The Centre on Aging – a multidisciplinary research centre at the University of Victoria – contributes to the body of knowledge in aging. We conduct research in partnership with seniors and their families, community organizations, health care providers, and various levels of government. We also disseminate knowledge about aging, and provide impetus and direction to the University’s aging related activities.

Our specific objectives are:

- To add to the body of knowledge on aging by stimulating and conducting rigorous basic and applied research;
- 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;
- To contribute to the training of skilled research personnel;
- To facilitate communication and collaboration among scholars, practitioners, government officials, and older adults;
- To provide a focus and direction to the University’s and region’s aging related research activities.
Message from the Director

It has been a productive year and a half at the Centre on Aging (COAG). We have been fortunate to have received funding from the Michael Smith Foundation for Health Research (MSFHR) to support our research and training, and enhance university-community research partnerships. Many of the Centre affiliates and our community partners have benefitted from this grant which is highlighted in this report. The current MSFHR grant will expire in 2009 and we will be applying for its renewal in September 2008.

Researchers affiliated with the Centre are working on more than 50 million dollars worth of research funding in this reporting period (detailed in an addendum). Their research foci covers many leading edge topics including end-of-life, cognition and everyday problem-solving, health services utilization, remote and rural aging, caregiving and dementia care. Several programs of research are described in this report. Such programs are important as they build a knowledge base and serve to attract new faculty, students and public interest. Of particular note is the leadership provided by Neena Chappell, Margaret Penning and Holly Tuokko on the Canadian Longitudinal Study of Aging (CLSA).

With the support of our MSFHR Infrastructure Grant, we have formed the Centre on Aging/Continuing Health: A Network for Collaborative Research (COACH). The Centre and the Continuing Health Services Division of the Vancouver Island Health Authority (VIHA) have established terms of reference and we are developing the new relationship with two projects. Dr. Peter Stephenson (Anthropology) is collaborating with VIHA researcher Rosanne Beuthin and Malaspina professor Ann Holroyd on a project concerning medication use among seniors. Dr. Anita Molzahn is working with Vicki McNulty of VIHA and myself conducting a study of the impact of Adult Day Care on Quality of Life.

Our Centre is a member of the BC Network for Aging Research (BCNAR). The Network held a provincial conference and AGM in 2007 at the Morris J. Wosk Centre for Dialogue in Vancouver. The conference was entitled Building Health Research Capacity in BC: Utilization, Integration and Access to Health Data. BCNAR also worked with CIHR’s Institute on Aging to host the 2007 Summer Program in Aging (SPA) at Harrison Hot Springs. Our faculty and staff participated, using interactive theatre as a technique for teaching students from across Canada about collaborative research teams.

The Centre on Aging hosted a successful series of research events. We continued with our colloquia and added a Research Showcase. The Showcase was an exciting opportunity for researchers to share their work. The event was made possible through our MSFHR funding and was co-hosted by VIHA.

We also participated in Asian Heritage Month under the guidance of Dr. David Lai, Professor Emeritus. As well, the Centre co-hosted a free Public Forum with the BC Ministry of Health entitled Perspectives on Active Aging, at the BC Royal Museum. The featured speaker was Dr. Alex Kalache, Director of the Division on Aging and the Life Course with the World Health Organization (WHO).

As a Centre we are committed to conducting high quality research, to transmitting research knowledge to others who can use it to change policy, practice or improve quality of life, and to providing students with first class opportunities to study aging in a wide variety of disciplines. Thanks to all who have contributed to this mission.
Elaine has an international track record relating to research on falls and fall-related injury prevention among older people, as well as conducting research in gerontology, health promotion, community development, and elder abuse. Her research experience has proven invaluable to the WHO and PHAC research projects conducted in Canada. The reports and implementation plans that have arisen from these programs are already making a difference. Our community of Saanich was identified by WHO as an exemplary age-friendly city. Saanich has documented best practices and created an action plan for the next steps forward. The plan is being implemented and will be in place before 2010.
Denise brings expertise in the importance of place and how it relates to experiences of aging, how small communities respond to major restructuring, and the social determinants of health. Denise’s research looks at health, health care and health policy in rural and remote settings, as well as the effects of aging-in-place and in-migration on health and quality of life. Denise’s focus in this project was on the differences and similarities between rural and remote communities and urban centres as they relate to the key quality of life areas.

Holly’s knowledge gained from her examination of how people with mental health challenges cope and survive as they age brought a unique perspective to the project. Her recent work in the area of driving was useful in understanding the ways older people cope with transportation issues.

The key areas identified in both age-friendly projects as key to improving quality of life are: Outdoor Spaces & Buildings, Transportation, Housing, Respect & Social Inclusion, Social Participation, Communication & Information, Civic Participation & Employment, and Community Support & Health Service. Checklists for each of these areas have been developed to evaluate communities. The checklist can be used as a starting point to improve the age-friendliness of your community. All these documents are available online with the various agencies or at the Centre’s website.

Funding:

<table>
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<tr>
<th>Project</th>
<th>2006</th>
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<tr>
<td>World Health Organization (WHO) age-friendly cities project</td>
<td>$20,000</td>
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<tr>
<td>WHO age-friendly rural and remote communities project</td>
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<tr>
<td>Age-friendly remote and rural project</td>
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BC Ministry of Health, Public Health Agency of Canada
Kelli Stajduhar's research teams are made up of undergraduate and graduate students, clinicians and decision makers from provincial health authorities, and faculty at UVic and from across Canada. These research groups are looking at a number of issues related to end-of-life (EOL) care and family caregiving issues in palliative care. Kelli currently has a number of research projects underway. One project focuses on how family caregivers cope when providing end-of-life cancer care. This research seeks to balance the overwhelming emphasis on family caregiver burden and stress, and to examine factors that influence positive coping in end-of-life cancer care. Another project examines access to health care at the end-of-life. This research focuses on how home care nurses make decisions about the need for health services at the end-of-life, the factors that influence the ability of dying patients and their families to access health care, and whether interactions between home care nurses and family caregivers influence access to care at the end-of-life. A third project looks at family members’ perceptions of the quality of inpatient end-of-life care received based on where people die. The experience of families in intensive care units, extended care units, palliative care units, and acute medical care units are being
examined. This research seeks to determine areas needing to make improvements to the health care system within inpatient care settings so that high quality care is provided at end-of-life.

All of the research that Kelli does has a single aim: to improve the quality of life and quality of care for dying patients and the family members who care for them. Kelli’s experience caring for people at the end-of-life while working as a nurse has provided a powerful motivation to work toward changes in how end-of-life care should be given. Witnessing the needless suffering of those she cared for, along with her personal experience of losing her mother twenty years ago, triggered her to become a researcher. While still near the start of her career as a researcher, she has already documented best practices and discovered new ways to improve the quality of life at the end-of-life. This work has been accomplished while building the teams she works with.

Kelli and members of her research teams use questionnaires and personal interviewing to collect information from those at the end-of-life and their family members. Her team has found the use of personal interviews to be a particularly good way to get in-depth information from patients, family members and health care providers – information that sometimes a questionnaire cannot provide.

For more information of the EOL team and results from their studies, please refer to our website.

Funding:

- Improving quality of life and informing social policy in palliative care: Team infrastructure funding 2003-06 $356,000 National Cancer Institute of Canada
- Family caregiver coping in end-of-life cancer care 2004-06 $301,182 The National Cancer Institute of Canada
- Palliative care in Canada: The economic perspective 2004-06 $274,514 Canadian Institutes for Health Research
- Family caregiving in palliative and end-of-life care: A new emerging team (NET) 2004-09 $1,361,361 Canadian Institutes for Health Research
Students at the University of Victoria are very interested in transportation issues relevant to older adults. Many of these students are future researchers being trained from the psychological perspective by Holly Tuokko. Holly’s research team is made up of graduate students from various masters and doctoral programs.

One student, Janet Stepaniuk, began work on one of Holly’s projects, Group Travel Training and the Older Driver. Her involvement in this project spurred her to further examine the role of transportation for a healthy aging community from the perspectives of older adults, their caregivers, and community stakeholders as part of her Master of Science research. Janet plans to complete her thesis in 2008 and continue her education in a doctoral program. Her long term goal is to develop a program that will build on information gleaned from her master’s and doctoral research.

Holly’s team has observed that older adults who have taken part in the research have benefited in unexpected ways. Many seniors, who became aware of difficulties with their vision by taking part in the research, are now actively engaging in regular vision testing and report improvement in their ability to drive at all times of the day. They are making informed decisions on when, or if, to drive, as their knowledge of alternatives forms of transportation and their confidence has increased. This research puts control into the hands of older adults who can self-regulate their driving behaviours by avoiding difficult driving situations, using conservative driving strategies or other self-determined compensatory strategies related to their need to drive.

Holly’s transportation research is one component of a broader program of research that is fuelled by her very passionate desire to meet the challenges encountered by older adults. In addition to studying transportation issues, she is also working...
to develop and refine procedures for the early detection of cognitive impairment in older adults. This includes an examination of existing definitions of cognitive impairment, clarifying the factors influencing cognitive impairment and cognitive loss, and evaluating the psychosocial impact of cognitive impairment at different levels of severity. She is also looking at the impact that mental health problems have on functional abilities, such as financial management, end-of-life care planning and decision-making of older adults. In this research, the ways in which mental health problems, cognitive or otherwise, impact functional capacities and decision-making of an affected person is examined within the broader contexts of the family, the health care system, and the community. Ultimately she wishes to identify and evaluate specific psychosocial interventions designed to meet mental health needs of older adults.

**Funding:**

- **The Canadian driving research initiative for vehicular safety in the elderly (CanDRIVE)**
  - 2002-07
  - $1,250,000
  - Canadian Institutes for Health Research

- **Seeing is believing: Using social science theory to examine how theatre performance affects audience beliefs**
  - 2007-10
  - $98,735
  - Social Sciences and Humanities Research Council

- **On-road driving assessment of older adults: A review of the literature**
  - 2007
  - $4,000
  - Justice Institute of BC
Physical Well-Being & Aging

Physical well-being is an important part of our quality of life. E. Paul Zehr’s lab investigates how the nervous system impacts our quality of life by using elementary units of motor coordination within and between limbs. His team of researchers investigates this while providing student research training. Paul’s undergraduate students gain their first experience in conducting research and his graduate students work on honing their skills and developing experiments for their own research.

The Rehabilitation Neuroscience Laboratory’s main focus is the study of the neural control of rhythmic movement in humans with an emphasis on the role reflexes play in functional coordination of the limbs. The basic questions relevant to this focus have to do with understanding the nature and function of reflexes in the arms and legs, as well as how such reflexes may assist with coordination between the limbs during repetitive movements. Specifically, they conduct experiments looking at rhythmic limb movements controlled in part by collections of neurons found in the spinal cord and interactions between the brain, spinal cord mechanisms and sensory feedback due to movement of the arms and legs.

One of their current projects is focused on the connection between the arms and the legs while a person is moving. They are asking questions such as: What function do the arms have? How helpful are arm movements for recovering leg function in stroke victims? These are important questions since they will help discover the role arms play in mobility and improving mobility after a stroke.
Another project is centered on the nervous system and how it works and changes when the body is using an assistive device. How does the brain adjust mobility of the body when using an assistive device? Is this beneficial or more harmful to recovery? These questions will help determine whether assistive devices are useful or not. It will also provide information that may be used to create alternative assistive devices.

Both projects can change the paradigm of therapies to improve overall recovery after a stroke and can potentially help improve and provide information regarding mobility in the body for all ages, children to the elderly.

Funding:

Utilization of spinal circuitry and coetaneous feedback for recovery of walking after stroke 2005-09 $480,000 Heart and Stroke Foundation of Canada

Reflex mechanisms of motor coordination during rhythmic human arm movement 2003-08 $162,500 Natural Sciences and Engineering Research Council of Canada

Efficacy of coupled rhythmic arm and leg alternative to movement as an body weight supported walking training for recovery of walking after incomplete spinal cord injury 2005-2007 $35,000 Rick Hansen Man in Motion Foundation

Awards Scholar, Biomedical Research Pillar 2003-08 $400,000 Michael Smith Foundation for Health Research
Neena Chappell works with an international team of researchers focused on finding the best ways to support older adults with Alzheimer’s disease and other forms of dementia and their caregivers. The team works across cultures, Canadian and Chinese, and are sociologists (Colin Reid, UBC; Karen Kobayashi, UVic; and Andre Smith, UVic); psychologists (Kee-lee Chou, University of Hong Kong and Helena Kadlec, UVic); geriatricians (Howard Feldman, UBC and Claudia Jacova, UBC); and an epidemiologist (Malcolm Maclure, PharmaCare).

Two of Neena’s current research projects focus on people living with dementia, including Alzheimer’s disease, and their caregivers. The Individualized Care for Persons with Dementia in Long-Term Care Institutions project focuses on how to provide optimal care to persons with dementia. Because there is no known cure, an emphasis is placed on the mood and daily functioning of residents, that is, their quality of life. Using scientific measures of several dimensions of individualized care that Neena and her team developed in earlier research, this longitudinal project hopes to isolate the combination of factors that lead to best practices in this area. Family involvement, where possible, is an aspect of care that is receiving particular attention. There are 18 long-term care facilities on Vancouver Island and in the lower mainland of BC participating in the study, expected to be completed in the latter part of 2009.

Another program of research, the Alzheimer’s Drug Therapy
Initiative has several components. The Caregiver Appraisal Study will interview approximately 2,000 caregivers across the province to determine their perceptions of the effectiveness of Alzheimer medication for their family member and themselves. There is a worldwide void of research in this area where the emphasis to date has been on clinical effectiveness. This study is one of the first to address the “lived experience” of the medication currently being used to support people with dementia. A randomized control trial will examine the effectiveness of these drugs among those for whom there is currently an ‘indeterminant’ (or inconclusive) response to the medications. Another study component will assess the clinical epidemiology of the drugs for BC residents to determine more specifically who benefits, who doesn’t, who should switch to a different type of drug, and other related questions. Yet another study within this program of research will focus on whether there are cost savings in other parts of the health care system when individuals are prescribed these medications. All these studies are slated for completion by the end of 2010.

Funding:

Alzheimer’s drug therapy initiative (ADTI) 2007-11 $2.8 million BC Pharmacare
Filial responsibility across cultures 2007-08 $79,000 Social Sciences and Humanities Research Council
Timely access and seamless transitions in rural palliative/end-of-life care 2006-10 $798,915 Canadian Institutes for Health Research
Measuring individualized care for persons with dementia in long-term care facilities 2006-09 $94,000 University of Hong Kong
The goal of the Canadian Longitudinal Study on Aging (CLSA) is to study Canadian men and women between the ages of 45 and 85 over the next two decades and follow them over time as they enter the senior population. The study will examine healthy aging through a number of different disciplines, using micro to macro levels of organization and analyses.

Researchers from the Centre are involved as senior advisors and theme leaders. Neena Chappell, one of the five Senior Advisors, is an internationally recognized expert on aging and aging-related social issues.

Two of the four theme leaders are also housed at the Centre. Margaret Penning is the theme leader for the Social Health Working Group. The group will investigate social networks and social support, work and retirement, stability and change of place, structural inequalities, perspectives of aging as a social process, and basic social characteristics. Researchers, including Centre Affiliates like Denise Cloutier-Fisher, will be involved in this study.

The Psychological Health Working Group is led by Holly Tuokko. This group of researchers, which includes other Centre Affiliates like Stuart MacDonald, will look at psychological health. They will direct their inquiry to cognition, everyday competence, adaptive functioning, coping, personality, emotion, and psychopathology.

The development of the CLSA was initiated by the Institute of Aging, one of the thirteen
institutes of the Canadian Institutes of Health Research (CIHR). The CLSA is a key component of CIHR’s Canadian Life Long Health Initiative (CLHI) and is a cross-cutting strategic initiative that is part of the CIHR’s strategic blueprint. Designed to examine health transitions and trajectories, the goal of the CLSA is to identify modifiable factors that have the potential to be developed into interventions to improve the health of populations as they age. This initiative will enable research to move beyond a snapshot of the adult Canadian population to observe and understand the disease, disability and psychosocial processes that accompany aging.

The CLSA research team is led by Parminder Raina (McMaster University), with Susan Kirkland (Dalhousie University), and Christina Wolfson (McGill University). The information gathered will be available to help develop health and social policies that will benefit Canadians. Participants will know they are contributing to knowledge about the health and lifestyles of Canadians as they age, an important accomplishment when we consider that Canadians are living longer, and older people are making up a larger share of the population. It is estimated that by 2025, one in every five Canadians (20%) will be 65 years of age or older.

Funding:

Canadian longitudinal study on aging: Developmental studies - Phase 2

2006-08 $2,000,000

Canadian Institutes for Health Research
There are many ways the Centre on Aging is involved with the community – on and off campus. One exciting venture came out of the Embrace Aging Initiative in 2006 and is now an annual event at the university. The University of Victoria Retirees’ Association, with support from the President’s Office and the Centre, offer the Masterminds lecture series in April and May. These well-attended lectures are given by UVic retirees who have continued their life work, embraced a new passion, or transformed an avocation into their post retirement vocation.

In 2007 we did more with the UVRA and Masterminds. From April 13 through June 7, 2007, we hosted an art exhibit by the UVic retirees’ community in the Maltwood Art Museum and Gallery. The show highlighted the diversity and talents of twenty-two active artists: Anne Algard, Mowry Baden, Pat Martin-Bates, Anne Bushnell, Frank Churchley, Rachel Coward, Donna Danylchuk, Walter Dexter, Pat George, Donald Harvey, Jean Ives, Donald Lobb, Elizabeth Milton, Sophia Morrison, Walter Riedel, Margaret Simpson, Helen Smith, Kris Tangri, George Tiessen, Elizabeth Tumasonis, Pieter vander Leeden, and Jennifer Waelti-Walters.

**MASTERMINDS 2007 – A LECTURE SERIES BY UVIC RETIREES**

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<tr>
<th>Date</th>
<th>Speaker</th>
<th>Topic</th>
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<tr>
<td>April 13-June 7</td>
<td>Masterminds: An Art Exhibition by UVic Retirees</td>
<td>Is there art after sixty?</td>
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<td>April 11</td>
<td>Dr. Elizabeth Tumasonis</td>
<td>Does air travel make you sick? Aircraft cabin ventilation concerns</td>
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<td>April 18</td>
<td>Dr. Martin Hocking</td>
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<td>April 25</td>
<td>Dr. Mary Wynne Ashford</td>
<td>War as a preventable disease: The role of civil society in preventing war</td>
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<td>May 2</td>
<td>Dr. William Valgardson</td>
<td>The curious mind: An exploration of the creative process</td>
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Another collaborative endeavour is COACH. COACH is a research collaborative agreement between the Centre on Aging, and Continuing Health Services, VIHA, that is designed to promote effective relations between VIHA and UVic with respect to research, research education and academic exchanges. It is meant to enhance the health, care and social well-being of adults as they age by building research capacity. Assistance with linkages and partnerships, the research ethics approval process and an enhanced ability to uptake and utilize knowledge are just a few of the activities that will result in a better community for us all.

There is a great deal of similarity in both the university’s and the health authority’s research interests, even though our approach is often from different perspectives.

<table>
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<th>Identified Topics of Research Interest</th>
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<tr>
<td>UVic Centre on Aging*</td>
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<td>Health Services Redesign</td>
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<td>Mental Health, Addictions, Dementia</td>
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<td>End-of-life</td>
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<td>Senior-friendly places and services</td>
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<td>Fitness</td>
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<td>Caregiving</td>
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<td>Vancouver Island Health Authority**</td>
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<td>Health Services Redesign</td>
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<td>Housing</td>
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<td>Primary Health Care</td>
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<td>Aboriginal Health</td>
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* From a review of grants and publications
** Based on a computer survey of employees

We have agency buy-in at the senior management levels, a signed memorandum of understanding, terms of reference, a committed steering group, identified possible funds for continued development, a business plan draft, and two projects to demonstrate the value of the partnership. Dr. Peter Stephenson (Anthropology) is collaborating with VIHA researcher Rosanne Beuthin and Malaspina professor Ann Holroyd on a project concerning medication use among seniors. Dr. Anita Molzahn (Nursing) is working with Vicki McNulty of VIHA and Dr. Elaine Gallagher to conduct a study of the impact of adult day care on quality of life. In the upcoming year we look to finalize the business plan, conduct a membership drive, hire a development officer, and write funding applications to build infrastructure.
Community - University Connections

INFORMAL LECTURES

January 07  James Thornton  Guided autobiography
February 07  Laura Funk  Feeling responsible: Adult children with aging parents
April 07  E. Paul Zehr  Reflections on arms and legs and cats and dogs: Implications for mobility in healthy aging and after neurotrauma
May 07  Valorie Crooks  Embodied passage into a new life phase: women, daily lifeworlds and the onset of contested chronic illness
August 07  Samar Aoun  Who cares for people home alone with a terminal illness?
October 07  Margaret Cruikshank  The social construction of aging
October 07  Margaret Cruikshank  Healthy aging: Attitudes and alternative health care practices
October 07  Margaret Cruikshank  Feminism, aging, and critical gerontology: Dialogues & debates

INFORMAL LECTURE SERIES

Each year we offer our Informal Lectures Series. The talks cover a wide variety of topics and are given by our own researchers, visiting researchers from around the world, and community researchers. The community researchers are local and global, and come to us with differing perspectives and research questions.

FRIENDS OF THE CENTRE

Our volunteers, the Friends of Centre, become more involved in aiding our mandated goals every year. In 2007 they were successful in two new ventures. First, they embraced the ideas generated in the Age-Friendly Cities Project and set themselves the task of developing the Senior Friendly Business Award (SFBA). A subcommittee comprised of Elmer Berlie, Velma Haslin and Pat Kenny worked to develop the concept, a questionnaire and an evaluation process. The first annual SFBA was awarded in 2007 to Thrifty Foods in Sidney.

Second, the Friends were successful in a federal grant application from the New...
Horizons for Seniors Program. This funding is being used to deliver guided autobiography workshops where participants learn to explore their life stories in an evocative manner, setting the stage to share and subsequently write their autobiography. The workshops are framed for training participants who are interested in organizing and facilitating workshops in the community, as well as training interested individuals who would like to assist facilitators with activities in guided autobiography workshops. The workshop training covers information on the guided autobiography method and on collaborative group activities. These activities support lifelong learning, purpose and meaning in individual lives, validate wisdom and social well-being, facilitate transitions in family and social circumstances, and contribute to intergenerational awareness and community culture, as well as leave a legacy to their families.

These are exciting, new ventures for a dedicated group who began by, and continue to support our goal of sharing research findings in a meaningful way to improve the quality of life for seniors. The Friends are now an important part of the community face of the Centre. With their workshop series, they are partnering with many community groups we have worked with in the past and they are adding new community associates as they grow.
Students, graduate and undergraduate, are an important part of the Centre. They conduct their own theses and dissertations in the field of aging, work as research assistants on faculty research, and assist with Centre symposia and workshops. The list of students completing theses and dissertations related to aging is posted in our hallway and continues to grow each year. We are proud to say that students at the Centre have been successful in their bids for funding and often are recognized with awards. They are involved with the Student Connection provided by the Canadian Association on Gerontology (CAG), represent us at local, provincial and national events, and are the driving focus behind our Brown Bag lunch series. The Brown Bag series is an informal method of instruction and an opportunity for graduate students in aging to meet on a regular basis.

Students also come to us as volunteers, practicum students and Workstudy Program participants. For example, we have had third and fourth year Nursing students doing practice placements each semester of this reporting period. We are fortunate to have these students assist us with our events and research.

This reporting period is the first opportunity to acknowledge our scholarships. Three scholarships have been created and two have been awarded. The first scholarship to be created was the David Chuanyan Lai Scholarship with donations in honour of David Lai’s contribution to the university and the community. In 2006, Laura Funk received the award and in 2007 Rachel Dean was given the award.

The next scholarship to be created was the Neena Chappell Scholarship. This scholarship was started with a large donation from the Victoria Gerontological Association and continues to grow through...
**STUDENT SCHOLARSHIPS**

BCNAR Seed Grant, 2006  
Rachel Dean  
CIHR Canada Graduate Scholarship 2007  
Nicole Haugrud  
David Chuenyan Lai Scholarship 2006  
Laura Funk  
David Chuenyan Lai Scholarship 2007  
Rachel Dean  
Howard E. Petch Research Scholarship 2007  
Leslie Ritchie  
MSFHR Doctoral Scholarship 2005-08  
Allison Bielak  
Neena Chappell Scholarship 2007  
Janet Stepaniuk

**STUDENT AWARDS**

CIHR Research Grant Award 2007  
Rachel Dean  
CPA 2006 Certificate of Academic Excellence Award  
Janet Stepaniuk  
Institute of Aging 2007 Age Plus Award  
Rachel Dean  
National Honor Society in Psychology’s Psi Chi JP Guilford Undergraduate Research Award  
Janet Stepaniuk  
SSHRC Doctoral Fellowship Awards  
2006 Maya Santoro  
2007 Alexandra Silvester  
UVic Graduate Research Award, 2007-08  
Diane Allan

Donations from the community. The award was given for the first time this year to Janet Stepaniuk.

The third scholarship was created by our Chancellor Ronald Lou-Poy in memory of his mother Alice Lou-Poy. This scholarship is directed to Alzheimer Research and is a gift from the community and the Lou-Poy family. The first award will take place in the fall of 2009.

While we have supported student travel with the MSFHR infrastructure grant in the past, during this time we have opened the application process to all students in aging for a finite stipend ($500). The students were given the responsibility for applying, rather than their faculty advisors. Students who received funding during this time period include: Allison Bielak, Laura Funk, Janet Stepaniuk and Kristine Votova.
The Centre has maintained many of its regular activities and added a few new ones as opportunities have emerged. During this reporting period the research coordinator, Julie Shaver, left us and was replaced by Nicole Smith, who also moved to the Ministry of Health in December 2007. Our new research coordinator is Guiping Liu.

Our Advisory Board has also seen changes. Helen Simpson, a long time volunteer at the Centre, completed her second term on the board. Other members who are no longer on the board are Lorna Hillman, Mark Horne, Donna Kirk, Nigel Livingston, Andrew Maxwell and Martin Taylor, who was VP Research and an ex officio member of the board. The current VP Research, Howard Brunt, has now joined the Advisory Board along with Carol Bremner, James Thornton and Geri Hinton, the chair.

We added a number of new research affiliates: Alexandra Branzan Albu, Ann Bruce, Maneesha Deckha, Stuart MacDonald, Belinda Parke, Andre Smith and Rebecca Warburton.

With the leadership of faculty emeritus, David Chuenyan Lai, the Centre was involved in two events for Asian Heritage Month. Along with our community partner, Silver Threads Services and the Golden City Restaurant, we hosted a banquet featuring the Honourable Vivian Poy and held a panel discussion on immigrants. The first panel was about Asian Seniors and Women Immigrants. The panellists included Mrs. Edie Copland, Executive Director of Silver Threads Service; Dr. Vivienne Poy, Chinese Women Immigrants; Noreen Lerch (PhD Can), Punjabi Senior Immigrants; and Dr. Neena Chappell, Chinese Senior Immigrants. The second panel was on the Voice of Immigrants with panellists Dr. David Chuenyan Lai, Professor Emeritus, Centre on Aging UVic; Dr. Chi Zheng, Change Career to Survive in Canada; Ms. Jessica Celeste, Filipino Domestics, Registered Nurses and Bureaucracies; and Hansi Bhagwanani, Indian Women in Canada.

**Michael Smith Foundation for Health Research Infrastructure Grant**

With the help of our Michael Smith Foundation for Health Research (MSFHR) infrastructure grant, our health researchers have continued to receive help with team development, project management, ethics applications, literature reviews, teaching release and travel subsidies.

The collaborative workshop series continued with Collaborative research teams: Using drama to explore difficult situations. This 3rd workshop was presented November 2006 and February 2007. It focused
on some of the challenges encountered when participating on collaborative research teams. Warwick Dobson and his applied theatre students staged a “forum theatre” series of difficult team meeting scenarios.

The 4th collaborative workshop, Knowledge translation: Creating a win-win, was given in April and November, 2007. Presenters included researchers from UVic, VIHA, Vancouver Coastal Health, Ministry of Health, and the Institute of Aging, CIHR. The audience had an opportunity to engage in discussions on research to successful Knowledge Translation strategies, and what health researchers need to know about KT from a funding agency’s perspective.

Research Showcase

In June, 2007, the Showcase of Research on Aging highlighted the research of our MSFHR health researchers, their students and our community partners. This competitively reviewed paper and poster event was so successful that it will be held biennially (on odd numbered years) with our Community Forum continuing on the alternate years. The topics were varied and supported our MSFHR infrastructure goals of increasing our research productivity, expanding our research initiatives with community partners, and our capacity for training advanced research personnel.

BC Network for Aging Research (BCNAR)

Our Centre is one of the founding members of the BC Network for Aging Research (BCNAR), funded by MSFHR. We accommodate the Regional Liaison Officer (RLO) for Vancouver Island who works to bring together researchers from different disciplines, research streams, academic institutions, community based organizations and health regions. Sandra Lee, our RLO, started in May 2007 and has been involved with a number of events including the 2007 Summer Program in Aging (SPA) at Harrison Hot Springs. The conference was co-hosted with the Institute on Aging where masters, doctoral, and post-doctoral students with clinical and research experience in various disciplines in aging and health, gathered with experts and mentors in the field of health and aging research from across Canada. Our faculty and staff were pleased to remount the presentation Collaborative research teams: Using drama to explore difficult situations, giving students an opportunity to explore challenges they may face when participating on research teams. Prior to Sandra Lee joining BCNAR and the Centre, Joan McHardy acted as the RLO, assisting with BCNAR’s AGM and provincial conference, Building Health Research Capacity in BC: Utilization, Integration and Access to Health Data Health. Researchers and data custodians presented, debated and explored issues related to privacy, security, access, eHealth, and policies, along with related barriers and opportunities for health research in British Columbia.

Visiting scholars

We were fortunate to have two scholars come to visit us during this time. Markus M. Mueller, assistant professor of the English Department at the University of Trier, Germany, was the first to spend time at the Centre. He worked on his postdoctoral research project tentatively labelled Sixty and Beyond? Old Age and Aging in Current Canadian and American Novels. This is an interdisciplinary project supported by the Faculty Research Program of the International Council for Canadian...
Centre on Aging Activities

Studies. With a particular interest in ethnic, cultural and national differences, he is analyzing the relevance of the respective scenarios presented by writers of varying backgrounds and ages – asking whether old age is problematized in a more individual or a social context, as a phenomenon to be passively accepted or actively tackled by the aging subject. How realistic are these depictions? Can they contribute to a less prejudiced and more informed understanding of aging? Areas of his research that are of particular relevance for his project are Alzheimer’s, dementia, general changes (and beliefs) in memory function; cardiovascular health and disease; differences in ethnic and cultural backgrounds; nursing homes; intergenerational family relations and caregiving; nutritional knowledge and dietary intake; addiction and drug therapy; self-rated health, self-management of health behaviours, physical activity; and gerontological, social and community work. To facilitate this, he met with researchers at the centre and a number of our community partners.

Margaret Cruikshank, PhD (Loyola, 1969), is a lecturer in Women’s Studies at the University of Maine where she is also a faculty associate of the Center on Aging. She occasionally teaches at the University of Southern Maine. She came to the Centre as a Fulbright Scholar in 2007 where her senior specialist grant gave her an invaluable opportunity to advance her knowledge of aging, especially in the feminist and humanistic aspects of the field. She gave two informal talks at the Centre on Aging. These talks were open to scholars and staff and people from other campus programs. The first was on the social construction of aging, and the second was on healthy aging. Margaret spoke at a meeting of the Friends of the Centre, and with members of the Victoria community. UVic Women’s Studies invited her to lecture on queer theory and feminist gerontology. From this connection she was able to meet Farzana Doctor, an Indo-Canadian writer from Toronto who has been invited to give a reading the University of Maine in April 2008. This is a good example of the cultural networking made possible by Fulbright grants.

Valued Elder Recognition Award (VERA)

Two sets of VERAs have been given during this reporting period to very deserving individuals. In October 2006 the recipients were Betty Brown, Thelma Clark and Doreen Spring. Thelma has volunteered in Greater Victoria for over 58 years. Thelma was nominated by the staff and board of the Independent Living Housing Society of Greater Victoria (ILHS) where she has been volunteering since its inception 30 years ago. She is one of the ILHS founding members and has served in every role on the board except
Our community a better place. Betty’s volunteer work includes the Provincial Government Archives, Sandy Merriman House, and Abkhazi Garden. She currently shares her volunteer time between Transition House, Volunteer Victoria, Oak Bay Kiwanis Village, and Mount St. Mary Hospital. When Betty’s seasonal volunteering with the Music Conservatory and Pacific Opera is added to this list, you can clearly see the effort she is putting into making our community a better place for all of us. Betty’s friends at Victoria Women’s Transition House brought her name forward for this award since she has “donated over 2,000 hours to Transition House over the past ten years.” Betty is seen as a model, not just for other volunteers, but for staff and residents, because “like an ocean’s wave, she moves with purpose and is consistently energetic.” Similar comments were made by the other agencies where Betty volunteers. Her “true sense of compassion” and “willingness to take on different tasks . . . with her characteristic good humour” is an important part of their program delivery.

Doreen, our third recipient, has been volunteering in our community for over 42 years. As a true daughter of Victoria, she offers a wonderful perspective on how it has changed, and how the face of volunteering has changed over the years. Her nomination was put forward by the Vancouver Island Health Authority staff at the Victoria General Hospital (VGH). Her supporters specified her current volunteer work in the Child Life Department as well as her commitment to each of the hospitals in which she worked over the years. Doreen has spent time at the Gorge Hospital, Royal Jubilee Hospital, Queen Alexandra Centre for Children’s Health, and the VGH. Her current work at VGH in the Pediatrics Ward started 19 years ago and is where
she continues to enjoy being ‘mommy’ to young children. Doreen is willing to help wherever she is needed. She believes she “gets more than she gives” but to those whose lives she touches, she is capable and caring.

In October 2007, the VERA recipients were Kari Moore and William Young. Kari has been said to be “the heart and soul of the local Ukrainian community.” She is the president of the Ukrainian Business and Professional Association in Victoria and plays a leading role in community life including fundraising, celebrations, and the preservation of Ukrainian customs. She was the driving force behind the fundraising drive to establish a Ukrainian Studies Endowment at UVic, has facilitated educational programs for the Ukrainian Canadian Congress in Victoria, and has assisted in organizing an exhibit on the internment of Ukrainians during WWI at the Royal BC Museum. Her accomplishments are innumerable and it will have to suffice to say, in this short introduction, that Kari has dedicated her talents and energy into making a significant contribution to the community. “Kari has provided a bridge between Vancouver, Victoria and other cities in BC which brings people together, working for a common cause in a spirit of camaraderie and high achievement.”

William is a member of the Volunteer Program at VGH, and to date has contributed over 13,280 hours of his time and energy to the Emergency Department. In an environment that is often tense, unpredictable, and high-stress, William demonstrates calm leadership that reaches people of all ages. His kind words, reassurances, caring and simple thoughtful acts provide invaluable support to people who are frightened and confused. “Bill is a very caring and committee individual who truly makes a difference to the patients, families, visitors and staff in our emergency department.”

William diligently organizes the Red Cross medical equipment loan program, by ordering, stocking and providing access to walkers, wheelchairs, crutches and canes. He is also involved with the new PARTY program (Prevent Alcohol and Risk Related Trauma in Youth), helping students cope with the trauma they witness.

William’s varied experience has made him an important part of ViGH’s volunteer training program, where he helps new volunteers find meaningful involvement at the hospital.
In 2006 the IDOP lecture was given by Verena Menec, director of the Centre on Aging and an Associate Professor in the Department of Community Health Sciences, Faculty of Medicine at the University of Manitoba. She received a doctorate in social psychology from the University of Manitoba in 1995 and she currently holds a Canada Research Chair in Healthy Aging. Her main research interests lie in the areas of healthy aging and health care utilization among older adults, particularly at the end of life. Dr. Menec’s talk, Successful Aging: What does it mean and how do we do it? was based on her current research examining factors that determine activity levels in older adults. While physical activity is credited for lowering rates of illness and reducing hospitalization caused by falls, despite the benefits, most people do not meet the recommended standard of at least 30 minutes of daily activity. Her research aims to lead to the development of more effective programs to enhance seniors’ health and independence.

In 2007 we departed from the usual lecture and became part of the WHO’s international launch of the Global Age-Friendly Cities Index. Tessa Graham, Executive Director for Healthy Children, Women and Seniors within the Population Health and Wellness Division of the BC Ministry of Health, presented an overview of the project and the final international report. Councillor Susan Brice, MLA Saanich South and Director of Victoria Silver Threads Service, introduced the District of Saanich’s report on the WHO Age-Friendly Cities Project. Finally, Dr. Elaine Gallagher presented the research component on the Saanich portion of the study. This was an exciting opportunity for us to showcase research, policy and policy planning based on research in a local, national and international context.
DRIVING & TRANSPORTATION
To drive or not to drive: Perceptions of older adults  Kristina Kowalski, Holly Tuokko
Do older driver attitudes and beliefs predict opinions of a self-assessment? Wendy Lindstrom-Forneri, Holly Tuokko
Does self-focused attention lead to greater awareness of driving behaviour in older drivers?  Gerry Giesbrecht, Holly Tuokko
Group transit training for older adults Janet Stepaniuk, Holly Tuokko, Phyllis McGee

HEALTH PROMOTION & SOCIAL ISOLATION
The effectiveness of diabetes patient education and self-management training for persons with type 2 diabetes  Patrick McGowan, Sherry Lynch
Self-management support: Translating research into practice Patrick McGowan, Sherry Lynch
Intersections between isolation and inclusion in an age-friendly city Elaine Gallagher, Dawn Nickel
Making meaningful connections: A profile of social isolation among older adults in small town and small city, BC Karen Kobayashi, Denise Cloutier-Fisher

MENTAL HEALTH
Understanding the needs of caregivers of mentally ill older adults Holly Tuokko, Penny MacCourt, Jane Milliken, Bev Wilden
Facilitating best practice in policy and program design Penny MacCourt, Holly Tuokko
Wheelchair biking for the treatment of depression James Benson, Jane Tatham

PROGRAMS & SERVICES
“Enough”: Older abused women speak up Joan Feyrer, Dianne de Champlain, Lindsey Minckler
Gerontology focused practice Sherry Dahlke, Cindy Fehr
The GEMs (Geriatric Evaluation and Management) in Victoria’s hospitals Bobbie Burns, Natalie O’Mara, Vicki-Lynn Taylor
Barriers to communication in end-of-life care Peter Kirk, Lori Wagar, Ingrid Kirk, Craig Kuziemsky, Elaine Leipe
Sandringham Care Centre Alice Jean Raffan, Holly Tuokko, Penny MacCourt
Adult day centres: An evolving program Phyllis McGee, Diane Allan, Vicki McNulty, Terry Manzo
Tertiary psychogeriatric care: A collaborative experience Megan Caines, Holly Tuokko, Penny MacCourt, Kenneth Moselle

DEMENTIA AND COGNITIVE IMPAIRMENT
Seniors with developmental disabilities Tim Stainton, Susan Powell, Leah Wilson
Early detection of dementia of the Alzheimer’s type Vinay Bharadia, Holly Tuokko, Claire Cupples
Patterns of neuropsychological decline and conversion rates for three classification models of mild cognitive impairment Lesley Ritchie, Holly Tuokko
Cognitive control in younger and older adults Michael Masson, Daniel Bub

SOCIAL DETERMINANTS
Attitudes towards aging: Implication for a caring profession Sherry Dahlke, Ann Holroyd, Cindy Fehr, Piera Jung, Merry-Jo Levers
Developing and testing of the WHOQOL-OLD Anita Molzahn
Aging in a new city: The changing lives of the elderly in Almere, the Netherlands Peter Stephenson
Centre on Aging Activities

FACULTY AWARDS

Elke-Henner Kluge  Major contribution to the field of bioethics by a Canadian  Abbyann D. Lynch Medal in Bioethics
Anita Molzahn  Distinguished service to nursing education in Canada  Ethel Johns Award
Ryan Rhodes  Early outstanding achievements in scientific career  Distinguished Scholar, North American Society for the Psychology of Sport and Physical Activity
Vicky Scott  Outstanding contribution to the health of Canadians  CIHR Knowledge Translation Award
Holly Tuokko  Contribution to Gerontology  Canadian Association on Gerontology
Holly Tuokko  Excellence in BC Healthcare  Health Employers’ Association of BC and the Excellence in BC Healthcare

SURVEY RESEARCH CENTRE

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Description</th>
<th>Investigator(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits Agreements in BC</td>
<td>Evaluation of perceptions, difficulties and lessons learned in negotiations of benefits agreements between government, First Nations and industry in BC</td>
<td>Rod Dobell, PADM, UVic</td>
</tr>
<tr>
<td>Canadian Paralympics Committee Sports Audit</td>
<td>Web based survey to gather a comprehensive database of national, provincial and community organizations providing paralympic sport or support programs to disabled persons</td>
<td>Canadian Paralympics Committee, Sheffe Consulting, Inc. (Ottawa)</td>
</tr>
<tr>
<td>Canadian Veterans in Transition</td>
<td>Web based survey of veterans and their experience transitioning out of the Canadian Armed Forces</td>
<td>Tim Black (EPLS, UVic)</td>
</tr>
<tr>
<td>CLSA Pilot Study (Phase 1)</td>
<td>CATI pilot survey of some components of the upcoming CLSA study</td>
<td>Holly Tuokko and Margaret Penning, COAG, UVic</td>
</tr>
<tr>
<td>Fair Pharmacare</td>
<td>CATI survey of perception and usage of the income based subsidy of Pharmacare among users</td>
<td>Sebastian Schneeweis, Boston &amp; Women’s Hospital, Boston, MA, Patrick McGowan, COAG, UVic</td>
</tr>
<tr>
<td>Paths to the Future: Persons, Place and Perception</td>
<td>Web based survey of high school students in the Slocan Valley</td>
<td>Meg Kapils (Masters Student, UVic)</td>
</tr>
<tr>
<td>Pharmacare ChE-I Recruitment</td>
<td>To staff a 1-800 line to return calls from ChE-I use caregivers to recruit them into a larger Pharmacare study</td>
<td>Neena Chappell, COAG, UVic, Pharmacare, BC MoH</td>
</tr>
</tbody>
</table>
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- UVic 42%
- MSFHR 58%

Centre on Aging Research Funding

- Federal 70%
- Other Canadian 13%
- Provincial 13%
- International 3%
- Local 1%
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- BC Ministry of Health
- BC Network for Aging Research
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- Canadian International Development Agency
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- Central Care Corporation
- Government of Ontario
- Health Canada
- Heart and Stroke Foundation of Canada
- Heart and Stroke Foundation of New Brunswick
- Hong Kong City University Faculty Research Fund
- Human Resources and Social Development Canada
- Justice Institute of British Columbia
- Lions Gate Healthcare Research Foundation
- Max Bell Foundation
- Max Planck International Research Network on Aging
- McDonnell Foundation
- Michael Smith Foundation for Health Research
- National Cancer Institute of Canada
- National Institute on Aging
- Natural Sciences and Engineering Research Council of Canada
- Nova Scotia Health Research Foundation
- PharmaCare
- Province of BC
- Public Health Agency of Canada
- Social Sciences and Humanities Research Council of Canada
- Swedish Research Council
- Vancouver Island Health Authority
- Veteran Affairs Canada
- World Health Organization
University of Victoria Researchers on Aging

**Bold** denotes researchers housed at the Centre on Aging, University of Victoria campus.

Alexandra Branzan Albu, Electrical & Computer Engineering
Cecilia Benoit, Sociology
Anne Bruce, Nursing
Daniel Bub, Psychology
**Neena L. Chappell, Sociology**
Denise Cloutier-Fisher, Geography
Maneesha Deckha, Law
Harold D. Foster, Geography
**Elaine M. Gallagher, Nursing**
David F. Hultsch, Psychology
Michael Hunter, Psychology
Helena Kadlec, Psychology
Peter Kirk, Medical Services
Elke-Henner W. Kluge, Philosophy
Karen Kobayashi, Sociology
Valerie S. Kuehne, Child and Youth Care
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Bruce, A. (2007). Invited Speaker: The changing landscape of hospice palliative care nursing: Where are we going? Fraser Health and Vancouver Coastal Health Authorities Hospice Palliative Care Nurses, Vancouver, BC.


Bub, D.N. (2007). Pure Word blindness: What does it tell us about the cortical mechanisms of visual word recognition? University of Northern British Columbia, Psychology Department, Prince George, BC.


Chappell, N.L. (2006). Lessons to be learned from aging in Japan - Will Canada benefit from or misuse them? International conference hosted by Japan Studies Association of Canada, TRU, Kamloops, BC.


Clauson, M., & Milliken, P. J. (2007). Building nurse educator capacity: An innovative career pathway. Western Region Canadian Association of University Schools of Nursing, Saskatoon, SK.


Deckha, M. (2006). Panelist, Feminism, critical multiculturalism, and animal rights, why and how? Theoretical and Methodological Directions in Law, Feminism, Gender and Sexuality, Centre for Feminist Legal Studies, UBC Faculty of Law, Vancouver, BC.
Deckha, M. (2006). Panelist, Postcards from the edge (of empire), why and how? Theoretical and Methodological Directions in Law, Feminism, Gender and Sexuality, Centre for Feminist Legal Studies, UBC Faculty of Law, Vancouver, BC.


Deckha, M. (2007). Panelist, Defining the human through the animal other: Commodification and species anxiety in the assisted human reproduction act. Canadian Initiative in Law, Culture and the Humanities, 2nd Biennial Conference, Carleton University, ON.


Deckha, M. (2007). Speaker, Turning women’s bodies inside out: The discursive relationship between the embryonic stem cell research and abortion debates in Canada. Emerging Scholars Workshop, UBC Faculty of Law, Vancouver, BC.


Hultsch, D.F. (2007). The way we were: Perceptions of memory change in later life. Aging in a Lifespan Context, Pennsylvania State University, University Park, PA.


Milliken, P. J. (2006). Round and round we go: Families and schizophrenia. Raising the bar: Improving outcomes in schizophrenia, Schizophrenia 2006 Conference, Edmonton, AB.

Milliken, P. J. (2007). Practice competence for nursing faculty. Presented at Tea & Theory, School of Nursing, University of Victoria, Victoria, BC.

Milliken, P. J. (2007). University of Victoria workshop on Managing Administrative Staff, University of Victoria, Victoria, BC.

Milliken, P. J. (2007). University of Victoria workshop on Legal Rights as a Research Employer, University of Victoria, Victoria, BC.

Milliken, P. J. (2007). Represented the School of Nursing at the Western Nursing Collaboration Academic Leaders Meeting, Saskatoon, SK.

Milliken, P. J. (2007). Aboriginal Service Plan Retreat, Dunsmuir Lodge, Victoria, BC.

Milliken, P. J. (2007). GT Bash, A one-day workshop on Grounded Theory, following the Advances in Qualitative Methods Research Conference, Banff, AB.

Milliken, P. J. (2007). Western Region Canadian Association of Schools of Nursing Conference, University of Victoria, School of Nursing, Victoria, BC.

Molzahn, A.E. (2007). Development and testing of the WHOQOL-OLD. Showcase of Research in Aging, University of Victoria, Centre on Aging, Victoria, BC.


Prince, M.J. (2007). If labour market information is the roadmap and economic inclusion the destination, where are the vehicles? National Labour Market Information Forum, sponsored by the Labour Market Ministers, Winnipeg, MB.


Ries, N. (2007). Electronic health records and patient privacy. Internet Privacy Symposium, hosted by the Office of the Privacy Commissioner of Canada and the University of Ottawa, Faculty of Law, Law and Technology Group, University of Ottawa, Ottawa, ON.


Stajduhar, K.I., Martin, W., Barwich, D., & Fyles, G. (2007). Factors influencing family caregivers’ ability to cope with providing end of life cancer care at home. 19th Annual Canadian Association of Nurses in Oncology Conference, Vancouver, BC.


Young, L.E. (2007). Keynote Speaker, Disrupting traditions in nursing education. Faculty Development Conference. University of Maryland, School of Nursing, Baltimore, ML.


Young, L.E. (2006). Tackling a tough agenda: Utilizing participatory research to advance the cardiovascular health of lone mothers. The UCLA School of Nursing and Center for Vulnerable Populations Research (CVPR), Los Angeles, CA.
Young, L.E. (2007). Participatory research, edifying conversations. University of Victoria, Victoria, BC.


Zehr, E.P. (2007). Basic methodology for cutaneous and H-reflex experiments. Department of Kinesiology, Arizona State University, Tempe, AZ.

Zehr, E.P. (2007). Interlimb coupling during locomotion: arms are legs and cats are people too! Departments of Kinesiology and Biomedical Engineering, Arizona State University, Tempe, AZ.

Zehr, E.P. (2007). Reflections on arms and legs and cats and dogs—implications for mobility in healthy aging and after neurotrauma. Centre on Aging, Silverthreads Presentation, University of Victoria, Victoria, BC.

Zehr, E.P. (2006). Arms are legs and humans are quadrupeds. University of Victoria, Department of Biology, Victoria, BC.

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Publications

July 1, 2006 – December 31, 2007
Refereed Publications


Books/Chapters in Books


