

Nova Scotia Centre on Aging

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Dr. Janice Keefe
Director, NS Centre on Aging

A Message from the Director

Fall 2010 is proving to be an exceptionally busy time for the Centre. In September and October, we participated in several National and Provincial events fulfilling our mandate to share our expertise to inform policy and research agendas. We attended the National Seniors Council Roundtable on Labour Force Participation of Seniors and Near Seniors and Intergeneration Relations, and I gave a keynote address at the Canadian Health Services Research Foundation Atlantic Roundtable and am invited to present to the F-P-T Deputy Ministers of Health on planning for an aging population.

We also promoted and disseminated the Centre's work at the Canadian Coalition for Seniors' Mental Health National Conference, the Canadian Home Care Association National Conference, the Alzheimer Society of Nova Scotia Provincial Conference, the Tools for Life Conference and the Caregivers: Essential Partners in Care Conference in PEI. And in early December, we will attend the Canadian Association on Gerontology Conference in Montreal.

One very special highlight this fall was meeting the Honourable Diane Ablonczy, the Minister of State for Seniors. The Minister was in Halifax as part of the National Seniors Council Roundtable and while here she was able to meet with local researchers and decision makers. Opportunities like these keep the Centre recognized as a leader in the field.

The positive response to the resource *It's in Your Hands* continues, and consistent with our strategic direction to provide education and training opportunities, in January we will offer an on line workshop on caregiving for health care professionals as a pilot project.

Although it's hard to believe, the NSCA's 20th Anniversary will be in 2012 and we are having preliminary discussions about ways to recognize this significant achievement. So stay tuned for more details.

And as we move closer to the Christmas holidays, I wish you a healthy and prosperous new year!



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Minister of State for Seniors meets the Mount's President and NSCA Director

Dr. Janice Keefe (pictured left) and the Mount's President and Vice-Chancellor, Dr. Ramona Lumpkin (right) met with the Honourable Diane Ablonczy, the Minister of State for Seniors (centre). The Minister was in Halifax as part of the National Seniors Council Roundtable Consultation on Labour Force Participation of Seniors and Near Seniors and Intergenerational Relations.

While visiting Halifax the Minister also had an opportunity to meet with leaders in the field of aging such as Dr. Keefe. Dr. Keefe had an opportunity to discuss some of the current initiatives including nursing home models of care, home support workers recruitment and retention and caregiver assessment.

What's Happening... Ongoing

Seniors Legal Planning Information Kit



Our work with the Legal Information Society of Nova Scotia continues. Response to *It's In Your Hands* and the information sessions has been so positive that funds from HRSDC and the NS Dept. of Seniors was obtained to support more Guides and information sessions. Well over 1000 copies of the Guide have been distributed and another 14 sessions are planned for November and December. An on line multi-media tool is also being created to support the use of *It's in Your Hands*. For more information visit www.legalinfo.org.

Supporting Caregivers of Older Adults

This fall as part of a national project, NSCA organized consultations with service providers, educators, decision makers in Nova Scotia to obtain input on the development of a Caregiver Tool Kit for service providers and a Caregiver Policy Lens for policy makers and program planners. Similar consultations are being held in other regions to ensure the inclusion of a diversity of opinions and expertise on caregiver concerns and practices.

The information collected through this process will help shape the development of these practical support tools expected to be available in late 2011. As well, participants are benefiting from the exchange of information during these sessions and learning about new or existing networks.

Do you know an older adult supporting their spouse or partner who is experiencing memory problems?

Researchers at the NSCA would like to talk with older spousal caregivers to understand the impacts of using a caregiver assessment. To find out more visit www.msvu.ca/nsca/caregiverassessment or contact 1-877-302-4440 or caretool@msvu.ca.

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

A pilot of an interactive on line workshop will take place in January and February with a group of health care professionals from throughout the region. The workshop is intended to assist health care professionals better understand the realities of family and friend caregivers and to critically assess their practice approach. The workshop is being facilitated by Nancy Guberman, Université du Québec à Montréal. Participants will be engaged through such on line technologies as Eluminate Live and Moodle offered through MSVU's Distance Learning and Continuing Education Department.

Both the experience of participants and the facilitator will be evaluated during the four-week pilot to understand the strengths and limitations of this technology-enabled learning opportunity.



Research team, project staff and nurse trainees at a two-day training workshop, August 2010, MSVU.

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

This project is in full swing with 12 3rd-year nursing students from Dalhousie and UPEI trained to conduct assessments using the C.A.R.E. Tool with older caregivers supporting their spouse/partner at home living with cognitive impairment. A number of agencies and organizations in central Nova Scotia and Prince Edward Island are assisting to recruit the caregivers. Several caregivers have contacted the project to discuss their participation and to date 10 caregivers have completed the assessment with a nurse trainee. Recruitment efforts will continue until spring of 2011 to achieve the project's goal of interviewing 100 caregivers. The research team is supported by an Advisory Committee comprised of organizations such as Veterans Affairs Canada, Public Health Agency of Canada, Continuing Care services, Alzheimer Societies, gerontological nurses associations and schools of nursing. For more information, visit www.msvu.ca/nsca/caregiverassessment or contact caretool@msvu.ca or call 1-877-302-4440.

What's Happening...New

NSCA and Dept of Seniors Supports Evolution of Seniors' Housing Network

The Atlantic Seniors Housing Research Alliance has been a successful community-university research alliance taking place in Atlantic Canada since 2005 (www.ashra.ca). The project involved a survey, focus groups, case studies and a policy review to understand the needs and gaps in seniors housing. It also enabled stakeholder groups in each of the 4 provinces to meet regularly to dialogue on the project's results. The

ASHRA project is winding down, but interest in dialogue on seniors housing issues continues. In October, the NSCA and Dept of Seniors co-chaired a meeting of NS stakeholders (e.g., government, private sector, voluntary organizations). The network's purpose is to support and advance housing for seniors through knowledge exchange and mutual learning. They discussed results from the ASHRA project, shared information on housing initiatives from their own organizations and discussed the future of the network. The group will meet again in the spring.

Age-Friendly Communities

NSCA is continuing to advance the age-friendly communities initiative that is growing momentum across the country. During the next year, the Centre will be working with the NS Department of Seniors to support several communities throughout Nova Scotia that are interested in implementing age-friendly initiatives. These communities have received funding from the Dept through its Age-Friendly Communities Grant program. The communities participating in this initiative are at different stages of planning, and therefore, the Centre will assist each community depending on their individual needs and capacities.

NSCA on the Road



Mary Leslie at the Alzheimer Society of NS Provincial Conference.

The NSCA participated in several National and Provincial events this fall, such as the National Seniors Council Roundtable on Labour Force Participation of Seniors, the Canadian Coalition for Seniors' Mental Health National Conference, the Alzheimer Society of Nova Scotia Provincial Conference, the Essential Partners in Care Conference in PEI, and the Tools for Life Conference. In early December, we will also attend the Canadian Association on Gerontology Conference in Montreal.

Publications and Presentations

Presentations:

Keefe, J., Légaré, J., Charboneau, P., Décarie, Y., Vezina, S. (2010, December). *Intergenerational support to older Canadians and implications for the future*. Presentation at the Canadian Association on Gerontology Conference, Montreal.

Keefe, J., (2010, December). *Financially supporting caregivers: Learnings from the international community and a Canadian example*. Presentation at the Canadian Association on Gerontology Conference, Montreal.

Fancey, P., MacDougall, R., Hattie, B., & Keefe, J. (2010, December). *Building a research alliance: The Nova Scotia continuing care sector experience*. Poster presentation at the Canadian Association on Gerontology Conference, Montreal.

Ward-Griffin, C., Keefe, J., Martin-Matthews, A., Brown, J., Kerr, M., & St-Amant, O. (2010, December). *Nurses caring for elderly relatives: Navigating professional and personal caregiving boundaries*. Presentation at the Canadian Association on Gerontology Conference, Montreal.

Keefe, J. (2010, November). *Report back and moving forward: Pan Canadian consultations on human resources in home care*. Workshop at the Canadian Home Care Association National Conference, Quebec City.

Keefe, J. (2010, October). *Human resource strategies to meet the future chronic care needs of older Canadians. 'Whatever happened to aging at home: Shifting policy sands in Ontario and beyond.'* Keynote at Canadian Research Network for Care in the Community Symposium, Toronto.

Keefe, J. (2010, October). *Atlantic Canada's aging population and its effect on our health care system*. Presentation at the Medavie Link 2010 Conference, Dartmouth.

Keefe, J. (2010, July). *Strategies for recruiting & retaining paid care providers*. Presentation at International Carers Conference, Leeds, UK.

Keefe, J., Charbonneau, P., Décarie, Y., & Légaré, J. (2010, June). *Determinants of intergenerational exchange among older Canadians and their adult children: Implications for their future*. Presentation at AIDELF General Conference, Geneva, Switzerland.

Publications:

Sims-Gould, J., Byrne, K., Craven, C., Martin-Matthews, A., & Keefe, J. (2010). *Why I became a home support worker: Recruitment in the home health sector*. *Home Health Care Services Quarterly*, 29(4).

NSCA Welcomes New Staff

Mary Leslie - Mary replaced Christy Nickerson Rak as Manager for the Timing of the C.A.R.E. Tool with Older Spouse Caregivers project and also started as Phd. Graduate Student Assistantship with the Canadian Dementia Knowledge Translation Network.

Kristin Petite - Project Assistant for the Centre working on the Seniors Legal Information Kit and Age-Friendly Communities projects, and supporting promotions.

Rachel MacDougall - FSGN student joined the Timing of the C.A.R.E. Tool project as Graduate Research Assistant.

NSCA 2010 - 2011 Advisory Board



In back row, (from left to right) Dr. Kim Kienapple, MSVU; Dr. Melissa Andrew, Centre for Health Care of the Elderly; Dr. Katherine Darvesh, Member at Large; Valerie White, Department of Seniors; Kerry Langlois Gerontology Association of Nova Scotia; Pamela Fancey, NSCA, MSVU; Bernie LaRusic, Group of IX; (in front row) Dan MacLean, Member at Large; Dr. Janice Keefe, NSCA, MSVU; Irene Rose, Chair; Bessie Harris, Member at Large; Lorne Clarke, Member at Large. (Missing: Sharon Reashore, Caregivers Nova Scotia; Ron Swan, Member at Large)

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).

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).

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