

Nova Scotia Centre on Aging

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A Message from the Director

This past winter, the work of the Centre has been moving steadily forward and we are poised for an exciting year ahead with new projects, symposia and conferences, and plans for our 20th anniversary celebrations.

Our commitment to inform practice and policy on caregiving issues continues through three projects – Timing of the C.A.R.E. Tool study, an online workshop about caregivers available to health care professionals, and a collaboration with Alberta Health Services who are piloting a caregiver respite and support project. For our Timing of the C.A.R.E. Tool study, we are looking for older spouses who are supporting their partner with cognitive impairment to participate in an interview with a nursing student. When I met with the nursing students from Dal and UPEI who conduct these interviews, they talked about the value of their participation in this project and their increased appreciation of the lived experience of a family caregiver. Thank you to the caregivers who have participated already and to the agencies who continue to help with recruitment.

I am delighted to share that we have been awarded a 3-year grant through the CIHR Partnerships for Health System Improvement Program to examine resident quality of life in Nova Scotia nursing homes. The study will involve select nursing homes with different models of care and we will examine how these care models translate into resident quality of life from the perspectives of residents, their families, and staff. I am looking forward to working with our team of highly talented and interested researchers and industry leaders – the project truly represents a partnership approach at its best!

I want to extend a thank you to the researchers, partners, staff and students who continue to make our Centre such an exciting and dynamic place to carry out age-related research, and reaffirm every day why the Nova Scotia Centre on Aging will be celebrating its 20th anniversary next year.

Our work with five municipalities throughout Nova Scotia helping them through the age-friendly strategic planning process continues. There is tremendous interest and commitment at the community level for this initiative and its expected outcomes – to identify actions and ideas to help their communities become more age-friendly.

Dr. Janice Keefe
Director, NS Centre on Aging

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What's Happening... New

NSCA Launches Multi-discipline, Multi-sectoral Research on Nursing Homes

The Mount's Nova Scotia Centre on Aging along with several partners have been awarded funding from the Canadian Institutes of Health Research to conduct "Care and Construction: Assessing Differences in Nursing Home Models of Care on Resident Quality of Life", a multi-disciplinary, multi-sectoral study focused on researching the models of care in nursing homes in NS.

This research is timely. The NS Department of Health and Wellness is considering how best to meet the needs of an aging population. Its Continuing Care Strategy calls for more nursing home beds with similar innovations in mind. These care model innovations in the sector include changes in the delivery of direct care services and how nursing homes are designed.

The project's team of researchers and key industry leaders will examine the experiences of nursing homes who employ different models of care on resident quality of life from the perspectives of resident, family members, and staff. This research will generate evidence to better understand how models of care affect nursing home resident quality of life and its results will enhance outcomes for residents living in NS nursing homes.

The funding program requires a team comprised of researchers as well as decision makers who are in positions to use the results generated. This team includes a diversity of perspectives that include research, practice and policy and demonstrates multi-sectoral collaborative research as well as partnerships among universities. Dr. Janice Keefe leads the team which includes Kevin Kelloway and Margaret McKee, SMU; Robin Stadnyk, David Haardt, Grace Warner, Melissa Andrew, Marie Earl, Dal; Lori Weeks, UPEI; Ann McInnis and John O'Keefe, Northwoodcare Inc.; Donna Dill, Dept. of Health and Wellness; Debra Boudreau, Tideview Terrace Nursing Home; Lloyd Brown, Alzheimer Society of NS; Sherry Keen, Windsor Elms Nursing Home; Sheila Martin, Duncan MacMillan Nursing Home. The Team is also supported by Shannex, Health Assoc. of NS and Alderwood Rest Home.

Upcoming Events

Dr. Janice Keefe—Research Symposium Panelist

Dr. Janice Keefe will be a panelist in Northwood's first Research Symposium, "Moving Research From Paper to Practice" on June 14, 2011. The Symposium will address the growing importance of research in the field of Continuing Care and will touch on topics of interest, from home care to nursing homes, that appeal to administrators and managers, healthcare providers, researchers and students.

NSCA to Sponsor Elder Abuse Knowledge to Action Project

The NSCA is sponsoring an interdisciplinary learning event on senior abuse assessment and intervention tools on June 9, 2011. The event will be held at the Mount's Rosaria Student Centre.

NSCA 20th Anniversary Celebrations

2012 marks the 20th anniversary of the NSCA and we are planning a special celebration! In April of next year, we will host a dinner commemorating the event and in the Fall of 2012 discussions are under way to host an interdisciplinary conference on aging. Our anniversary theme is "Our Future is Aging". We chose this theme because it captures where we as a society are headed (our population is aging) and it reaffirms the work and mission of the NSCA to generate knowledge that informs policy and practice on aging related issues.

What's Happening... Ongoing

Seniors Legal Planning Information Kit



NSCA completed its evaluation of this 3 year project funded by Human Resources and Skills Development Canada which included the development of a new resource "It's in Your Hands" and conducting more than 30 workshops across the province.

Because of the overwhelming response to the new resource, the Dept. of Seniors has provided additional funding to the project for another printing of "It's in Your Hands".

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



Pictured above - nurse trainees from Dalhousie School of Nursing (top photo) and UPEI School of Nursing. Principal Investigator, Dr. Keefe, met in person with nurse trainees from both universities this past January and February.

The Timing of the C.A.R.E. Tool project examines the impacts of caregiver assessment on older spousal caregivers of a partner with cognitive impairment and on nursing students using the assessment.

More than 30 older spousal caregivers of persons with cognitive impairment in Nova Scotia and Prince Edward Island have been interviewed by 3rd year nursing students from Dalhousie University and UPEI. Both the spousal caregivers and nursing students who have participated in the assessment process have felt it was a positive experience. In March, we expanded our recruitment efforts and are still actively recruiting caregivers from PEI and Central Nova Scotia, hoping to reach our goal of 100 caregiver participants by end of summer.

The project is also exploring the feasibility of education on caregiving for health care professionals. Interviews with key informants will begin shortly to help identify considerations for such education.

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, please visit our project website www.msvu.ca/nsca/caregiverassessment, or contact our Project Manager, Mary Leslie at 1-877-302-4440 (toll free) or caretool@msvu.ca.

Dr. Janice Keefe Re-appointed as NSCA Director



Pictured above - Dr. Janice Keefe receiving an Award of Research Excellence, May 2010

Dr. Janice Keefe, PhD has been reappointed as Director, Nova Scotia Centre on Aging for another 5 year term. Dr. Keefe is a Professor and Canada Research Chair in Aging and Caregiving Policy and also holds the Lena Isabel Jodrey Chair in Gerontology. Dr. Keefe's program of research includes family/friend caregiving, Alzheimer Disease and related dementias, seniors housing and continuing care policy. Her research is funded by national and international granting agencies. Dr. Keefe's leadership and research profile will ensure that the Centre continues to work towards its vision of being a leader in advancing knowledge and informing policy and practice in the field of aging and will ensure it maintains its reputation of excellence.

Age-Friendly Communities

NSCA is supporting five municipalities that are conducting age-friendly community assessments to inform their strategic planning process. They are the Municipality of the County of Cumberland, County of Victoria, District of Argyle, District of Chester and District of Yarmouth. These municipalities have received funding from the Department of Seniors Age-Friendly Communities Grant Program. Meetings with the advisory committees were held in the winter/spring and communication with the coordinators is ongoing as they prepare for the consultation phase with seniors, caregivers and service providers which will occur May through July. During the community consultation, residents will have an opportunity to talk about the age-friendly features of their communities and where there are challenges and opportunities for improvement.

Publications and Presentations

Book Chapter

Légaré, J., Keefe, J., & Carrière, Y. (2010). Le soutien aux personnes âgées en perte d'autonomie jusqu'où les Québécois vieillissants pourront-ils compter sur leur famille pour répondre à leurs besoins? In G-F. Dumont, A. Etchelecou, A. Parant, J-M. Robine, J-P. Sardon & B. Yvars (Eds.), *Démographie et santé* (pp. 77-85). CUDEP: Bordeaux, France.

Presentations

Keefe, J. (2011, June). *Home support workers- understanding issues to inform strategies for recruitment and retention*. Presentation at Moving Research from Paper to Practice, Northwood's Research Symposium on Continuing Care, Halifax.

Keefe, J., MacDonald, M. (2011, May). *Do we have a supportive homecare system? Challenges for family caregivers*. Presentation at CIHR Café Scientifique presentation, Halifax.

Keefe, J. (2011, May). *Double duty care*. Presentation as part of Telehealth Nursing Education Session, College of Registered Nurses.

Keefe, J. (2011, April). *Projecting human resources needs to deliver chronic home care in Canada: Changes in the organization of care*. Presentation at IAGG VII European Region Congress, Bologna, Italy.

Keefe, J. (2011, March). *Students and others interested in aging: Reflections on a career*. Presentation to UPEI students (am) and for public (pm), University of Prince Edward Island, Charlottetown.

Keefe, J. (2011, January). *Double duty caregivers: Nurses who navigate personal and professional boundaries when caring for older family members*. Grand Rounds Geriatric Medicine, QEII Health Sciences Centre, Halifax.

Keefe, J. (2010, December). *Financially supporting caregivers: Lessons from the international community and implications for Canada*. Conference of Deputy Ministers, 'Mini Retreat on Aging', Toronto.

NSCA Welcomes New Staff

Katie Aubrecht is the new Research Coordinator at the Nova Scotia Centre on Aging. Katie received her MA in Sociology from York University and is currently a PhD Candidate (ABD). Katie has worked as a lead researcher, research coordinator and co-author of an Ontario Ministry Training, Colleges and Universities research project and report on disability within university curriculum.

Research Day 2011



The NSCA participated in the Mount's Research & Scholarship Open House on February 9th. "Research Day" is an opportunity for the

public and the Mount community to see some of the current research initiatives happening at the University.

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).

Project Twenty12

Project Twenty12 focuses on securing \$12 million over the next 20 months for the Mount's new Teaching, Learning and Research Centre that will include space for the NSCA. To date, \$3.59 million has been raised, including a generous donation by Senator Nancy Ruth in honour of former Mount Dean, Susan Apostle-Clark.

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 or (msvu.ca/alumnae/howtogive.asp).

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