

2017 Spring Colloquium Series

Lifelong Health: Strategies for Living Well



Let's Talk About Dying...And Why It's Crucial to Your Quality of Life



Kelli Stajduhar, RN, PhD,
Professor, School of Nursing,
Institute on Aging & Lifelong
Health; Recipient of the 2017
Ehor Boyanowsky Academic of
the Year Award

Discussion: Living well in one's final years is a universal aspiration. Yet, as we age we are more likely to experience multiple co-existing chronic conditions. While advances in medical technology mean that people with chronic conditions live much longer than they have in the past, eventually we will all die, often after months or years in a state of "vulnerable frailty". Research suggests that integrating palliative approaches into the care of people with chronic life-limiting conditions (e.g., heart, lung, kidney disease, cancers, dementia, and frailty) not only improves quality of life but actually results in people living longer. Using data from almost 20 years of research in palliative care, Dr. Stajduhar will discuss why talking about dying...as challenging as it is for many people...is critical to your quality of life.

Speaker: Dr Kelli Stajduhar is a Professor in the School of Nursing and Institute on Aging and Lifelong Health. She has worked in oncology, palliative care, and gerontology for 30 years as a practicing nurse, educator, and researcher. Dr Stajduhar's clinical work and research has focused on health service needs for those at the end-of-life and their families and on the needs of marginalized and vulnerable populations.

Tuesday, April 25, 2017 10:30AM to 11:45AM
Medical Sciences Building, lecture room 160

This presentation is open to everyone and free to attend.

**Please register at LMPotter@uvic.ca. If you cannot attend in person,
a webcast link will be included in your registration confirmation**

Come early! Light refreshments will be served from 10:00AM to 10:25AM

Hosted by:



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