

## SPECIAL POINTS OF INTEREST:

- Looking for research participants
- Making recommendations to the BC Ministry of Health
- New research projects have been funded
- Kelli Stajduhar receives recognition
- New director sends his first message

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## Director's Message

This is an exciting time for the Centre on Aging, a research intensive centre with strong links to the Greater Victoria community and increasingly with Island Health (formerly Vancouver Island Health Authority—VIHA). The centre undertakes and supports aging-related research in many forms, including quantitative, qualitative, longitudinal, and experimental or intervention designs, that is relevant and supportive of the needs of an aging community.

COAG research affiliates have expertise in measurement and design of studies evaluating change and impact of lifespan experience, exposures, and interventions on social, psychological, biological, and physical outcomes or functioning. They are engaged in a number of local, national, and international research initiatives including Self Management BC (for chronic health conditions), the Canadian Longitudinal Study on Aging (CLSA), Canadian Consortium for Neurodegeneration in Aging (CCNA), Candrive, Transitions and Trajectories in Late Life Care, Initiative for a Palliative Approach in Nursing: Evidence & Leadership (iPANEL), Integrative Analysis of Longitudinal Studies in Aging

(IALSA). In the past few months, I've taken steps to initiate and support the development of a large-scale



**Dr. Scott Hofer, Director**

Vancouver Island laboratory. The lab will use regular internet and in-person assessments on general health and lifestyle, biological samples, and measured and self-reported cognitive and physical measurements. One objective of this research is to improve our ability to unobtrusively monitor important health changes related to chronic disease and aging-related changes, allowing timely intervention to prevent avoidable health deterioration or loss of independence. Changes related to aging and health are best noted when measurements occur more frequently than once every few years as is typical in longitudinal studies. A parallel virtual lab will facilitate obtaining regular patient-reported outcomes and expe-

riences: self-reports related to symptoms, functioning, perceptions, well-being and quality of life.

There are new synergies in development: some research affiliates have begun involvement with studies to evaluate the role of developed technologies in enabling individuals to continue to live independently and securely within their homes and also to meet some of the challenges associated with dementia and caregiving. With partners such as CanAssist and Island Health, the Centre on Aging will identify unmet needs, implement technological innovations, and evaluate impact on a number of health facets.

The centre is taking a leading role in developing and refining research skills and mentoring the next generation of researchers and community-minded citizens. We have begun a number of initiatives, including a new website to highlight the latest research and activities of the centre's many affiliates and students. A new colloquium series will start this fall, initially focused on research methods, and expanding to include cutting-

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## Milestones and Awards



Jamie Cassels and Lois Holizki

Congratulations to Megan Caines (PSYC, Supervisor: Holly Tuokko) and Kristina Kowalski (INTD, Co-supervisors: Ryan Rhodes and Holly Tuokko) both of whom successfully completed the requirements for the PhD during the summer of 2014.

Kudos are also extended to Maria Przydatek (SDH, Co-supervisors: Neena Chappell and Joan Wharf Higgins) who successfully

defended her thesis this past July.

Lois Holizki was awarded the 2013 President's Distinguished Service Award in February 2014 for Excellence in Service along with Roswitha Marx from the Department of Biology.

Scott Hofer was elected President of Division 5 (Evaluation, Measurement, and Statistics) of

the American Psychological Association and as a Fellow of the Academy of Behavioral Medicine Research. He is currently serving as Past President of the Society of Multivariate Experimental Research. Scott's appointment at UVic is Professor and Harald Mohr, M.D. and Wilhelma Mohr, M.D. Research Chair in Adult Development and Aging in the Department of Psychology.

## CLSA Enters Final year of Data Collection for 1st Phase

*The Canadian Longitudinal Study on Aging (CLSA) reaches another milestone with more than 42,000 participants recruited*

In July 2014, the Canadian Longitudinal Study on Aging (CLSA) entered the final stretch of recruitment with more than 40,000 participants spanning 10 provinces. This achievement brings the study within reach of the recruitment goal of 50,000 participants. As of September 2014, the UVic site has completed over 2400 in-home interviews

with participants and nearly 2200 have visited the Data Collection Site (DCS) located at the Gorge Road Hospital.

Changes in CLSA research staff: Research assistant, Robyn Cater, has left to begin her graduate studies in physiotherapy at UBC. Sue Taylor, a re-

search assistant since our site opened has left to begin a new position. Jacqueline Presslauer, a former nursing student who worked with our team, has entered medical school at the University of Limerick in Ireland. Joining our team are research assistants Katy White and Christiane Bouvier Rose.

## Welcome

Cara Pearson on leave from the centre's office to gain research and educational experience.



Kelli Stajduhar and her research team would like to welcome Cara Pearson to the team as their new Administrative Assistant. Cara joins them while she completes her practicum for her Masters of Public Health. Other new staff includes

research assistants for the two funded projects; Carolyn Showler and Caelin Rose (Equitable Access to Care for People with Life Limiting Conditions); Jayne Foster-Coull, Jill Gerke, Patricia Chisholm, and Stephanie Rempel (Supporting Family Caregivers of Palliative Patients at Home: The Carer Support Needs Assessment

Intervention—CSNAT).

They also welcome PhD students Kelsey Rounds, Erin Donald, and new Post-Doctoral Fellow Lara Russell. Finally, undergrad nursing students Tina Holland and Jaclyn Moir join their team as they complete their practicum with Dr. Stajduhar this fall.

# Congratulations to Kelli Stajduhar



**Dr. Kelli Stajduhar**

2014 has been a great year for Dr. Kelli Stajduhar!

On July 1<sup>st</sup> she became a professor in the School of Nursing where she started her career as an assistant professor in 2004. Kelli is also one of the two associate directors of research and scholarship in the

school where she facilitates grants crafting for students and faculty.

The College of Registered Nurses of BC gave three Excellence in Nursing Research Awards in 2014. Kelli received this award along with Drs. Leanne Currie and Angela Wolff.

## New Research

Drs. Debra Sheets (School of Nursing, UVic) and Cheryl Beach (Continuing Health Services, Island Health) are Co-Investigators on a research project "Technology Supports for Community — Dwelling Older Adults with Dementia and Family Caregivers" funded for one year by Island Health. The study will test

a new comprehensive model of technology integration aimed at caregiving for older adults with dementia. Objectives of the study include: 1) characterizing the caregiving needs of older adults with dementia, 2) identifying a comprehensive suite of technologies to provide

a finite period of caregiving respite; and 3) pilot testing the integrated technologies in the real world with home care clients. Outcomes of the study will provide a roadmap for the future development of caregiving technology.

## Dying to Care: iPANEL advisory board recommendations to BC Ministry of Health

The iPANEL advisory board has released a report containing key recommendations for action: *Dying to care: How can we provide sustainable quality care to persons living with advanced life limiting illness in British Columbia*. The three recommendations are based on iPANEL research findings:

1. Implement an integrated palliative approach to care

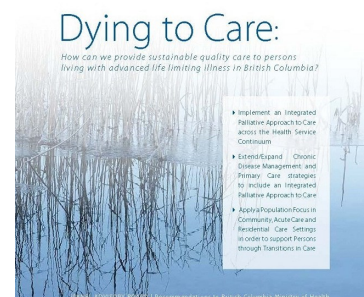
across the health service continuum

2. Extend/expand chronic disease management and primary care strategies to include an integrated palliative approach to care
3. Apply a population focus in community, acute care and residential care settings in order to support persons through transitions in care.

This document was presented to the BC Ministry of Health on June 27, 2014. Deepest thanks go out to everyone who was involved in putting this important document together, including researchers, clinicians and advisory board members.

Well done, everyone!

Download the full report of *Dying to Care:* [www.ipanel.ca](http://www.ipanel.ca)



## New Research

On September 10, 2014, the federal health minister announced the launch of the Canadian Consortium on Neurodegeneration in Aging (CCNA), a five-year “national initiative aimed at tackling the growing onset of dementia and related illnesses and improving the lives of Canadians with these illnesses, as well as their families and caregivers.” The CCNA is supported by CIHR and partners, and includes 20 research teams each focused on one of three themes: delaying onset; prevention; or improving quality

of life. The Centre on Aging is pleased to report that research affiliates, Drs. Neena Chappell and Holly Tuokko, are investigators on two of the successful teams, “Dementia family caregivers who are employed in the Canadian workforce” and “Driving and dementia”, respectively.

Dr. Zheng Wu with co-investigators Drs. Neena Chappell and Margaret Penning have been awarded a 3-year SSHRC grant for their project, “Cohabi-

tation among Canadians in mid and later life: A national portrait, 1981-2011. The project will focus on how non-marital unions—cohabitation and living-apart-together (LAT) relationships—are changing conjugal life among Canadians aged 45 years and older. This will be the first Canadian study to document national and regional trends in the prevalence of non-marital unions among the middle-aged and older population.

## Aging and Falls

### Can We Predict Falls in Older Adults?

Researchers at the University of Victoria are trying to determine which cognitive and physical mobility measures can best predict falls in older adults. Participants will be asked to complete various cognitive tasks as well as balance and walking tasks while wearing sensors to measure brain activity and limb movement. Testing will take place during two 2-3 hour sessions.

### Who Can Participate?

We are looking for healthy adults over 70 years of age who may or may not have experienced a fall in the previous year. If you are interested or would like more information, please contact the Motion and Mobility Rehabilitation Laboratory at [mmrl@uvic.ca](mailto:mmrl@uvic.ca) or at 250-853-3839.



**University  
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Laboratory for  
Integrative  
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## *Opportunity to Participate in Research on Health and Aging*

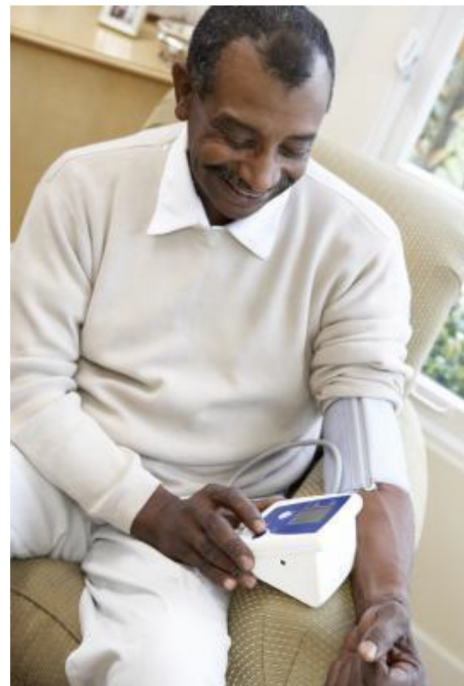
### **Adults age 60+ welcome!**

Recent research studies have shown that high blood pressure can have negative impacts on cognitive functioning (e.g., memory, attention, decision-making). However, it is not yet understood how this link changes over time in relation to an individual's daily experiences, stress, mood and personality traits.

Researchers from the University of Victoria are conducting a study that will help advance our understanding of how blood pressure affects cognitive functioning on a day-to-day basis, and what the risk factors are for developing sustained high blood pressure later in life.

#### **What is required?**

- A computer with internet access
- Taking your blood pressure with an automatic blood pressure monitor (will be provided)
- Completing an online survey about your day-to-day experiences and brief cognitive tasks
- The survey will be completed each evening for 2 weeks
- Each session will take about 45 minutes



For more information and to register as a research volunteer, please contact

Amanda Kelly at 250-472-4375 or [adkelly@uvic.ca](mailto:adkelly@uvic.ca)

## Supporting Family Caregivers of Palliative Patients at Home

**Supporting Family Caregivers of Palliative Patients at Home: The Carer Support Needs Assessment (CSNAT) Intervention** study, led by Drs. Kelli Stajduhar (Centre on Aging / School of Nursing, University of Victoria) and Rick Sawatzky (School of Nursing, Trinity Western University), has received joint funding for three years from the Technology Evaluation in the Elderly Network (TVN) and the Canadian Cancer Society Research Institute

(CCSRI). The research team includes Canadian co-investigators; from the University of Manitoba, McGill, and Island Health and International co-investigators; from Curtin University in Australia, as well as the University of Cambridge and the University of Manchester in the UK. This study will test the effectiveness of the CSNAT Practice Support Tool as an intervention in a clustered randomized control trial – the findings will allow us to determine the extent to which the

CSNAT can identify, monitor and address family caregiving support needs in palliative home care. The research team has also partnered with the Canadian Virtual Hospice (CVH) and the Canadian Hospice Palliative Care Association (CHPCA) to help with the creation and dissemination of a CSNAT training manual and/or educational videos that will be made available to all palliative home care nurses in Canada.

For more information about the study please contact Ami Bitschy at 250-721-6674 or email [amice@uvic.ca](mailto:amice@uvic.ca).

## Publications

In December 2013, Accident Analysis and Prevention published a special section of the journal on The Candrive/Ozcandrive Prospective Older Driver Study: Methodology and Early Study Findings (Guest Editors: Shawn Marshall, Malcolm Man-Son-Hing, Judith Charlton, Lisa J. Molnar, Sjaan Koppel, and David W.

Eby). Thirteen papers using data from Candrive appeared in this issue (Volume 61, pages 233-321) including one prepared by local researcher Dr. Holly Tuokko and her graduate student Alexandra (Sasha) Jouk with other Candrive investigators entitled: *Associations between age, gender, psychosocial and health characteristics in the Candrive II study cohort*.

### iPanel Publications

Roberts, D., McLeod, B., Stajduhar, K., Webber, T., & Milne, K. (2014). Applying research into practice: A guide to determine the next palliative home care nurse visit. *Home Healthcare Nurse*, 32(2), 88-95.

Pesut, B., Sawatzky, R., Stajduhar, K., McLeod, B., Erbacker, L., & Chan, E. (2014). Educating nurses for palliative care: A scoping review. *Journal of Hospice & Palliative Nursing*, 16(1), 47-54.

## Candrive

Candrive, a Canadian research program aimed at improving the safety and quality-of-life of older drivers, is now into its sixth year of activity. Established in 2002 as a result of Canadian Institute of Health Research (CIHR) NET Grant funding, Candrive is an established network

of diverse Canadian researchers interested in older driver issues. Research members of Candrive include occupational therapists, physiotherapists, psychologists, kinesiologists, epidemiologists, and a number of medical specialists in geriatric medicine, physical medicine and rehabili-

tation, rheumatology and geriatric psychiatry. Dr. Holly Tuokko is one of the principal applicants for the Candrive study with 125 of the 928 participants in the study being re-assessed regularly by Dr. Phyllis McGee at the Centre on Aging.



Ana Rex with Holly Tuokko

*The Equitable Access to Care for People with Life Limiting Conditions Study will investigate access to end of life care for members of Victoria's homeless and unstably housed community.*



2014 starts Scott's five year term as director

## Ana Rex

Ana Rex, a Brazilian medical student, came to the Centre on Aging to fulfill the research placement component of her Science Without Borders scholarship program (funded by the Brazilian government) from January-April 2014 under the supervision of Dr.

Holly Tuokko. Ana expressed an interest in studying geriatrics and gerontology and was able to meet with research affiliates of the Centre on Aging, observe and learn about a number of ongoing research projects (e.g., Canadian Longitudinal Study on

Aging), engage in various events hosted by the Centre on Aging (e.g., Café Scientifique, Masterminds, interdisciplinary course Exploring Aging Through Film) and be involved in research activities undertaken with the James Bay Community Project.

## Equitable Access to Care for People with Life Limiting Conditions

**The Equitable Access to Care for People with Life Limiting Conditions** study, led by Dr. Kelli Stajduhar, has received funding for three years from the Canadian Institutes for Health Research. The research team includes co-investigators from UVic,

Trinity Western University, the BC Centre for Excellence in HIV/AIDs, Victoria Cool Aid Society, Victoria Hospice and AIDS Vancouver Island. The study will investigate access to end of life care for members of Victoria's homeless and unstably

housed community. The team aims to inform interventions, equitable health services and policies to improve care for people at the end of life. For more information about the study please contact Faye Wolse at 250-472-5501 or email [fayewols@uvic.ca](mailto:fayewols@uvic.ca).

## Director's Message continued from page 1

edge seminars and expert panels in support of our affiliates' programs of research.

We continue to seek ways to be engaged in translating social, behavioural and biological knowledge about active aging and aging well. In partnership with the department of psychology, we will hold a regular seminar course on "writing research snapshots". Undergraduate students will meet with

community members, graduate student teaching assistants, and COAG affiliates and staff to discuss the latest aging and health research, and "translate" this work into brief clear language summaries.

These are some of our current activities. I look forward to learning more from our colleagues and partners, to highlight our contributions to aging, and to develop and promote engagement with

our students and community. I hope you will join me and the centre staff in these rewarding efforts.

Before signing off, I want to acknowledge the leadership of Holly Tuokko during the past five years. Like others before her she continued to build the centre's successes and reputation as a leading centre on aging. Thank you. I'm honoured to be taking it from here.



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Articles and submissions provided by: Ami Bitschy, Scott Hofer, Lois Holizki, Patrick McGowan, Vincenza Gruppuso, Cara Pearson, Leah Potter, Debra Sheets, Holly Tuokko & Faye Wolse.

We invite your submissions, comments and contributions. Forward all correspondence to the editor, Lois Holizki.

Research Throughout the Life Course



## Current and past directors



Elaine Gallagher, Holly Tuokko, David Hultsch and Scott Hofer celebrating Holly's five year term as director of the Centre on Aging. Missing: Neena Chappell.