

Nova Scotia Centre on Aging

Advancing Aging Research. Enhancing Seniors' Lives

166 Bedford Highway, Halifax, NS, B3M 2J6 902-457-6788



Dr. Janice Keefe
Director, NS Centre on Aging

Our Future is Aging

If you were to ask me what accomplishments the NSCA has made over the last 20 years, my response would be, “the list is long!” We have been involved in a broad spectrum of projects from family and friend caregivers, home care human resources, age-friendly communities, dementia care, nursing home care, technology and aging, seniors housing, to abuse of older adults.

We have hosted many lectures, have developed videos and other training materials, have initiated numerous education opportunities including workshops, conferences, and have offered a vibrant training environment for students. As well we’ve participated in countless think tanks, policy forums and round tables and published reports, discussion papers, briefs and scholarly articles.

If you were to ask me what the Centre’s impact has been in changing policy and practice, I would tell you again, “the list is long!” Our work has contributed to changes and new directions for adult day programs, strategies for recruiting and retaining home support workers and financial supports for caregivers. We are working directly with municipalities to create more age-friendly communities in Nova Scotia. We have

contributed to the curriculum on dementia care which changes practice, and have created awareness around the realities of family and friend caregivers.

Many of these accomplishments have been done in partnership and collaboration with others. And today, as we embark on our 20th anniversary, its time to reflect on our accomplishments and our relationships, but more importantly look forward to where we are headed and the importance of the Nova Scotia Centre on Aging. “Our Future is Aging” recognizes that the first of the baby boomers turn 65 this year, and there is much fear and trepidation about the aging of our population. Yet, for the NSCA, helping to generate knowledge on aging that will inform social policy and practice is what we do—our future. And based on our 20-year track record we are well positioned to embrace the future.

So, I invite you to join us on April 19, 2012 at our anniversary dinner in the Multi-purpose room at Mount Saint Vincent University as we celebrate our successes, acknowledge the many wonderful individuals who helped us along the way, and embrace the future.

All the best!



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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

2012 is our 20th anniversary and our theme for our celebrations is “Our Future is Aging”. We have a number of activities and events lined up to help recognize our accomplishments and support our mission.

Dinner



We are thrilled to announce that Silver Donald Cameron will be our guest speaker at the NSCA’s 20th anniversary dinner, “Our future is Aging”.

Please book **April 19, 2012** in your calendars and stay tuned for future details.

Café Scientifique

In May 2012, we will host a Café Scientifique, funded by CIHR. The café, *Care of Older Adults across the Continuum: Experiences, Expectations and Policy Directions*, is an opportunity for the general public to have a conversation with nationally renowned researchers, Janice Keefe, Mount Saint Vincent University; Anne Martin-Matthews, University of British Columbia; and Kevin Kelloway, Saint Mary’s University about family and friend caregivers and care providers in home care and nursing homes.

Research Conference on Aging

We are planning a conference to be held in the fall of 2012 which will showcase current research on aging from multiple and varied disciplines which address issues of an aging population. The conference is intended for researchers, academics, service providers, decision makers and students from across the region. Watch for Call for Abstracts in February, 2012.

Do You Have A NSCA Memory?

We are collecting pictures and special stories about the NSCA to highlight during our anniversary celebrations so, if you have participated in any NSCA activity, project or event over the past 20 years or have a story about how a project of the Centre impacted you/your community, please contact us at nscam@msvu.ca

What’s Happening... New

Study on Resident Quality of Life in Nursing Homes Underway

The Care and Construction study is examining how innovations in the delivery of nursing home care (physical design and staffing approach) in Nova Scotia impact resident quality of life. The team has 20 members from a range of disciplines and sectors, and more than 15 participating nursing homes representing different models of care. Team members are actively engaged in the project, sharing information with their organizations and stakeholders and contributing to project working groups that are preparing surveys, interviews and discussing procedures to recruit resident, families and staff.

This fall, focus groups with staff took place at four nursing homes across Nova Scotia to inform the development of the province-wide staff survey. The next component begins in early 2012 when we start the case studies with groupings of a resident, their family member and a staff member from three nursing homes.

Next spring will be a very exciting time for the Care and Construction project. Residents and family members from participating nursing homes will have an opportunity to complete a survey about resident quality of life. Likewise, staff from across the province will be invited to complete a survey to gain their perspective on resident quality of life. The results of the survey will provide insight into the way different models of care impact resident quality of life, helping to shape recommendations for the future development and revitalization of nursing homes across the country.



Pictured above-Care and Construction team, June 2011

Recruiting Older Spouses for Study on Caregivers



The Timing of the C.A.R.E. Tool project examines the impacts of caregiver assessment on older spouse caregivers of a partner with cognitive impairment and on nursing students using the assessment. The project has close to 70 caregiver participants. These participants are both male and female, from all areas of Nova Scotia and Prince Edward Island, and caring for spouses with all sorts and levels of memory problems. The project goal is to have 100 caregivers involved so we are very interested in speaking with anyone who might be interested in participating. The project Research Assistants, fourth year nursing students, are enjoying the opportunity to interview caregivers in their home communities, and are learning a great deal about the realities of caregiving.

We have also conducted interviews with stakeholder groups connected to caregiver education, including representatives from both the Dalhousie and UPEI Schools of Nursing, government and health care agencies related to home care, various health care professional associations and caregiver advocacy groups. The purpose of these interviews was to better understand the factors that would affect the development of caregiver-related education for nurses and other health care professionals.

If you, or someone you know, are over the age of 65 and caring for a spouse at home who has memory problems, you may be interested in learning more about this important research. For additional information, visit www.msvu.ca/nsca/caregiverassessment, or contact our Project Manager, Mary Leslie at 1-877-302-4440 (toll free) or caretool@msvu.ca.

Nova Scotia Municipalities Becoming More Age-Friendly

How age friendly is your community? What is it like to live in your community as an older person? What improvements are needed? These are some of the questions being asked as part of the Age-Friendly Communities project underway in partnership with the NS Department of Seniors.

NSCA is supporting municipalities that have received funds from the Department of Seniors to undertake a strategic planning process to become more age-friendly. The process involves collecting baseline information, community consultation, community awareness and engagement, and planning for implementation. The Municipality of the County of Cumberland, County of Victoria, District of Argyle, District of Chester and District of Yarmouth, Town of Bridgewater are wrapping up their consultation phase and moving into the planning for implementation phase. Meanwhile, four new municipalities joined the Age-Friendly venture: Town of New Glasgow, Municipality of Richmond, Municipality of Guysborough, and the Town of Digby. NSCA will support these municipalities in a number of ways, including provision of resources such as templates, support with recruitment and data collection, analysis and report writing.

Age-Tastics Raise \$2,228.00 for Walk for Memories



Congratulations to staff of the Nova Scotia Centre on Aging and the Maritime Data Centre who raised \$2,228.00 for Walk for Memories in support of the Alzheimer Society of NS. Thanks so much to everyone who supported the Age-Tastics Team!

Publications and Presentations

Presentations

Lefrancois, G., Légaré, J., Keefe, J., & Vézina, S. (October, 2011). *Tendances dans l'incapacité entre 1994-95 et 2000-01: existe-t-il une convergence entre la condition des femmes âgées et celle des hommes?* Presented at Les 24e Entretiens Jacques Cartier, Montreal, Quebec.

Keefe, J. (2011, September). *Panellist for Seeking a Dementia Strategy. Hope for the Future.* Public lecture organized by Canadian Association of Retired Persons, Halifax.

Fancey, P., Guberman, N., Keefe, J., & Barylak, L. (2011, June). *Health care professionals accessing technology-enabled education on caregiving.* Presentation at FICCDAT, Toronto, Ontario.

Ward-Griffin, C., Keefe, J., Martin-Matthews, A., Brown, J., Kerr, M., & St-Amant, O. (2011, June). *Negotiating the boundaries between professional and familial care work.* Presentation at FICCDAT, Toronto, Ontario.

Keefe, J. (2011, June). *Reconciling the caregiver-care recipient dyad: Perspectives from research.* Presentation at FICCDAT, Toronto, Ontario

Publications

Keefe, J., Knight, L., Martin-Matthews, A., & Légaré, J. (2011). Key issues in human resource planning for home support workers in Canada. *WORK: A Journal of Prevention, Assessment, and Rehabilitation*, 40(1), 21-28. doi:10.3233/WOR-2011-1203

Side, K., & Keefe, J. (2011). The Role of Unpaid Work in Maintaining Individual and Community Health in Atlantic Canada: A Case Study. In A Miles (Ed.), *Women in a Globalizing World: Equality, development, peace and diversity*. Toronto, ON: Inanna Publications and Education Inc. (reprint by *Canadian Woman Studies*)

Keefe, J., Martin-Matthews, A., Légaré, J. (2011, June). *Home support workers: HR strategies to meet chronic care needs of Canadians.* Final Report. Halifax, NS: MSVU.

Keefe, J., & McGrath, D. S. (2010, April). *A comparative profile of human resource issues among home support workers and residential support workers who provide care to older adults.* Technical report prepared for Health Human Resource Strategies Division, Health Canada.

NSCA Welcomes New Staff

Two Graduate students from Family Studies and Gerontology join us this fall—**Thea Brown** as Graduate Student Trainee with the Care and Construction project and **Sacha Nadeau** as the Centre's Project Assistant.

50+ Expo 2011



The NSCA exhibited our projects and initiatives at the 50+ Expo in June 2011. Visits to our exhibit increased from last year. (Katie Aubrecht, Research Coordinator, pictured above)

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 457-6340.

Project Twenty12

Project Twenty12 focuses on securing \$12 million over the next 15 months for the Mount's new Teaching, Learning and Research Centre that will include space for the NSCA.

The project will focus on four key areas - aging, business and tourism, communications and public relations, and women's programs.

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.

Pledge forms are available through the University Advancement office at 457-6340.

Contact us:

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

Tel: (902) 457-6546
Fax: (902) 457-6508
Email: nsca@msvu.ca
www.msvu.ca/nsca