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Period Covered by this Report

This is the second Annual Report of the Centre on Aging. This report covers activity from July 1, 2004 to June 30, 2005.

Mission and Objectives of the Centre

The Centre on Aging is a multidisciplinary research centre established at the University of Victoria to advance knowledge in the field of aging based on the twin standards of scientific rigor and applied relevance. Our overall goals are to contribute to improving the health and quality of life of an increasingly diverse population of older adults, and to assist their families, health care providers, and governments in meeting the challenges and potentials of an aging society. In order to achieve these broad goals, the Centre has as its specific objectives:

• To add to the body of knowledge on aging by stimulating and conducting rigorous basic and applied research.

• To provide a focus and direction to the University’s and region’s research activities in the area of aging.

• To facilitate communication and collaboration among scholars, practitioners, government officials, and older adults.

• To contribute to the training of skilled research personnel.

• To disseminate knowledge on aging to scientists, practitioners, and the public.

• To promote the translation of research findings into interventions, services, products, and policies relevant to older adults.
Message from the Director

A significant trend of research in general, and health-related research in particular, has been increasing emphasis on the dissemination and translation of research findings into practice and policy. Related to this, there have been increasing efforts to develop networks of academic and community-based researchers who can bring new perspectives to the research process and facilitate the dissemination and translation of research into society. The Centre on Aging at University of Victoria, of course, has had a long history of collaboration with researchers in the community and in dissemination and translation of research knowledge. However, several developments in the past year reflect our continued commitment to these goals.

First, we have completed the initial two years of work associated with the Michael Smith Foundation for Health Research (MSFHR) Research Unit Infrastructure Grant. One of the principal goals of this grant has been to facilitate new research collaborations, particularly those including researchers from various community organizations such as the Vancouver Island Health Authority. Under the leadership of Phyllis McGee, Health Research and Community Liaison Officer, and an advisory committee consisting of university and community members, we have launched a substantial number of new initiatives ranging from small pilot projects to larger efforts for which external funding has been sought. More information on these initiatives is provided in the Research section of this report on page 13.

Second, Elaine Gallagher (Nursing) will assume the role of Associate Director of the Centre on July 1, 2005. Elaine has a long history of successfully disseminating the results of her research to various groups and translating outcomes into community interventions, professional practice, and government policy. Elaine will focus on assisting the Centre to build community research partnerships and provide leadership for our effort at dissemination and implementation of research results into the community.

Finally, the Centre has been an active participant in the development of the BC Network for Aging Research (BCNAR). This initiative is supported by the MSFHR as part of its effort to build the province’s health research infrastructure. They have funded eight research networks focused on different areas of population health, including one on aging. MSFHR provided a seed grant of $10,000 to facilitate development of each network. A series of consultation meetings were held during September and October, 2004, at the four BC universities as well as at Okanagan University College and the annual meeting of the Canadian Association on Gerontology. A proposal for the aging network (BCNAR) was submitted to MSFHR on November 1, 2004. A formative review meeting was held on November 26, 2004, and funding in the amount of $300,000 for the first year of a four-year grant began on January 1, 2005. The goal of BCNAR is to increase the overall capacity for aging research and leverage funding by bringing together individuals and organizations with an interest in aging research. The network is intended to provide a framework to transcend disciplines, research streams, institutions, community based organizations and health regions to encourage creative idea and knowledge development, design research strategies, facilitate research training, and undertake action and disseminate research information to effect change. Implementation of the BCNAR is currently underway. An Executive Committee consisting of the five original co-leaders who developed the proposal (B. Lynn Beattie, University of British Columbia, Chair; Gloria
As usual, faculty and students affiliated with the Centre have had a productive year."

Gutman, Simon Fraser University; Dawn Hemingway, University of Northern British Columbia; David Hultsch, University of Victoria; and Andrew Wister, Simon Fraser University) has been established. An advisory committee representing various stakeholder groups will be created. The Secretariat for the network has been located at Simon Fraser University. The network will also have a manager and five regional liaison officers (one for each health region of the province) responsible for day-to-day operation of the network. Faculty affiliated with the Centre are also contributing to the leadership of two of the other networks being funded by the MSFHR. Denise Cloutier-Fisher is a co-leader of the Rural and Remote Health Research Network and Cecilia Benoit is a co-leader of the Women’s Health Research Network.

I would also like to highlight several other events and activities of significance in the past year, many of which are reviewed in more detail in this report.

One important event was the conclusion of the lengthy external review process initiated in 2003 that culminated in a report from the external review team in the spring of 2004. Completing this process, the University Senate, at its October, 2004 meeting, recommended to the Board of Governors the renewal of Approved Centre Status for the Centre on Aging for the period May 1, 2004 - April 30, 2009. This recommendation was accepted by the Board in November 2004.

As usual, faculty and students affiliated with the Centre have had a productive year. Two awards were won: Neena Chappell (Professor of Sociology and Canada Research Chair in Social Gerontology) was given the Confederation of University Faculty Associations of British Columbia, Distinguished Academics Awards Career Achievement Award, (2004) and Harold Foster (Professor of Geography) won Doctor of the Year Award by the International Society of Orthomolecular Medicine. We continue to be successful in attracting funds to support our research. In 2004-2005, faculty affiliated with the Centre received new grants totaling over six million dollars. Combined with continuing funds, faculty held almost 14 million dollars in external funding during 2004-2005. A complete listing of grants held is presented in Appendix B. These grants also translated into a substantial number of publications and presentations listed in appendices D and E. In this context, I particularly wish to draw attention to the notable success of many of the young faculty affiliated with the Centre. Three individuals (Ryan Rhodes, Physical Education; Kelli Stajduhar, Nursing; and Paul Zehr, Physical Education) now hold MSFHR Scholar Awards that permit them to devote more time to their research. Kelli Stajduhar also received a New Investigator Award from CIHR. In addition, our young faculty have been quite successful this year in competing for operating grants to support their research.

- Kelli Stajduhar (Assistant Professor of Nursing) received a grant of $301,182 over three years from the National Cancer Institute of Canada to study family caregiver coping in end-of-life cancer care. Kelli also received $210,543 from CIHR for a three-year study of communication between cancer patients and their health care professionals, and is a principal investigator on a new emerging team grant funded by CIHR for 1.3 million dollars over five years to develop projects related to family caregiving in palliative end-of-life care.

- Denise Cloutier-Fisher (Assistant Professor of Geography) and Karen Kobayashi (Assistant Professor of Sociology) received a one-year grant of $46,867 from CIHR to conduct a pilot study of telenurse outreach interven-
tion for socially isolated older adults in BC. These funds were matched by the Ministry of Health Services for a total of $93,734. Dr. Cloutier-Fisher is also a collaborator (along with Patricia MacKenzie, Social Work) on a new emerging team grant funded by CIHR to coordinate studies on improving communication between care providers, patients, and families.

· Ryan Rhodes (Assistant Professor of Physical Education) has received $95,000 over two years from SSHRC to develop a theory-based leisure-time walking program.

This outstanding record of achievement by our young faculty bodes well for the future of the Centre.

Graduate students affiliated with the Centre have also had a very successful year. Five of the six University of Victoria graduate student recipients of a 2005 MSFHR Research Trainee Award are supervised by research affiliates of the Centre. They are:

- Diane Allan (Bomans) who studies with Dr. Margaret Penning, Sociology
- Allison Bielak who studies with Dr. David Hultsch, Psychology
- Adrienne Bonfonti who studies with Dr. Cecilia Benoit, Sociology
- Sandra Hundza who studies with Dr. E. Paul Zehr, Kinesiology
- Kristine Votova who studies with Dr. Margaret Penning, Sociology

Finally, I would like to note that the Centre continues to be a major organizer and sponsor of various lectures, workshops, and conferences designed to inform researchers, professionals, seniors, and the general public about the aging process, services for seniors, and policy issues related to aging. I invite you to review the summaries of this year’s activities in this report, and to monitor our website for future opportunities in the coming year. I also wish to thank Members of the Advisory Board, Friends of the Centre, and the many Victorians who support and attend these Centre events.

Research Focus

The research conducted at the Centre is informed by multiple theoretical perspectives and uses multiple methodological approaches. Much of our work is rooted in a broad orientation to health that includes attention to the social, psychological, environmental, and cultural contexts in which people live, as well as the institutions (e.g., health delivery systems) responsible for the health of aging populations. Although our focus is on aging, we recognize that healthy aging is a life-long process that requires attention to developmental changes that occur across the life span rather than simply an emphasis on late life. Within this general framework, we focus particularly on the clinical, population health, and health services areas of health research. Issues being addressed include: (a) examination of health behaviors and outcomes as a function of different cultural, social, and living conditions; (b) the early diagnosis of neurological and other disorders; (c) the impact of cognitive impairment on specific areas of everyday functioning such as driving and financial management; (d) the development and assessment of strategies to promote healthy functioning; (e) development and assessment of strategies for coping with and caring for specific health conditions; (f) how to promote and ensure healthy communities; and (g) how to provide health care that is appropriate, accessible, and
affordable. Efforts to address these areas of aging research are necessarily multidisciplinary, and research at the Centre draws on faculty from multiple university departments, including anthropology, child and youth care, economics, geography, history, nursing, physical education, philosophy, psychology, social work, and sociology, as well as researchers in the community.

STRUCTURE AND MANAGEMENT

Staff

The Director of the Centre is responsible for the overall management and direction of the Centre. The Director reports to the Vice-President, Research, of the University.

Continuing staff funded by the base budget of the Centre consist of:
- full-time Administrative Coordinator (Lois Edgar)
- full-time Secretary (Lindsay Cassie)
- full-time Research Coordinator (Julie Shaver)

Five non-continuing positions have been funded for the period July, 2003 to June, 2007 through a grant from the Research Unit Infrastructure Program of the Michael Smith Foundation for Health Research. These positions consist of:
- half-time Project Administrator (Kerri Bates)
- two half-time Research Assistants (Reba Chaplin and Shelly Waskiewich)
- full-time Project Secretary (Anita Jessop)
- full-time Health Research and Community Liaison Officer (Phyllis McGee)

The Survey Research Centre, which is administered by the Centre, has a separate cost recovery budget that funds a full-time Manager (Tom Ackerley).

An organizational chart of who you will find in the Centre on Aging’s office space in Sedgewick A Wing and in the Satellite office in Ladner is found in Appendix A.

Advisory Board

The Director receives policy advice from an Advisory Board consisting of representatives from University of Victoria faculty, government, non-government service providers and seniors. The 2004-2005 Advisory Board consisted of the following members:

- Marilyn Bater, Geriatrician, Department of Geriatrics, Royal Jubilee Hospital
- Denise Cloutier-Fisher, Assistant Professor, Centre on Aging and Department of Geography
- Heather Davidson, Director, Strategic Policy and Research, Ministry of Health Planning
- Pieter De Groot, Senior Manager, Medical Research, Medical Programs, BC Ambulance Service, Ministry of Health Services (Chair)
- Tessa Graham, Director and Special Advisor, Office of Women and Seniors’ Health (Ex Officio)
...five faculty have appointments that provide half-time release from other duties to participate in research at the Centre."

University of Victoria Research Affiliates

In 2004-2005, a total of 38 University of Victoria Faculty located in twelve departments (Anthropology, Child and Youth Care, Economics, Geography, History, Human & Social Development, Nursing, Philosophy, Physical Education, Psychology, Social Work, and Sociology) were affiliated with the Centre.

All appointments at the University of Victoria are made in teaching departments. However, in addition to the Director, five faculty have appointments that provide half-time release from other duties to participate in research at the Centre. In 2004-2005, these core faculty included Drs. Neena Chappell (Sociology), Denise Cloutier-Fisher (Geography), Margaret Penning (Sociology), Kelli Stajduhar (Nursing) and Holly Tuokko (Psychology). Dr. Chappell is also supported by a Canada Research Chair, and Drs. Penning and Tuokko are supported by Senior Investigator Awards from the Canadian Institutes of Health Research.

• Cecilia Benoit, Professor, Department of Sociology
• Neena L. Chappell, CRC in Social Gerontology, Professor, Department of Sociology and Centre on Aging
• Denise Cloutier-Fisher, Assistant Professor, Department of Geography and Centre on Aging
• J. Isobel Dawson, Associate Professor, School of Nursing
• Harold D. Foster, Professor, Department of Geography
• Elaine M. Gallagher, Professor, School of Nursing
• Lucia Gamroth, Associate Professor, School of Nursing
• Roger Graves, Associate Professor, Department of Psychology
• David F. Hultsch, Director, Centre on Aging, Lansdowne Professor of Psychology
• Michael Hunter, Associate Professor, Department of Psychology
• Eike-Henner W. Kluge, Professor, Department of Philosophy
• Karen Kobayashi, Assistant Professor, Department of Sociology
• Valerie S. Kuehne, Associate VP Academic & Provost, Professor, School of Child and Youth Care
• David C.Y. Lai, Professor Emeritus, Department of Geography and Centre on Aging
• Patricia MacKenzie, Associate Professor, School of Social Work and Acting Associate Dean, Faculty of Human and Social Development
External Research Affiliates

In addition to University of Victoria Faculty, researchers from other universities and the community are affiliated with the Centre. In 2004-2005, the Centre had a total of 21 external affiliates working in collaboration with University of Victoria researchers. External research affiliates include a diverse group of researchers. They can be academics from other universities, or community researchers, from not-for-profit, private or government agencies.

- Anne-Marie Broemeling, Post-Doctoral Fellow, CHSPR, University of British Columbia
- Iris Chi, Director and Professor, Department of Social Work & Social Administration, University of Hong Kong
- Veronica Doyle, Health Services, Vancouver Island Health Authority
- David J. Evans, Family Practitioner, Vancouver Island Health Authority
- John Gartrell, Adjunct Professor, Department of Sociology, University of Hawaii at Manoa
- Shixun Gui, Professor, Sociology Department, East China Normal University
- Weimin Hu, Population Health Analyst, Vancouver Island Health Authority
- Daniel Lai, Associate Professor, Faculty of Social Work, University of Calgary
- Ge Lin, Associate Professor, West Virginia University
Friends of the Centre

The Friends of the Centre on Aging are volunteers. While membership is made up of individuals, it also includes people representing not-for-profit agencies and organizations who have an interest in aging-related issues and who wish to support the research and educational activities of the Centre. The Friends of the Centre is a dynamic group that contributes to the Centre’s community involvement. They assist in the communication of research results by collaborating with researchers in the dissemination of new knowledge about issues surrounding aging. They also aid researchers with their projects.

One of the goals of the Friends is to see that each member’s skills and needs are closely matched to an activity. Following is a list of activities the Friends participated in during 2004.

- Management and governance of Friends of the Centre: review priorities and set goals
- Research Snapshots: summarize research findings into short, easy-to-read articles made available to a wide audience
- Research assistance to Centre faculty and students: assist with various research projects on an “as-needed” basis
- Hosting of social functions: help organize and host various social functions such as the Centre’s annual Community Forum, Planning Your Future Health Care: Advance Directives and Representation Agreements, as well as research gatherings, meetings and discussions
- Valued Elder Recognition Award (VERA): interview and assist in the annual award and its selection

One of the key activities of the Friends is the preparation of “Research Snapshots.” Snapshots are research papers summarized in lay person’s terms for distribution to the public. Further information on Snapshots is included under Knowledge Dissemination and Translation on page 21.
RESOURCES

Budget

The base budget of the Centre for 2004-2005 was $174,697 consisting of $139,505 in salaries (Director’s stipend, Research Coordinator, Administrative Coordinator, and Secretary) and $35,192 for general operation of the Centre.

Space

Currently, Centre on Aging operations occupy a total of 4300 square feet in the A Wing of the Sedgewick Building. In addition to this assigned space, some projects have negotiated time-limited access to space off campus. For example, the Promoting Action Toward Health (PATH) Project is a community-based health promotion research project taking place in the Hillside-Quadra, North Park and Saanich core areas of Victoria in partnership with the Blanshard Community Centre and the Vancouver Island Health Authority. Coordinators for PATH are housed at the Blanshard Community Centre and the project has an agreement to use the School District 61 L’Ecole Quadra Elementary Annex.

Satellite Office

Our satellite office in Ladner BC has moved into a newly renovated heritage building with 1800 square feet. The Ladner office has seven staff members and is fully funded through research grants received by Dr. Patrick McGowan. Dr. McGowan has been promoted to Associate Professor in the Faculty of Social Sciences.

Survey Research Centre

The Survey Research Centre (SRC) at the Centre on Aging has had a busy and productive year. Mandated to provide data collection services to University of Victoria and external researchers, with a broad definition of research, and to strengthen external ties to educational, government and not-for-profit agencies, the SRC has begun forging strong ties to these sectors. The SRC has also been charged to become self-sufficient through revenue generation to cover operating costs as well as capital requirements. Significant progress has been made in this area as well.

The SRC provided data collection services to a variety of internal (University of Victoria) and external customers. University of Victoria research projects between July 1, 2004 and June 30, 2005 included: an environmental scan to assess the need for a falls prevention training program in Canada (Is There a Need for a Canadian Falls Prevention Training Program?, Dr. Elaine Gallagher, et al.); a study of the challenges of seniors and transportation in the Capital Regional District (CRD) especially for senior drivers (Getting Around Town, Dr. Holly Tuokko); and the follow-up interviews of participants in the Promoting Actions Towards Health project (Dr. Neena Chappell).

A joint study to evaluate the effectiveness of road safety advertising campaigns in the CRD was completed for the University of Victoria – VIHA partnership through Dr. Richard Stanwick and the CRD Safety Committee.
Externally, the SRC conducted a variety of projects for other government organizations, including: two web-based surveys for the constituents of the City of Ottawa to provide budget consultation feedback in preparing the City’s 2005-2006 budget; a web-based survey of administrators, teachers and students in the Greater Victoria School District #61 to assess technology utilization in the schools (Technology and Learning Review, SD61); and a program evaluation of the BC NurseLine service for the BC Ministry of Health Services and the BC HealthGuide Program Evaluation Team (QUILTS).

Additionally, significant work has been applied to several studies that will take place in the 2005-2006 year. Among these projects are an extensive review of BC’s Fair Pharmacare program as it relates to seniors (Dr. Sebastian Schneeweiss, Brigham and Women’s Hospital, Boston, MA), and a pilot project to identify benefits of nursing intervention calls to socially isolated seniors in the province (Making Meaningful Connections, Dr. Denise Cloutier-Fisher and Dr. Karen Kobayashi).

The SRC completed the 2004-2005 fiscal year with a carry-over of $63,456 from revenues net of operating expenses. Contributions to the self-sufficiency of the Survey Research Centre, to the Centre on Aging and to University of Victoria in general are expected to continue in the next year.

RESEARCH

The mandate of the Centre is to conduct research on aging. Three of the Centre’s six specific objectives focus on stimulating, facilitating, and conducting research. Although other goals such as disseminating knowledge about aging to the community and training research personnel are also pursued, the specific activities related to these domains are subsumed within the overall research orientation of the unit. Research conducted at the Centre spans basic to applied, quantitative to qualitative, laboratory to community, disciplinary to multidisciplinary, and large-scale to small-scale.

Michael Smith Foundation for Health Research Infrastructure Grant

In the fall of 2002, the Centre applied for funding to the inaugural competition of the Research Unit Infrastructure Program of the Michael Smith Foundation for Health Research (MSFHR). The purpose of this program is to enhance British Columbia’s health related research enterprise by providing basic infrastructure support to research units to improve researchers’ productivity and competitiveness for national and international funding. Following a two-stage review process, the Centre was awarded a grant totaling $1,000,000 ($250,000 per year for 4 years). The grant runs from July, 2003 through June, 2007. A total of 18 University of Victoria researchers affiliated with the Centre participated in applying for this grant. An additional 14 external research affiliates of the Centre were involved as well. Funds from the grant are being used to support the research programs of these faculty with particular emphasis on the creation of new research teams and the development of new grant applications.

Since receiving the grant five qualified and nine associate health researchers have joined the program bringing the totals to 23 University of Victoria
researchers and 23 external and community research affiliates. With this growth numerous research partnerships and projects have begun. Drs. Denise Cloutier-Fisher and Karen Koybashi created a new partnership and are collaborating with the Ministry of Health Services, Children’s, Women’s and Seniors Health and the BC NurseLine to study the impact of a new and innovative outreach intervention to promote more appropriate health service utilization and improve health related quality of life and psychological well-being for socially isolated older adults. Dr. Karen Kobayashi, with student Deborah Morris, is collaborating with the Intercultural Association of Victoria to study the impact of a psychosocial educational senior support program for immigrants and refugees living in the Victoria area. Since acquiring the MSFHR Infrastructure grant, Dr. Holly Tuokko and Dr. Ryan Rhodes have collaborated on a number projects related to older adults and driving, including a research project to examine the nature of the relations among health conditions, health-related symptoms, fitness and driving difficulties. Drs. Vicky Scott, Elaine Gallagher and colleagues have received $300,000 to develop and evaluate a “Falls Prevention Curriculum for Canadian Practitioners” from Health Canada.

One research direction that was not anticipated in the infrastructure grant application was establishing partnerships with our colleagues in the fine arts. The collaborative and funding opportunities began to be developed in the first year and are now a part of our research program. During the last year, the Centre on Aging has develop a relationship with the Theatre Department in an effort to explore how the arts can be used as a method for data collection and the dissemination of research findings. In spring 2005, the Centre on Aging hosted an informal seminar in which Juliana Saxton, University of Victoria Professor Emeritus of Theatre and Trudy Pauluth Penner, MSFHR Associated Researcher presented a paper on the partnering of research and the arts. This has led to ongoing talks and plans for fall 2005 grant proposals to be submitted by Drs. Tuokko, Cloutier-Fisher and Rhodes in collaboration with applied theatre specialists. In addition, in June 2005, Dr. Phyllis McGee, the Centre’s Health Research and Community Liaison Officer, attended an international conference focused on the Arts in Health Care. A substantial component of the conference was geared to research and research methodologies. Dr. McGee returned having established both national and international contacts with knowledge of and access to resources to promote and support new opportunities for research and research dissemination.

The desire to strengthen the research relationship with VIHA has grown dramatically during the past year. Dr. Lucia Gamroth is now collaborating with staff in Housing and Community Resource Development at VIHA and Oak Bay Lodge to study the impact of a 22 bed convalescent Care Unit designed to serve hospitalized seniors who have been identified as having the potential to improve function if given an additional 4-6 weeks of convalescent care following a hospital stay. Dr. Kelli Stajduhar is collaborating with Darcee Bidgood (VIHA), Dr. Leah Norgrove (VIHA) and Heather Cook (VIHA) to submit a grant application examining the quality of end of life care provided in various health care settings in BC. Dr. Elaine Gallagher has partnered with Ron Yee, Medical Research and Quality Improvement for BC Ambulance Service (BCAS), and Heather Dunne, VIHA, Central Island in Ladysmith to submit a grant application to evaluate a clinical model for reducing falls and related injuries among at-risk community dwelling seniors age 75 and over. Dr. Patricia MacKenzie is partnering with Liz McCarter at VIHA and Bonnie Blacklock and Doug Nutting at Victoria Recreation Integration to study the impact of increasing leisure participation rates and engagement in physical
activities at community centres on the quality of life, social isolation, loneli-
ness, affect and leisure competence of socially isolated seniors and persons
with disabilities. Dr. Phyllis McGee and Diane Allan partnered with Vicki
McNulty, Manager of Adult Day programs, VIHA, to conduct a pilot project to
study the current state of adult day centres in VIHA South Island. Drs. Francis
Lau, Mary Ellen Purkis, and Patricia MacKenzie have collaborated with Dr.
Peter Kirk, Research and Evaluation at VIHA to create a new interdisciplinary
team to engage in research and training in effective communication through
end-of-life and palliative care transitions.

Finally, training of researchers in dissemination will be part of our next year’s
growth. A workshop on knowledge transfer is being planned to assist re-
searchers in making their findings available to policy makers and professionals
as well as academics and the lay public. Items incorporated into the program
will include traditional and nontraditional methods of communications, new
approaches to traditional methods, and resources for nontraditional
dissemination.

RESEARCH PROJECTS

In 2004-2005, there were a total of 52 active research projects supported by
a total of $17,768,313 from various external funding agencies. Appendix B
provides a complete listing of projects including new, ongoing, and completed
research grants. Brief summaries of five ongoing projects are given below to
illustrate the type and range of projects being conducted.

◆ New Emerging Team Project: Family Caregiving in Palliative and
End-of Life-Care

Principal Investigators: Kelli Stajduhar, Centre on Aging, Robin Cohen, McGill
University
Co-Investigators: Neena Chappell, University of Victoria, Priscilla Koop,
University of Alberta; Daren Heyland, Queen’s University; and Allison Williams,
McMaster University.

Funded By: Canadian Institutes for Health Research (CIHR)

The overall aim of this 5-year NET program of research is to enable those
family members who wish to provide end-of-life care to do so without endan-
gering their own health. The specific objectives are to:

1. Develop the evidence required to optimize the family caregiver experience
during caregiving for the terminally ill and bereavement to minimize the
associated long-term health consequences.
2. Inform the development of health services and policies in the area of
palliative caregiving.
3. Support and train people who appreciate the benefits of interdisciplinary
research to become independent investigators in palliative and end-of-life
caregiving.
4. Develop best practices and policies for palliative caregiving research.
5. Create a network of interdisciplinary investigators from different
institutions and provinces that result in collaboration beyond the life of
the grant to continue to advance these objectives.

“All of this work is supported by the very capable research staff that work with the New Emerging Team.”

Family Caregiving in Palliative and End-of Life-Care
Another aspect of this program of research involves the training of future researchers in the area of palliative and end-of-life care. Over the 5 years, up to 4 PhD students and 1 post-doctoral fellow will receive funding to participate in all aspects of the research program. As well, Dr. Mary Ellen MacDonald, McGill University, will join the research team as a new investigator beginning in July 2006-2007. Mary Ellen is currently completing her post-doctoral studies in pediatric palliative care under the supervision of Robin Cohen.

Dr. Stajduhar will be completing interviews with family caregivers of patients with Alzheimer’s disease and end stage cardiopulmonary disease to learn how they cope with the demands of end-of-life caregiving; and Drs. Stajduhar and Heyland will be completing a systematic review of communications in end-of-life care. All of this work is supported by the very capable research staff that work with the NET. Diane Allan is the full-time Research Associate with the NET and Shelly Waskiewich works part-time for the NET as a Research and Administrative Assistant.

A website outlining Kelli’s end-of-life research program has been developed and the website is available at www.coag.uvic.ca/eolcare.

◆ Individualized Care for Dementia Sufferers in Long-Term Care – What’s Best for the Resident

Principal Investigator: Neena Chappell, Centre on Aging
Co-Investigators: Colin Reid, Okanagan University College and Helena Kadlec, University of Victoria
Collaborators: Marilyn Bater (VIHA), Jessie Gish, University of Calgary, and Mike Hunter, University of Victoria

Funded By: Canadian Institutes for Health Research (CIHR)

The term individualized care has come to characterize the thinking about best practices for persons with dementia living in long-term care institutions. It can be defined as an interdisciplinary approach which acknowledges elders as unique persons and is practiced through consistent caring relationships. Yet, until recently, there were no reliable scientific measures of individualized care, nor studies that empirically assessed the benefits of this approach for institutionalized seniors that measured both the care provided and the outcomes of the care for persons with dementia over time. Using measures of individualized care developed with funding from the Alzheimer Society of Canada, this study, together with 20 long-term care facilities in 3 regions of the province (Vancouver Island, Vancouver Coastal, and the Interior) will assess the relationship between the care provided and outcomes for persons with dementia. New admissions to the facilities with a primary or secondary diagnosis of dementia will be assessed at admission, 6 and 12 months later in terms of their affectivity, expressive language skills, agitation, social skills, physical functioning and cognitive functioning. The effect of various aspects of individualized care (including knowing the person, autonomy and choice, staff to staff communication, and family involvement) while controlling for other dimensions of care (such as admission/preadmission procedures, the physical environment, and physical and chemical restraints), institutional characteristics (such as size or whether it is an SCU or not) as well as resident characteristics (such as health, age, and gender) will be examined. The study will not judge one facility as being better or worse than another. Rather, the study aims to identify the
care practices that result in the best outcomes for the residents with dementia so that all facilities will be able to implement them. Data collection for time 1 begins in September 2005.

◆ Caregivers: Why Some Cope Well

Principal Investigator: Neena Chappell, Centre on Aging
Funded by: Social Science and Humanities Research Council of Canada

Within gerontology, there is a longstanding recognition of caregivers and much emphasis on stress and burden experienced by these individuals. Yet a close look at data from large samples of caregivers and representative samples of caregivers show that, at any one time, the majority of caregivers are not overly burdened. Indeed, while most experience some burden, most do not report extreme burden, and most report it as sporadic rather than chronic. This raises the question, who are the minority of caregivers who cannot cope with caregiving and are at risk? Can we learn from those who cope well in this role to assist those who are not? The major emphasis within gerontology on the negative aspects of caregiving, the stresses and burdens, means that we know less about how caregivers cope, and cope well. To help shed light on these questions, this study recruited only caregivers under heavy demands and interviewed them extensively at the start of the study and one year later. This design allows us to examine how their coping changed over time. Primary data show that personality factors such as resilience and neuroticism have much to do with how well caregivers cope and with their style of coping. Since coping strategy is something that can be learned, individuals can be assisted in this arena. The change data are just now being analyzed.

◆ Transportation and Transit Use in Later Life

Principal Investigator: Holly Tuokko, Centre on Aging
Co-Investigator: Phyllis D. McGee, Centre on Aging

Funded and supported by: Capital Regional District Traffic Safety Commission, BC Transit and Silver Threads

In today’s western society, driving plays an important role in the lives of older adults. It provides independence, freedom, flexibility and convenience to go where they want to go, when they want to, without having to engage in excessive planning or dependency on others. Yet, as older adults experience the natural physical changes of aging and are at increased risk for illnesses that impact safe driving, maintaining mobility may become an increasing concern and potential source of anxiety. Finding effective ways to ease the transition from driving to alternative forms of transportation (if and when necessary) may reduce the often reported difficulties experienced by older drivers who may no longer be able, or choose, to drive.

The Center on Aging at the University of Victoria, with support from CRD Traffic Safety Commission, BC Transit, and Silver Threads is conducting a two phase study to examine the transportation habits of older adults. The purpose of this study is fourfold: (a) To determine the current modes of transportation used by older adults from a broad range of socio-economic status levels and living in the Victoria or Saanich municipalities of the CRD; (b) to determine the reasons given by older adults for not using public transportation; (c) to study

“ . . . the results of this study provide a strong foundation for future investigations focused on improving older driver safety . . . ”
the impact of a free bus pass and/or participation in a transit training program on this population’s use of the public transit system, health, and transition from driving to using alternative forms of transportation; and (d) to gather preliminary data to support future collaborative proposals to obtain external funding for larger transportation projects.

In Phase 1, which took place earlier this year, participants provided information on their current modes of transportation, their health status and behaviours, and reasons for using or not using public transit. Phase 2 of the project is now underway and for the next year, researchers will be collecting data on the impact of a 2-hour transit information session and bus pass on older adults’ use of the public transit system, health, and transition from driving to using alternative forms of transportation.

This research will help us examine transportation use among older adults and understand how alternative methods of transportation can be effectively introduced to provide options for older drivers. Specifically it will inform us of the impact of a transit information session and bus pass on: (a) transit use; (b) the transition from driving to using alternative forms of transportation; and (c) related health status and behaviour. It is anticipated that this information will contribute to the continued mobility and health of older adults through developing effective ways to ease the transition from driving to accessing alternative transportation.

◆ Action Schools! BC: A multi-health outcome physical activity program for children and youth in BC.

Principal Investigator: Heather McKay, Faculty of Medicine, University of British Columbia
Co-Investigators: Ryan Rhodes, University of Victoria, Darren Warburton, School of Human Kinetics, University of British Columbia, Byrna Kopelow, Premier’s Sport Awards

Funded By: Provincial Health Services Authority

Action Schools! BC is a response to the current crisis in children’s health and concerns about academic achievement. Findings released in the Canadian Fitness and Lifestyle Research Institute’s 2001 Physical Activity Monitor state that in British Columbia, 58% of youth aged 12-19 are not active enough for optimal growth and development. Action Schools! BC aims to decrease physical inactivity and develop a foundation for healthy living amongst school-aged children that will decrease the incidence of obesity and tobacco use, and offset the risks of developing osteoporosis, cardiovascular disease, diabetes and a host of other chronic diseases.

The incorporation of a systematic evaluation of health, academic, and implementation outcomes during the Action Schools! BC pilot contributed to the creation of a sustainable model that can be implemented on a wide scale. The pilot addressed multiple health benefits with a focus on improving overall health and well-being, and also provided a documented link between a healthy child and healthy learning.

Action Schools! BC’s Four Health Targets:
Healthy Bones, Healthy Heart, Healthy Muscles, Healthy Self

The Action Schools! BC materials and school-based resources have been developed and selected based on four health targets that incorporate the
At present, there is no synthesized description of data available for human health and air pollution research in this region, nor is there a coordinated data collection strategy.

◆ **Geographic Data for the Georgia Basin Puget Sound International Air Shed**

Principal Investigator: Peter Keller, Department of Geography  
Co-Investigators: Denise Cloutier-Fisher, Centre on Aging, University of Victoria, R. Copes, BC Centre for Disease Control, B. Klinkkenberg, University of BC, and others

Funded by: Health Canada

A broad range of information on air quality, pollution sources, geographical features and socioeconomic characteristics has been collected throughout the Georgia Basin and Puget Sound airshed by different levels of Canadian and American governments, working groups, researchers and consultants. This project will bring existing data together as a single geo-database for the entire air basin and adjacent marine environments. At present, there is no synthesized description of data available for human health and air pollution research in this region, nor is there a coordinated data collection strategy. This geo-database will provide more refined and accurate estimates of exposure levels of the populations in the area, and reduce the error of risk assessment. The database will also identify data gaps and provide direction for future data collection efforts as well as become a significant resource for future projects in both the Canadian and American areas of the basin region.

**Publications**

Scientific publications are one of the main “products” of researchers at the Centre. A complete list of publications by University of Victoria Centre on Aging Research Affiliates is provided in Appendix C.

**Collaboration and Networking**

Faculty affiliated with the Centre have an extensive history of collaboration both within and outside of University of Victoria. Within the University, multiple research clusters are currently active, many of which are supported by external research grants. Some collaborative clusters with a significant history of working together include: Drs. Hultsch, Strauss, and Hunter; Drs.
In addition to collaborations within University of Victoria, research affiliates of the Centre also have an extensive history of networking and collaboration with colleagues from across Canada and the rest of the world. As part of our effort to network with international colleagues, the Centre has hosted a number of visiting scholars for periods of several weeks to a year. In 2004-2005, Dr. David Bunce, Senior Lecturer, Goldsmiths College, University of London, U.K. spent time at the centre.

Finally, the faculty affiliates of the Centre also collaborate extensively with community researchers, including physicians and professionals in various health authorities and other organizations. We have found that the recently funded infrastructure grant, as well as the emerging Island Medical Program has resulted in increased collaborations with community researchers. Our links to VIHA represents an important community collaboration that has strengthened through the infrastructure grant. (Please refer to the MSFHR Infrastructure Grant information on page 13). Funds from this grant are being used to support research and liaison staff that are facilitating collaboration with researchers at VIHA and other community organizations. Similarly community organizations such as BC Transit, CRD Traffic Safety Commission, Garth Homer Society, Intercultural Association, Recreation Integration and Silver Threads are partnering with our affiliates to support health research in the community.

**BC Network for Aging Research**

The Centre has contributed to the development of the BC Network for Aging Research (BCNAR). The network, funded by MSFHR, offers membership to research producers and consumers throughout the province. The BCNAR is committed to the MSFHR’s Network Infrastructure Program goals of fostering research communication and collaboration “...across disciplines, research streams, institutions, organizations and regions.” This is reflected in the leadership model that has been chosen which includes an Executive Committee comprised of the original five co-leaders who developed the proposal (B. Lynn Beattie, physician, Director, Alzheimer’s Clinic, UBC; Gloria Gutman, social/environmental psychologist, Director, Gerontology Research Centre, SFU; Dawn Hemingway, Assistant Professor, Social Work Program, UNBC; David Hultsch, life span developmental psychologist, Director, Centre on Aging, University of Victoria and Andrew Wister, social demographer, Chair, Gerontology Department, SFU). As aging-related research develops at UBC-Okanagan campus, an additional individual will be appointed, thus providing representation from all five of the province’s regional health authorities.

Another MSFHR network that Dr. Cloutier-Fisher is involved with is the BC Rural and Remote Health Research Network. The new network was developed through consultations with researchers, health care service providers, and policy-makers from throughout the province. Nearly 300 northerners participated in the initial development, including residents of Prince George, Quesnel, the Robson Valley, the North and South Peace, Fort Nelson, Vanderhoof and Burns Lake, the Bulkley Valley, the Northwest, and both the North and Central Coasts.

In its initial phase the network plans to provide initial funding to establish new research projects, expand access to research assistants, disseminate research
results to people in the field through the development of a new website, and host an annual conference to bring together researchers, share research findings, and identify additional needs for research.

Another networking and collaborative opportunity arose when the CIHR Institute of Aging (IA) introduced a series of Regional Seniors’ Workshop on Research (RSWR) across Canada after a National Seniors’ Forum on Research in May 2003. The Centre was involved in planning the regional meeting in BC held in March. The IA wanted to know what are the needs and the priorities in terms of aging research across Canada from the perspective of seniors and seniors’ organizations. The IA also wants to connect with Canadian seniors, seniors’ organizations and service providers, and find ways to stay connected. The Pacific regional workshop was active, interactive and relevant to seniors and those who work with seniors.

KNOWLEDGE DISSEMINATION AND TRANSLATION

One of the specific objectives of the Centre is to disseminate knowledge on aging to scientists, practitioners, and the public. A related objective is to promote the translation of research findings into interventions, services, products, and policies relevant to older adults. We have attempted to achieve these objectives via a number of mechanisms designed to reach different audiences.

Presentations at Meetings of Professional Organizations

Presentations of research at meetings of professional organizations represent one major mechanism for sharing research findings with other scientists and professional practitioners in the field of aging. The Centre participated in diverse meetings such as: 16th Annual Edmonton Palliative Care Conference, 1st conference of the Canadian Association for Health Services and Policy Research, 25th Annual Conference of the National Academy of Neuropsychology, 5th International Nursing Research Conference of Japan Academy of Nursing Science, Annual Meeting of the Society for Social Problems, Annual Meetings of Population Association of America, BC Cancer Agency Annual Cancer Conference, Canadian Diabetes Association CSEM Professional Conference and Annual Meetings, Canadian Organic Growers Conference, First Nations Nursing Conference. For a complete list of presentations at meetings, please refer to Appendix E. University of Victoria Research Affiliates of the Centre have presented approximately 147 papers at scientific meetings in 2004/2005.

Visiting Scholar

Dr David Bunce, Senior Lecturer at Psychology Department, Goldsmiths College, University of London, visited the Centre on Aging in April, 2005. His research focuses on neuropsychological and physiological factors in relation to cognitive function in old age. He is collaborating with Drs. Hultsch, Strauss and Hunter to investigate age and reaction time inconsistency, with the goal of identifying early behavioral indicators of cognitive decline.
Conferences

Annual Scientific and Educational Meeting of the Canadian Association on Gerontology

On October 21-23, 2004 the Centre served as the host organization for the Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Dr. Holly Tuokko served as Program Chair with Dr. Phyllis McGee as co-chair. The Planning Committee consisted of volunteers from the university community (faculty, students, staff) along with seniors and health professionals in the community. Over 750 professionals from around the world attended the conference held at Fairmont Empress Hotel and the Victoria Conference Centre. The theme of the conference was A Long Look at Later Life: Diverse Perspectives. Gary M. Kenyon, PhD was one of the keynote speakers and his talk was entitled Biographical Aging: Many Stories Tell the Tale. Dr. Rejean Hebert, MD M Phil., was another of the keynote speakers and his talk was entitled Living Longer: Implications for Healthcare in Canada. Also, Anne Martin-Matthews, PhD gave a keynote entitled A Long Look at Later Life: the Lens of Social Science, a Focus on Time. Dr. Elaine Gallagher hosted the closing panel entitled Body, Mind and Spirit: Achieving Balance in Later Life with Geri Hinton, noted artist Ted Harrison, and Raging Granny founder Betty Brightwell. The organizing committee consisted of: Diane Allan, Henry Au, Marilyn Bater, Allison Bielak, Cyndi Brideau, Lindsay Cassie, Reba Chaplin, Pieter deGroot, Kim Dranchuk, Patricia Ebert, Lois Edgar, David Evans, Donalda Eve, Elaine Gallagher, Jessie Gish, Nancy Gnaedinger, Tessa Graham, John Gray, Karen Kobayashi, Frank Loomer, Penny MacCourt, Phyllis McGee, Carolyn Morris, Belinda Parke, AJ Raftan, Margaret Penning, Janice Robinson, Jan Robertson, Arlene Senft, Holly Tuokko, Kristine Votova, and Beverley Wilden. Apologies to anyone we have missed.

Planning Your Future Health Care: Advance Directives and Representation Agreements

On November 20th of 2004 the Centre on Aging co-sponsored a well atteded event on Advanced Directives with VIHA, University of Victoria Retirees’ Association, and Friends of the Centre. This was an all day event with keynote speaker Jay Chalke, Public Guardian and Trustee, giving a talk entitled: Making Decisions About Decisions: BC’s Health Care Consent and Personal Planning Laws. The legal framework for health care consent decision making in BC was outlined and topics included consent to health care, substitute consent by various types of decision makers including representatives, court appointed and temporary decision makers. The use of advance instructions or wishes made when capable on emergency and non-emergency situations was summarized in this address. Andrew Maxwell moderated a panel discussion headed by Marilyn Bater (physician), Jean McKinley (social worker), Fiona Hunter (lawyer), and Heather Thurston (nurse). After lunch there were several workshops given by Catherine Luke and Jennifer English (VIHA), Fiona Hunter (Horne Coupar) and Joanne Taylor (RARC).

National Congress of Chinese Canadians (NCCC)

The NCCC, which is an umbrella organization of over 300 Chinese associations and societies across Canada, held its 5th Annual Conference in Victoria from 17 to 19 September 2004. The Congress has financially supported a research project on Chinese seniors by Drs. Neena Chappell and David Lai. Some of the topics of discussion at the conference were the Revocation of CanadianCitizenships, Problems of Senior Immigrants from China, and Youth Chinese Canadians. The delegates visited the Government House of British Columbia, a National Historic Site of Canada. Visits to other national historic
sites were organized by Dr. Lai, a Research Affiliate of the Centre, and a BC representative on the Historic Sites and Monuments Board of Canada.

Community Forum

The 2005 Community Forum was held on February 17th and featured a Plenary Address by Dr. Valerie Kuehne. The topic was Generational Exchanges: Conflict vs Support. Workshop presenters and their topics were:

Moira Cairns: Families in Hospice Palliative Care
Marion Gracey: Supporting Grandparents Raising Grandchildren
Deborah Matheson: Age-Related Stereotypes
Barbara Mitchell: Sharing a Home Among the Generations
Lorraine Pelot: Promoting Harmony
Barbara Small & Barbara McLean: Family Caregiving

Informal Lecture Series

The Centre organizes a series of informal lectures by researchers from University of Victoria and visiting faculty from other institutions. This lecture series is directed toward professionals in the community and graduate students, although other groups such as faculty and seniors also attend. The following lectures were held in 2004 - 2005:

• November 26, 2004
  Moira Cairns, Research Assistant, NET Project, Centre on Aging, University of Victoria. Title: “Hospice Palliative Care Bereavement Services in Canada: Why Should We Care?”

• January 12, 2005
  Denise Cloutier-Fisher, PhD - Assistant Professor, Department of Geography & Centre on Aging. Title: “The Need for Help Among Stroke Affected Person”

• March 9, 2005
  Juliana Saxton, Professor Emeritus of Theatre, and Public Orator for University of Victoria & Trudy Pauluth-Penner - Associate Health Researcher, MSFHR, Centre on Aging. Title: “Arts & Research: Partners in a Dance of Discovery”

• May 11 & May 25, 2005
  Heather Thurson, Advance Decision Making Consultant. Title: “Order in the House: If & When my Affairs Becomes Yours”

Laura Funk, Research Associate at the Centre on Aging also hosted a series of Student Lunches:

March 16, 2005  “Writing as a Form of Inquiry”
May 23, 2005  “What is Good Grounded Theory?”

“This lecture series is directed toward professionals in the community and graduate students, although other groups such as faculty and seniors also attend.”
The Centre on Aging sponsored three highly successful *Train the Brain* workshops led by Guy Pilch and Michelle Bass. These courses have helped dozens of people dramatically improve their brain performance and boost their memory. Sessions were called “Use it or Lose it” and “Brush up your Brain Power,” and we were kept busy finding bigger rooms to accommodate the ever growing registrations for these workshops.

**Research Snapshots**

Research Snapshots are summaries of research papers translated into layman’s terms by the Friends of the Centre for distribution in the community. The following Snapshots were prepared from July 1, 2004 to June 30, 2005:

- Predictors of Anticipating Caregiving in Multigenerational Families: An Exploratory Study, Beverly Timmons, July 2004
- Cognitive Decline in High-Functioning Older Adults: Reserve or Ascertainment Bias?, Andrew Maxwell, July 2004
- Ethical Issues in Geriatric Medicine: A Unique Problematic?, Andrew Maxwell, July 2004
- In the Middle: Parental Caregiving in the Context of Other Roles, Andrew Maxwell, August 2004
- Long-Term Care Restructuring in Rural Ontario, Andrew Maxwell, August 2004
- Sociology of Aging in Canada: Issues for the Millennium, Andrew Maxwell, August 2004
- Comparative Costs of Home Care and Residential Care, Andrew Maxwell, October 2004,
- The Politics of Health Care Policy: The United States in Comparative Perspective, Andrew Maxwell, January 2005,
- Lay Perceptions of Neighbourhood Health, Daphne Chazottes, January 2005
- Variations In and Factors Influencing Family Members’ Decisions for Palliative Home Care, Daphne Chazottes, June 2005

**Valued Elder Recognition Awards (VERA) and International Day of the Older Person (IDOP) Lecture**

The Valued Elder Recognition Awards (VERA) became part of our International Year of the Older Person celebrations in 1999. The intent of the award is to celebrate seniors in our community who volunteer and make a difference in our community. Nominations are accepted from the community and award recipients are chosen by a committee including seniors, Centre faculty and staff, and individuals from the community. The awards are given in conjunction with the annual International Day of the Older Person public lecture October 1st. The 2004 award recipients were Daphne Chazottes and W. Lawrie Neish.

The 2004 IDOP lecture was given by Dr. Elaine Gallagher, Professor, School of Nursing, on “An Ecological Perspective of Aging: How environments facilitate or hinder well-being as people age.”
Public Lectures and Media Contacts

Faculty, staff, and students associated with the Centre frequently give public talks. The lectures cover a variety of topics from a general description of the activities of the Centre to specific research projects and related results in particular areas of interest. As well, researchers affiliated with the Centre are contacted by local, national, and international media outlets concerning their research.

Talks are given to a wide range of audiences from students, parishioners, business people, volunteers, government workers and healthcare service providers to staff and members of community associations, foundations, non-profit societies.

Centre Bulletin

The Bulletin has evolved from a paper only document to a web-based newsletter published twice a year. The Bulletin is a method of communicating research findings and studies in a lay format, advertising lectures and sharing information about the evolving activities at the centre. It is assembled and edited by the MSFHR secretary with input from the Director, Administrative Coordinator, faculty, seniors, students, project staff, and Research Coordinator. The Bulletin is distributed to the following audiences: (a) seniors, professionals, and individuals in government in the local community, (b) academics locally, nationally and internationally, and (c) not-for-profit and lobby groups locally and nationally.

Website

The Centre on Aging was one of the first departments on campus to have a website — and it was the first research centre to have one. The website met with its first major crisis this year in October requiring a new location and major revitalization to be completed in the summer of 2005. Plans for another update to improving the website are slated for the fall of 2005. At that time we hope to include video recordings. Our long term plans envision the inclusion of interactive events that would allow individuals (especially those with mobility problems) to use the website as a means to attend various functions such as the Community Forum. Our website address is: www.coag.University of Victoria.ca.

COMMUNITY INVOLVEMENT

Staff and faculty affiliated with the centre on Aging are also involved in a variety of community efforts to improve the health and quality of life for older adults.

Dr. Elaine Gallagher serves as chair of the Biological and Health Sciences Division of the Canadian Association of Gerontology.

Lois Edgar sits on the Elder Friendly Community Network planning committee and is responsible for communications. Staff and researchers affiliated with the Centre share information at the monthly breakfast meetings and establish new links within the community with organizations dedicated to working collaboratively to enhance the communities capacity to respond to the needs of older adults.
During the past year, Dr. Phyllis McGee has represented the Centre on Aging on the Embrace Aging Committee, a committee established by the Greater Victoria Eldercare Foundation to organize and sponsor a community wide series of events during March 2006 to put a spotlight on growing old and increase knowledge and open-up dialogue on aging and the tremendous abilities, talents and personalities of older adults in our communities. The Centre on Aging will host the key event, a fabric art exhibit in the Maltwood Museum and Gallery at University of Victoria of older adults towards the end-of-life

The British Columbia Psychogeriatric Association (BCPGA) is a provincial, professional, multidisciplinary association established to facilitate collaboration in practice, knowledge development, research and advocacy related to the psychogeriatric population (bcpga.bc.ca). Dr. Tuokko is a founding member of the organization and presently serves on the Research Committee whose objectives are to: 1) foster, promote, and facilitate the dissemination and utilization of research knowledge on mental health problems associated with advanced age; to foster, promote, and facilitate the development of research activities within the membership addressing psychogeriatric issues; to serve as a resource to the organization concerning the status of psychogeriatric research in British Columbia and in general.

The Centre often participates at local events in the community. An example from 2004-2005 is The Sea of Wellness, Health Conference for Older Adults which was held in June at the Shoal Centre in Sidney, BC. The conference offered workshop presentations, an information fair and a taste of therapies, i.e., acupuncture, reiki, and massage therapy. The event created community around wellness by bringing together interested parties from variable disciplines. The Centre on Aging and Department of Continuing Education shared an exhibit table at this event.

TRAINING

As a research unit, the Centre does not offer any courses, certificate programs, or degree programs related to aging. Nevertheless, consistent with the University’s Guidelines for Approved Research Centres, one of our objectives is to contribute to the research training of students, particularly at the post-graduate and post-doctoral levels.

Formal Programs

At the University of Victoria, students are normally admitted for graduate training by the teaching departments (e.g., geography, psychology, nursing, sociology). They must meet the degree requirements of the department and receive a disciplinary-based degree. A small number of students pursue multidisciplinary degrees by special arrangement. A total of 12 departments at the University offer training relevant to aging, with 19 advanced courses on aging and an additional 49 courses with a partial focus on aging. The Centre compiles an inventory of these instructional assets from the University Calendar and publishes it every two years to assist students and others interested in teaching on aging.
Research Affiliates of the Centre are extensively involved in training within their respective departments. They currently serve as primary supervisors for 23 master’s, 2 doctoral, and one post-doctoral student.

The following theses were completed in 2004-2005 by students whose advisor is a research affiliate of the Centre:

<table>
<thead>
<tr>
<th>Name</th>
<th>Degree</th>
<th>Supervisor</th>
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<tr>
<td>M. Cluff</td>
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<td>R. Bell</td>
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<tr>
<td>K. Nuernberger</td>
<td>MA</td>
<td>C. Benoit</td>
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<td>J. Gish</td>
<td>MA</td>
<td>N. Chappell</td>
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<td>A. Bielak</td>
<td>MSc</td>
<td>D. Hultsch</td>
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<td>J. Cotie</td>
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<td>P. MacKenzie</td>
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<td>M. Dale</td>
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<td>C. Vezza</td>
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<td>J. Sutherland</td>
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<td>J. Tan</td>
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<td>S. Vanderhill</td>
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<tr>
<td>Y. Wang</td>
<td>MA</td>
<td>Z. Wu</td>
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**Student Employment**

A substantial number of students at both the undergraduate and graduate levels are employed by Research Affiliates of the Centre or by the Centre itself in a variety of capacities. Students are hired as research assistants, interviewers, coders, data analysts, project coordinators and in other research-related roles. Most of these positions are funded by external research grants, but in recent years we have also employed students through a variety of other mechanisms such as coop programs, the Federal government’s summer program, and the University’s work-study program.

“Students are hired as research assistants, interviewers, coders, data analysts, project coordinators and in other research-related roles.”
Who you will find housed at the Centre on Aging's Offices

Updated June 2005
# New Research Grants Awarded in 2004-2005

<table>
<thead>
<tr>
<th>Principal Investigator</th>
<th>Co-Investigators</th>
<th>Title of Grant</th>
<th>Dates</th>
<th>Amount</th>
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<tr>
<td>C. Wolfson</td>
<td>P. McGee</td>
<td>Canadian Longitudinal Study on Aging, Developmental Activities – Phase I</td>
<td>2004-2008</td>
<td>$1,744,000</td>
<td>CIHR</td>
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<td>C. Wolfson</td>
<td>K. Stajduhar, E. Strauss, D. Hultsch &amp; others</td>
<td>Geographic Data for Georgia Basin Puget Sound International Air Shed</td>
<td>2004-2006</td>
<td>$69,000</td>
<td>Health Canada</td>
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<td>C. Wolfson</td>
<td>P. Keller</td>
<td>Study of Population Change and Public Policy</td>
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<td>R. Beajot</td>
<td>V. Scott</td>
<td>Stepping In: Preventing Falls in Long Term Care</td>
<td>2004</td>
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**Continuing Research Grants**

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<td>Families and Health Care: Explicating the Health Care Experiences of Heart Transplant Recipients and their Families</td>
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<td>D. Hultsch</td>
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<td>Inconsistency in the Cognitive Assessment of Patient Groups and Normal Adults</td>
<td>2003-2004</td>
<td>$1,068</td>
<td>President’s Committee on Faculty Research and Travel</td>
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<td>Z. Wu</td>
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<td>Study of Aboriginal Health in Canada</td>
<td>2003-2004</td>
<td>$3,938</td>
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<td>P. Zehr</td>
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<td>Cutaneous Nerve Stimulation to Reduce Spasticity and Improve Motor Coordination After Spinal Cord Injury</td>
<td>2002-2004</td>
<td>$180,000</td>
<td>Christopher Reeve Paralysis Foundation</td>
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<td>C. Benoit</td>
<td>F. Shaver</td>
<td>Health and Safety in the Sex Trade: Stage II Planning for a National Community-Academic Research Program</td>
<td>2003-2004</td>
<td>$18,000</td>
<td>CIHR</td>
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<td>Sponsor</td>
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<td>Funding Period</td>
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<td>E. Strauss</td>
<td>Long-Term Changes and Short-Term Fluctuations</td>
<td>2000-2004</td>
<td>$64,000</td>
<td>NSERCC</td>
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<td>M. McMahon, E. Strauss</td>
<td>Women Organic Farmers</td>
<td>1999-2004</td>
<td>$33,800</td>
<td>SSHRCC NSERCC</td>
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<td>M. Power, A. Molzhan &amp; 18 others</td>
<td>Measurement of Quality of Life and Health Aging</td>
<td>2001-2004</td>
<td>$1,864,634</td>
<td>European Commission Framework Competition</td>
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<td>N. Chappell</td>
<td>Survey Research Centre</td>
<td>2002-2004</td>
<td>$585,860</td>
<td>CFI/BCKFH/ University of Victoria</td>
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<td>E. Gallagher</td>
<td>Fall Prevention Among the Elderly Living in Long Term Care Settings</td>
<td>2002-2004</td>
<td>$200,000</td>
<td>Health Canada</td>
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<td>K. Kobayashi</td>
<td>Exploring the determinants of health status and health care utilization among Chinese and South Asian immigrant older adults in the Capital Health Region</td>
<td>2003-2004</td>
<td>$4,000</td>
<td>SSHRCC (IRG)</td>
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Appendix D

Articles Published in Refereed Journals


Appendix E

Presentations


Chappell, N., (2004). Measuring Individualized Care for Persons with Dementia, University of Hong Kong, Hong Kong.


Cloutier-Fisher, D. & Canessa, R. (2004). Co-organizer of the China Town Tour by David Lai with participation from the Geography Dept. and the Centre on Aging, University of Victoria, Victoria, BC.

Cloutier-Fisher, D. Lawrence, R. (Council for Senior Citizens) & Maxwell, A. (Oak Bay Lodge) (2004). Are we treating our seniors with Dignity? Talk TV with Moe Sihota; the new VI, Victoria, BC.


Koop, P., Cohen, R., Stajduhar, K. & Williams, A. (2004). Accrual issues in palliative care research: Difficulties and potential solutions. 15th International Congress on Care of the Terminally Ill, Montreal, QC.


Kluge, E.H. (2005). Queen Alexandra Hospital Conference on Health Care (panel on informed consent), Victoria, BC.

Kluge, E.H. (2005). Interior Health Authority video-conferenced teaching seminar, Competence and capacity in elderly populations, Victoria, BC.


Kuehne, V. (2005). Invited address; Centre on Aging Community Forum, University of Victoria, Victoria, BC.


Milliken, P. J., Gartner, J., Harder, N., MacFarlane, E., Ouellet, L., Stevenson, K., & Thrasher, C. (2004). Practice Education in Canadian Schools of Nursing. Paper presented at the Western Region Canadian Association of University Schools of Nursing, Kamloops, BC.


Prince, M. J. (2005). A National Strategy for Disability Supports: Where is the Government of Canada in This Social Project? Power Point Presentation for the Seminar Series - School of Rehabilitation Therapy, Faculty of Health Sciences, Queen’s University, Toronto, ON.


Prince, M. J. (2004). The How To’s of Graduate Work. Second Annual HSD Graduate Student Conference. Two-day-long workshops. University of Victoria, Victoria, BC.


Prince, M.J. (2004). Talking Politics, presentation to the Canadian Association for Students of Politics, Policy and Public Administration, University of Victoria Chapter, Victoria, BC.

Prince, M.J. (2004). The Role of a Dean, presentation to the New Academic Administrators’ Workshop, University of Victoria, Victoria, BC.

Prince, M.J. (2004). Thesis Proposals: A Declaration of Honest Intentions, presentation to about 30 graduate students at the The ‘How To’s’ of Graduate Work, University of Victoria, Victoria, BC.


Smith, D., Votova, K., Scott, V. & Gallagher, E. An Environmental Scan of Falls Prevention Initiatives in British Columbia. Process and Results. CAG ASEM, Victoria, BC.


Stajduhar, K.I., (2004). Palliative care services for seniors in our community. Presentation to the Saanich Church Wellness Group, Victoria, BC.


Tuokko, H. (2004). The Older and Wiser Driver: Self-Assessment and Education. Keynote address for the 4th Annual Gerontology Institute, Centre on Aging and Health & Saskatchewan Gerontology Association, Regina, SK.

Tuokko, H. (2004). Perceptions, Beliefs and Behaviors of Older Drivers. Presented as Distinguished Lecture, Centre on Aging and Health, University of Regina, SK.


Zehr, E.P. (2004) How adaptable is the nervous system? Recent advances in neuroscience with implications for rehabilitation. Presented to the Oak Bay Senior Community Centre, Victoria, BC.


Zehr, E.P. (2005) Recent advances in neuroscience with implications for stroke rehabilitation. Presented to the Mall Milers at Hillside Mall, Victoria, BC.