support their care. Through research conducted in British Columbia, Alberta, Ontario and Nova Scotia, the SALTY Team will evaluate promising programs, practices and policies being used in nursing homes. Nursing home care in late life is under researched and undervalued therefore this project's focus on late life care in nursing homes makes its work unique and urgently needed. The team will develop innovative strategies to understand and assess impact on quality of care and quality of life, with the aim of spreading effective approaches within and across jurisdictions.

The Centre's Director, Dr. Janice Keefe, will lead the 40+ member research team. The \$2M in funding to support this project has been made possible through the Canadian Institutes of Health Research, the Nova Scotia Health Research Foundation, the Michael Smith Foundation, the Alberta Innovates Health Solutions and the Alzheimer Society of Canada.

Social Planning for Later Life

Usually when we think of planning for retirement, we think of financial planning. However, with funding from New Horizons for Seniors Program, Community Links and the NSCA will focus on the social aspect of retirement and ways to foster volunteerism. The one-year project will include literature searches, focus groups and interviews with "about to retire" and recently retired individuals, human resource representatives and community organizations. Workshops will be developed and delivered with employees and community groups as part of the project.

Awards Recognition

Dr. Keefe Receives Progress Women of Excellence Award



The Progress Women of Excellence Awards honours 19 inspirational women every November who play an important role in our community. We are pleased to announce that Dr. Keefe received this prestigious award in the Education and Research category. The Progress Women of Excellence Awards is in support of Phoenix Youth Programs.

NSCA Receives Live More Distinction Award



The NSCA recently received the Live More Distinction Award for Research by the Northwood Foundation. Dr. Janice Keefe accepted the award on behalf of the staff and students who work at the Centre..

"Thanks to the research, Northwood is enabled to enhance quality-of-life through meaningful relationships and meaningful activities, in an environment that feels like home." Northwood Foundation.

Presentations & Publications

Presentations

Keefe, J. (2016, March). *Supporting working caregivers: Benefits for Nova Scotia workplaces*. Invited presentation at the CIHR best brains exchange: Enabling the continued social and economic contribution of older adults in Nova Scotia. Halifax, NS.

Keefe, J. (2016, March). *Supporting working caregivers: Benefits for workplaces and society*. Silver Economy Summit. Pictou, NS.

Keefe, J., Krawchenko, T., Rapaport, E., & Manuel, P. (2016, March). *Implications of sea level rise and extreme flooding impacts in rural communities with aging populations: Case studies from Nova Scotia*. Geriatric Medicine Academic Rounds, Veteran's Memorial Building. Halifax, NS.

Keefe, J. & Fancey, P. (2016, March). *Home to nursing home: Understanding factors that impact the path seniors take*. Presentation to the Continuing Care Staff, Nova Scotia Health Authority. Halifax, NS.

Keefe, J. (2016, February). *Presentation to the Shaw Group*. Halifax, NS.

Publications

Krawchenko, T., Keefe, J., Manuel, P., & Rapaport, E. (2016). Coastal climate change, vulnerability and age friendly communities: Linking planning for climate change to the age friendly communities agenda. *Journal of Rural Studies* (44), 55-62.

Godin, J., Keefe, J., & Andrew, M. (in press, 2016). Handling missing MMSE values: Results from a cross-sectional long-term care study. *Journal of Epidemiology*.

Panagiotoglou, D., Keefe, J., Fancey, P., & Martin-Matthews, A (forthcoming, 2017). Job satisfaction and the context of care work by home support workers: Insights from three Canadian jurisdictions. *Canadian Journal on Aging*. (36)1.

Universities Canada Hosts Research Showcase



Dr. Keefe at the Universities Canada research showcase in Ottawa with Minister of Science Kirsty Duncan.

On February 23 and 24th, 2016, Dr. Janice Keefe and the Mount's President, Ramona Lumpkin attended a research showcase hosted by Universities Canada. Leading researchers and innovators from across Canada participated in the showcase which highlighted the importance of university research and discovery in Canada.

Like us on Facebook and follow us on Twitter

If you would like to receive updates on NSCA activities and events, like us on Facebook and follow us on Twitter.



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.

Contact us:
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6

T: 902-457-6546
E: nsca@msvu.ca
www.msvu.ca/nsca