



**University
of Victoria**
Centre on Aging

Annual Report
July 1, 2003 - June 30, 2004

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INTRODUCTION

Period Covered by this Report

This is the first Annual Report of the Centre on Aging. This report covers activity from July 1, 2003 to June 30, 2004.

Mission and Objectives of the Centre

The Centre on Aging is a multidisciplinary research centre established at the University of Victoria (UVic) 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

The 2003-04 academic year has been an eventful period for the Centre. At the beginning of the year, we received a \$687,000 Research Unit Infrastructure Award from the Michael Smith Foundation for Health Research (MSFHR). This was the culmination of a year-long application process initiated in 2002. 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. The grant runs from July, 2003 through March, 2006 with a possible extension of an additional 1.25 years depending on funding from MSFHR. A total of 18 University of Victoria researchers affiliated with the Centre are participants in this grant. An additional 14 external research affiliates of the Centre are 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. In addition, another specific goal is to facilitate collaborative research with community partners, particularly the Vancouver Island Health Authority. Funds from this grant are being allocated to salaries for research support staff (including a full-time research associate, a half-time administrative assistant, a full-time secretary, and two half-time research assistants), release time to permit faculty to devote more time to research, support for travel to conferences, and basic operating expenses.

A second major event occurring in 2003-04 was an external evaluation of the Centre. External evaluations of research centres are mandated by the university for their continued approval. The last evaluation of the Centre occurred in 1996. As part of the process, we prepared a self-evaluation report, documenting the Centre's activities over the period. This report suggested that the Centre has made considerable progress since the previous evaluation was completed. For example, the total amount of operating grant funds more than doubled to almost 16 million dollars from approximately 6 million dollars during the period. Similarly, an analysis of scholarly publications showed a general trend toward increasing productivity across the period. This report was forwarded to a review panel of three individuals (two external and one internal to the University). These individuals visited the Centre in March, 2004 and interviewed various constituencies associated with the Centre, including faculty, students, university administrators, community researchers, and seniors. Their report was presented to the University in April, and provided a highly positive evaluation of the Centre's activities, including a recommendation for continuation of the Centre's mandate for a further 5 years. The reviewers' report commended the Centre's achievements in research as indexed by growth in funded research and publications. The reviewers also noted that the Centre has a truly outstanding profile with respect to the dissemination of knowledge about aging to practitioners and the general public. In addition, the panel made a number of recommendations for further strengthening the activities of the Centre which we will be working on in the coming years.

In addition to these major events, the year 2003-04 was characterized by a number of other noteworthy developments.

- The newly-constructed Survey Research Centre (SRC) attached to the Centre in Sedgewick A Wing opened in September 2003. Funds for the construction of the SRC were provided by grants from the Canadian Foundation for Innovation and the British Columbia Knowledge Development Fund as well as University funds. These grants were submitted on behalf of Dr. Neena Chappell. The SRC is a state-of-the-art facility that uses computer-assisted telephone equipment, internet tools and software for conducting survey research. In addition to data collection, the facility has the capacity to assist with survey design, data management, data analysis, and literature reviews. Projects completed during the year include: the design and hosting of a web-based survey to provide an environmental scan and





“...our overall goals are to contribute to improving the health and quality of life of an increasingly diverse population of older adults ...”

needs assessment of falls prevention programs in Canada, a telephone survey entitled “Getting Around Town” involved a random sample of 300 adults over age 60 living in the Capital Regional District to assess some of the options they have in going about their daily business. Another telephone survey was performed for the Capital Regional District Traffic Safety Commission to evaluate the effectiveness and recognition of some recent safety campaigns such as the “Clicked In. Seat Belts Save Lives” and the “Get a Helmet” advertising campaigns.

- Kelli Stajduhar joined the School of Nursing and became a research affiliate at the Centre on Aging. Dr. Stajduhar’s activities include: working with her co-PI Robin Cohen (McGill University) on a CIHR funded five year grant for 1.5 million dollars on Family Caregiving in Palliative and End-of-Life Care: A New Emerging Team. Dr. Stajduhar has also received funding from the National Cancer Institute of Canada to conduct a three year study on family caregiver coping in end-of-life cancer cases.
- There have been many other new research projects and career awards granted over the year. One scholar of note is Ryan Rhodes. Dr. Rhodes received a Michael Smith Foundation career award (2003-2008) and has begun 10 new projects during the year. The latest is a grant from SSHRC for a two-year study on the development of a theory-based leisure-time walking program.

I look forward to sharing the information in this report.

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 Research Coordinator (Diane Allan)
- full-time Secretary (Lindsay Cassie)
- full-time Administrative Coordinator (Lois Edgar)

Five non-continuing positions have been funded for the period July, 2003-March, 2006 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)
- full-time Project Secretary (Anita Jessop)
- full-time Research Associate (Phyllis McGee)
- two half-time Research Assistants (Julie Shaver and Shelley Waskiewich)

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 Ladner and in Sedgewick A Wing is found in Appendix A.

Advisory Board

The Director receives policy advice from an Advisory Board consisting of representatives from UVic faculty, government, non-government service providers and seniors. The 2004 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, University of Victoria
- 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)
- Lorna Hillman, President, Canadian Caregiver Coalition
- Mark Horne, Horne Coupar Barristers and Solicitors
- David Hultsch, Director, Centre on Aging, University of Victoria (Ex Officio)
- David Lai, Professor Emeritus, Department of Geography, University of Victoria
- Nigel Livingston, Director, Centre for Forest Biology, University of Victoria
- Andrew Maxwell, President, Friends of the Centre on Aging, University of Victoria
- Helen Simpson, senior
- Michael Prince, Acting Dean, Human & Social Development, University of Victoria
- Martin Taylor, Vice President Research, University of Victoria (Ex Officio)
- Beverly Timmons, UVic Retirees Association, University of Victoria (Observer)
- Holly Tuokko, Professor, Centre on Aging and Department of Psychology, University of Victoria





UVic Research Affiliates

In 2003-04, 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, four faculty have appointments that provide half-time release from other duties to participate in research at the Centre. In 2003-04, these core faculty included Drs. Neena Chappell (Sociology), Denise Cloutier-Fisher (Geography), Margaret Penning (Sociology), 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.

“...research affiliates normally hold a doctoral-level degree and are appointed for 3-year renewable terms...”

- Robert D. Bell, Professor Emeritus, School of Physical Education
- Cecilia Benoit, Professor, Department of Sociology
- Howard Brunt, Professor, School of Nursing, Associate Vice-President, Research
- Neena L. Chappell, CRC in Social Gerontology, Professor, Department of Sociology
- Denise Cloutier-Fisher, Assistant Professor, Department of Geography
- 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
- Patricia MacKenzie, Associate Dean, Faculty of Human and Social Development
- Michael E. Masson, Professor, Department of Psychology
- Catherine Mateer, Professor, Department of Psychology
- Patrick McGowan, Assistant Professor, Faculty of Social Sciences
- Martha McMahon, Associate Professor, Department of Sociology
- P. Jane Milliken, Assistant Professor, School of Nursing
- Anita Molzahn, Dean, Faculty of Human and Social Development, Professor, School of Nursing
- Carl Mosk, Professor, Department of Economics
- Pamela Moss, Associate Professor, Human and Social Development
- Margaret J. Penning, Associate Professor, Department of Sociology
- Michael J. Prince, Lansdowne Professor of Social Policy, Acting Dean, Faculty of Human and Social Development

- Ryan Rhodes, Assistant Professor, School of Physical Education
- Deborah Rutman, Adjunct Assistant Professor, Faculty of Human and Social Development
- Eric W. Sager, Chair and Professor, Department of History
- Ronald W. Skelton, Associate Professor, Department of Psychology
- Peter H. Stephenson, Professor, Department of Anthropology
- Esther H. Strauss, Professor, Department of Psychology
- Martin Taylor, VP Research, Professor, Department of Geography
- Holly Tuokko, Professor, Centre on Aging, Department of Psychology
- Zheng Wu, Professor, Department of Sociology
- Lynne Young, Assistant Professor, School of Nursing
- Paul Zehr, Assistant Professor, School of Physical Education

External Research Affiliates

In addition to UVic Faculty, researchers from other universities and the community are affiliated with the Centre. In 2003-04, the Centre had a total of 25 external affiliates working in collaboration with UVic researchers. External research affiliates include a diverse group of researchers. They can be academics from other universities, 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, General 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
- Betty Havens, Senior Scholar and Professor, Faculty of Medicine, University of Manitoba
- 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
- Penny MacCourt, Psychogeriatric Therapist, Seniors Outreach Team, Nanaimo, BC, Sessional Faculty Liaison, School of Social Work, University of Victoria
- Elizabeth McCarter, Recreation Therapy, Vancouver Island Health Authority
- Phyllis McGee, Community Researcher and MSFHR Research Associate
- Mark W. Novak, Professor, Sociology Department, San Jose State University
- Norm O'Rourke, Assistant Professor, Gerontology Research Centre, Simon Fraser University
- Clare Porac, Professor, Psychology Department, Penn State Erie, The Behrend College
- Colin Reid, Senior Research Associate, Centre for Population and Health Services Research, Okanagan University College

*“...faculty affiliates
also collaborate
extensively with
community
researchers ...”*



- Leslie Roos, Professor, University of Manitoba
- Ted Rosenberg, Consultant Geriatrician and Co-Manager Geriatric Ambulatory Care, Vancouver Island Health Authority
- Victoria Scott, Senior Advisor, Falls Prevention, BC Ministry of Health Planning
- Brent J. Small, Associate Professor, Department of Gerontology, University of South Florida
- Silvia Sörensen, Senior Instructor, Department of Psychiatry, University of Rochester Medical Center
- Kelli Stadjuhar, Postdoctoral Fellow, Centre on Aging
- Richard S. Stanwick, Medical Health Officer, Vancouver Island Health Authority
- Andrew V. Wister, Professor, Gerontology Program, Simon Fraser University
- Zachary Zimmer, Research Associate, The Population Health Council, Policy Research Division, New York

Friends of the Centre

The Friends of the Centre on Aging are volunteers and include individuals, 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 an expanding group that contributes to the Centre's community involvement by assisting in the communication of research results and by collaborating with researchers in the dissemination of new knowledge about issues surrounding aging.

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 2003.

- Management and governance of Friends of the Centre: periodically review mandate
- 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 as well as research gatherings, meetings and discussions
- Fundraising: assist with the preparation of funding proposals to foundations and assist the Centre meeting long term goals

One of the key activities of this volunteer group is the preparation of "Research Snapshots." Snapshots take research papers and translate them into lay person's terms for distribution to the public. Further information on Snapshots are included under Knowledge Dissemination and Translation on page 16.

RESOURCES

Budget

The base budget of the Centre for 2003-04 was \$169,380 consisting of \$134,188 in salaries (Director's stipend, Research Coordinator, Administrative Coordinator, and Secretary) and \$35,192 in unallocated funds for general operation of the Centre.

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 \$687,000 (\$250,000 per year for 2.75 years). The grant runs from July, 2003 through March, 2006 with a possible extension of an additional 1.25 years depending on funding to MSFHR. 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 are 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. In addition, another specific goal is to facilitate collaborative research with community partners, particularly the Vancouver Island Health Authority. Funds from this grant are being allocated to: (a) Salaries for research support staff, including a full-time research associate, a half-time administrative assistant, a full-time secretary, and two half-time research assistants (\$147,700); (b) Release time to permit faculty to devote more time to research (\$76,690); (c) Support for travel to conferences (\$14,610); and (d) Supplies, communication, and equipment maintenance costs (\$11,000).

Space

Currently, general Centre operations occupy a total of 4300 square feet in the A Wing of the Sedgewick Building. In addition to this assigned space in the Sedgewick Building, 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 and North Park areas of Victoria in partnership with the Blanshard Community Centre and the Vancouver Island Health Authority. Community Coordinators for PATH are housed at the Blanshard Community Centre, and the project has agreements to use the School District 61 Quadra Elementary School Art Annex and the Crystal Pool for specific community-based programs (e.g., fitness classes).

Satellite Office

A satellite office with 968 square feet was opened in Ladner, BC in January 2002 when Dr. Patrick McGowan joined UVic as Assistant Professor in the Faculty of Social Sciences. The Ladner office has six staff members and is fully funded through research grants received by Dr. McGowan.



“...the process of developing this research plan has already led to the development of new ideas and linkages among members of the group...”



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.

Research Projects

In 2003-04, there were a total of 52 active research projects supported by a total of \$17,768,313.00 from various external funding agencies. Appendix B provides a complete listing of projects new, ongoing, and completed research grants. Brief summaries of six ongoing projects are given below to illustrate the type and range of projects being conducted.

PATH: Promoting Action Toward Health: Best Practices for Coordinated Health Promotion and Health Services in Midlife

Co-Principal Investigators: Neena L. Chappell, Centre on Aging, University of Victoria; Alan Best, Vancouver General Hospital; and Andrew Wistar, Gerontology Research Centre, Simon Fraser University.

Co-Investigators: Pat Mackenzie, School of Social Work, University of Victoria; Margaret Penning, Centre on Aging, University of Victoria; Holly Tuokko, Centre on Aging, University of Victoria.

Project Partners: Centre on Aging, University of Victoria; Blanshard Community Centre (Leni Hoover, Executive Director); Vancouver Island Health Authority (Richard Stanwick, Chief Medical Officer; Sylvia Robinson, Diabetes Registry; Victoria Barr, Manager, Primary Prevention); Coordinating Centre, University of British Columbia; Gerontology Research Centre, Simon Fraser University.

Project Participants: Residents of the Hillside-Quadra, North Park and the Saanich Core areas of Victoria, BC.

Funded By: Canadian Institutes of Health Research through the Canadian Alliances for Health Research Program and Vancouver Island Health Authority. (CIHR, CAHR and VIHA)

Summary: This project is one component of a larger, collaborative effort involving universities and community organizations. It addresses the question of how regional health authorities can best move into the area of primary prevention. The Victoria component is being conducted through the University of Victoria. The Victoria primary prevention and diabetes project studies the full range of factors that promote healthy living and prevent people from becoming at risk for diabetes and other chronic diseases, as well as the dynamic interaction between people and social and physical environments. The ultimate aim is to determine a model for primary prevention that includes partnerships with and involvement of communities. With our partners, the Vancouver Island Health Authority, the Blanshard Community Centre (which provides programs and services to residents of the Hillside-Quadra area of Victoria), and other local community groups, we aim, over a period of five years, to improve the capacity of community residents to address healthy lifestyles and the health of their community.

Project MIND

Principal Investigator: David F. Hultsch, Centre on Aging, University of Victoria
Co-Investigators: Esther Strauss, Department of Psychology, University of Victoria; and Michael Hunter, Department of Psychology, University of Victoria.

Funded By: Canadian Institutes for Health Research (CIHR)

Summary of Project: Mental decline is common in later life but not everyone declines at the same rate and some individuals preserve their abilities into very old age. Why do some people decline while others continue to function at relatively high levels? How can we predict who is going to decline, and particularly who will experience significant impairment in cognitive functioning that may interfere with everyday activities of daily living? Project MIND is designed to examine these types of questions. The research is based on the assumption that cognitive change in later life is not uniform. We expect that some persons will show substantial decline in their cognitive abilities with increasing age, whereas others will maintain a profile of stability or even show evidence of growth. Moreover, the project distinguishes between two types of change that people will experience. One type of change (development, aging) is relatively slow and enduring and reflects changes in abilities and skills. The other type of change (inconsistency) is relatively rapid and transient and reflects moment-to-moment or day-to-day fluctuations in performance. The working hypothesis of Project MIND is that these two types of change are linked. Specifically, the researchers believe that measurement of short-term inconsistency in physical and cognitive performance can tell us something about long-term changes in mental ability. In particular, the hypothesis that inconsistency in performance is a marker of central nervous system integrity and a predictor of who will experience significant cognitive impairment in the future is examined. To the extent that this is the case, short-term inconsistency in performance would be an important diagnostic tool for assessing the cognitive functioning of older adults. Early identification of cognitive impairment is critical for the implementation of medical and other intervention programs designed to ameliorate and negotiate the effects of aging-related cognitive losses.

Implementation and Evaluation of the Chronic Disease Self-Management Program in British Columbia

Principal Investigator: Patrick McGowan, Centre on Aging (Ladner Office), University of Victoria.

Program Sponsors: The University of Victoria, Centre on Aging and British Columbia's Regional Health Authorities.

Funded By: British Columbia Ministry of Health.

Summary of Project: The research on self-management programs began with an evaluation of the Arthritis Self-Management Program and found that experimental subjects exceeded control subjects significantly in knowledge, recommended behaviours and in lessened pain, and that these changes remained significant at 20 months (Lorig, Lubeck et al, 1985). It also found that tested forms of reinforcement did not alter those effects (Lorig & Holman, 1989), and that lay persons can deliver the program with results similar to those achieved by professionals leading the program (Lorig, Feigenbaum, Regan, Ung, Chastain, & Holman, 1986). Locally, the effectiveness of self-management training for arthritis has been documented (McGowan & Green, 1995; Green, Gutman, McGowan, & Wister, 1996). As well, in 1992, the Arthritis Self-Management Program was implemented and evaluated in First Nations communities in B.C.

The Chronic Disease Self-Management Program was initially tested in a randomised, controlled trial conducted by the Stanford University Patient Education Research Centre (Lorig, Sobel, Stewart, Brown, Bandura, Ritter, Gonzalez, Laurent, & Holman,



**Project
MIND**

“...one of our objectives is to contribute to the research training of students, particularly at the post-graduate and post-doctoral level...”

“...the centre is well established and has many strengths on which to build...”

1999). In this study, effectiveness was measured in terms of changes in behaviour, health status, and health service utilisation. Data were collected from two groups at two points six months apart. Data were collected by mailed questionnaires from 952 patients (all over age 40), of which 561 were randomly assigned to the treatment group and 391 to the control group (those who did not receive the program). There were no significant differences in baseline data between the treatment and control groups.

Health behaviour changes occurred more often in the treatment group than in the control group ($p < 0.01$) for all three behaviour-change indicators: number of minutes per week of exercise; increased practice of cognitive symptom management; and improved communication with their physician. Treatment group subjects also had more positive scores for self-related health status, including disability, social/role activity limitation, energy/fatigue, and health distress. Finally, fewer hospitalizations and fewer nights in hospital were found for the treatment group. No significant differences in visits to physicians were identified, however. In a two-year post-program follow-up study (Lorig, Ritter, Stewart, Sobel, Brown, Bandura, Gonzalez, Laurent & Holman, 2001) the researchers found “... compared with baseline for each of the two years, emergency room and outpatient visits and health distress were reduced ($P < 0.05$), and self-efficacy improved ($P < 0.05$).”

The CDSMP was implemented as a pilot program in the Yukon in 1998 and has since become a permanent government-funded program. An evaluation conducted by McGowan (2000) showed that, four months after the program, participants had statistically significant improvements on 12 of 17 outcome measures.

Recently, a comprehensive literature review found that self-management training is effective in helping people manage diabetes, asthma, hypertension, depression, and congestive heart failure (BC Office of Health Technology Assessment, 2002).

In 2000, the CDSMP was implemented in the Vancouver and Richmond Health Regions and subsequently became a permanent program. Findings from two evaluations of the program (September 2001 and June 2003) were similar to the Yukon findings.

In December 2001, Health Canada funded a 28-month project (McGowan, Lorig, & Van Wallegghem) to implement and evaluate the CDSMP for persons with Type 2 diabetes in British Columbia. The evaluation of this project is now complete and available at http://www.coag.uvic.ca/cdsmp/downloads/DSMPQuantitative_evaluation.pdf

In the Spring of 2003, the BC Ministry of Health provided resources to the University of Victoria – Centre on Aging to implement and evaluate the CDSMP in each health region.

Health Care Restructuring: Impact on Vulnerable Older Adults

Principal Investigator: Margaret Penning, Centre on Aging, University of Victoria
Co-Investigators: Neena L. Chappell, Centre on Aging, University of Victoria;
Zheng Wu, Department of Sociology, University of Victoria; John Gartrell, Department of Sociology, University of Hawaii at Manoa; Moyra Brackley, Centre on Aging, University of Victoria; and Denise Cloutier-Fisher, Centre on Aging, University of Victoria

Funded By: Canadian Institutes for Health Research (CIHR)

Summary of Project: During recent years, governments across Canada have altered their health care systems to address concerns regarding rising costs and the perceived implications of changing demographic trends. Federal and provincial government policy documents explicitly articulate a community-based population health model. In most provinces, regionalization has been implemented to achieve these aims and thereby achieve equity of access to health itself, rather than simply equality

of access to health care resources. However, little is known regarding equity implications of health reforms, including the mechanisms through which regionalization is expected to influence health outcomes. This program of research focuses on the impact of regionalization on equity of access to health among vulnerable subgroups within the older adults population (i.e., the poor, women, immigrants, and residents of rural and remote areas). Using administrative health data and data drawn from the Canadian Community Health Survey, the program assesses the impact of regionalization on changes over time in access to health care resources and health outcomes, as well as causal processes linking regionalization to changes in health. Findings will have implications for theory, research and policy and population health.

Partners in Care: Coaching Caregivers

Principal Investigator: Holly Tuokko, Centre on Aging, University of Victoria

Co-Investigator: Phyllis McGee, Centre on Aging, University of Victoria

Funded By: Victoria Veterans Health Centre, Veterans Affairs Canada

Summary of Project: The number of seniors living in Canada with dementia is increasing and more family members are becoming their caregivers with only minimal knowledge of the disease and caregiving role. They will typically experience a long list of unending problems, challenges and stressors. Thus, it is important to understand how we can assist caregivers in their new roles so they too do not require care. The Centre on Aging, University of Victoria in collaboration with the Veteran's Health Centre (VHC) are exploring, the effects of "coaching" versus "regular" support services on the family caregiver's ability to cope as it relates to their role in caring for a veteran with dementia. Twenty-four family caregivers are participating in this study. Twelve participants have received "coaching" from a Dementia Education Coordinator and certified coach, as well as had available to them "regular" support services from the VHC staff. The remaining 12 participants received "regular" support services only from the VHC staff. Participants are providing demographic data and completing pre- and post-questionnaires measuring their perceived ability to cope and sense of empowerment. In addition, at the conclusion of the study, family members participate in one-on-one interviews to describe their experiences of the support they received. Results of this research will provide information on the implications for utilizing "coaching" in the dementia care process for families who have a family member with dementia living in either the community or residential care.

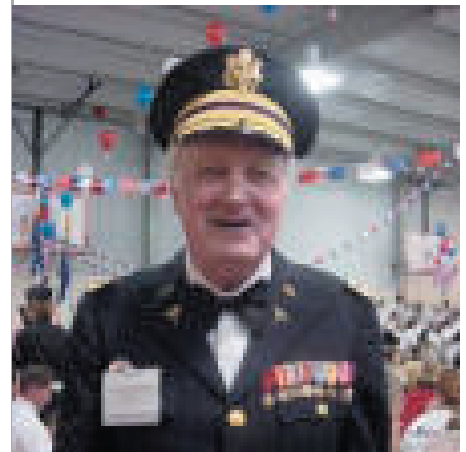
Home Sweet Home

Principal Investigator: Denise Cloutier-Fisher, Centre on Aging, University of Victoria

Co-Investigator: Patricia MacKenzie, School of Social Work, University of Victoria

Funded By: Social Sciences and Humanities Research Council of Canada (SSHRC)

Summary of Project: This research project is designed to examine the experiences of older in-migrants and aged-in-place seniors in two small, rural communities on Vancouver Island, British Columbia. These communities are the town of Qualicum Beach and the city of Parksville. The research aims to fill an important gap in our present knowledge base regarding why older persons and couples who are 55 years or older move to small retirement centres; what their experiences are with life in their new communities and how these communities support increasing numbers of older persons in terms of their need for particular kinds of health and social services. The researchers have conducted qualitative interviews in these communities with seniors and service providers. These interviews will distinguish how in-migrants (i.e., short-term residents, less than or equal to 10 years) and aged-in-place persons (i.e., more than 10 years in the community) differ in terms of health status, service use behaviours, social support networks, social integration and involvement in local community life, future plans, meaning of community and conventional sociodemographic variables (e.g., age, gender, marital status, and income).



Veterans Affairs Canada
Anciens Combattants Canada



Publications

Scientific publications are one of the main “products” of researchers at the Centre. A complete list of publications by UVic 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 UVic. 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. Chappell and Penning; Drs. Chappell and Lai; Drs. Chappell, Penning, & Wu, and Drs. Tuokko, Mateer, and Hultsch. Part of the benefit of infrastructure funding recently received from the Michael Smith Foundation for Health Research will be to expand these collaborative clusters.

In addition to collaborations within UVic, 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. For example, Drs. Hultsch, Dixon (University of Alberta), and Hertzog (Georgia Institute of Technology) have collaborated for over 20 years and have been conducting the Victoria Longitudinal Study since 1986; more recently, they have incorporated other Centre Research Affiliates (Dr. Strauss, University of Victoria, and Dr. Small, University of South Florida) into the team. Similarly, Dr. Chappell has extensive collaborations, including ongoing research in China ((Professor Gui, East China Normal University, Shanghai, where Dr. Chappell has an appointment as an ‘advising professor’) and Professor Chi, University of Hong Kong (where Dr. Chappell will spend 4 months over the next 2 years as a visiting scholar)); the CAHR-CIHR 5-year project on mid-life with co-principal investigators Professor Wister at Simon Fraser University and Dr. Best, University of British Columbia; and the 15-project program of research on the cost-effectiveness of homecare with Dr. Havens (University of Manitoba), a collaborator of 25 years. Dr. Penning also collaborates with Dr. Havens. Dr. Tuokko has collaborated extensively with Dr. McDowell (University of Ottawa) and other researchers across Canada on the Canadian Study of Health and Aging. She has also collaborated with Dr. O’Rourke (Simon Fraser University) on assessment and caregiving issues.

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 2003-04, the following visitors spent time at the centre: Dr. Michael Fine, Senior Lecturer, Macquarie University in Australia; and Dr. David Bunce, Senior Lecturer, Goldsmiths College, University of London, U.K.

Finally, the faculty affiliates of the Centre also collaborate extensively with community researchers, including physicians and professionals in various health authorities and other organizations. For example, Dr. Chappell has worked with Dr. Hollander (a private researcher) on the cost-effectiveness of home care research, Dr. Leung (a geriatrician) of the Hong Kong Association on Gerontology on her China research, Dr. Bater (a geriatrician) on her care giving and her dementia care research, Dr. Stanwick (Chief Medical Officer, VIHA) on her mid-life research, and Dr. Gray (clinical psychologist, VIHA) on her dementia research, to name only a selection. Her CAHR project also involves collaborations with the Simon Fraser and Vancouver Coastal Health Authorities. Dr. Gallagher is working with professionals at VIHA on evaluation of new supportive living initiatives for seniors. Dr. Moll (neurologist) has assisted Drs. Hultsch, Strauss, and Hunter in their research on cognitive inconsistency in Alzheimer’s and Parkinson’s diseases. Similarly Drs. Tuokko, Mateer, and Hultsch have collaborated with Drs. Moll, Bater, Evans (family physicians), Loomer, and Argouarch (psychiatrists) on research related to competence. Drs. Cloutier-Fisher and MacKenzie are working up-island with community-based health service providers both within and associated with VIHA.

We anticipate that the recently funded infrastructure grant, as well as the emerging Island Medical Program will result in increased collaborations with community researchers. Our links to VIHA represent an important community collaboration that we also hope to strengthen through the infrastructure grant. Funds from this grant are being used to support a Research Associate position that is directed toward facilitating collaboration with researchers at VIHA and other community organizations on an ongoing rather than a project-by-project basis.

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 meetings held by the Alzheimer Society of Canada, American Psychological Association, BC Psychogeriatric Association Annual Conference, Canadian Association of Geographers Annual Conference, Canadian Association on Gerontology, Cognitive Aging Conference, Fifth International Symposium of the Future of Rural Peoples, Fourth International Conference on Social Work in Health and Mental Health, Fourth International Symposium on Chinese Elderly, Gerontological Society of America, International Neuropsychology Society, Mild Cognitive Impairment Symposium, Rural and Remote Health Society Conference and Western Canadian Geographical Conference. UVic Research Affiliates of the Centre have presented approximately 58 papers at scientific meetings in 2003.

Conferences

In October 2003, preliminary discussions took place regarding the feasibility of hosting an international conference on patient self-management in Victoria in 2005. Subsequently a partnership was developed between UVic Centre on Aging and the BC Ministry of Health Services and conference planning is well under way. The conference will involve speakers from the United States, Canada, United Kingdom, Australia and China, and it is expected that approximately 750 persons will participate. The conference website is www.newperspectivesconf.com

In October of 2004 the Centre will serve as one of the host organizations for the Annual Scientific and Educational Meeting of the Canadian Association on Gerontology which will meet in Victoria. Dr. Holly Tuokko will serve as Program Chair.

Community Forum

The 2004 Community Forum was held on February 19th and featured a Plenary Address by Dr. Jay Olshansky. The topic was *Living Long & Well: Reality vs Scams*. Morning and afternoon breakout sessions were well attended by 157 people. The feedback was exceptional. Workshop presenters and their topics were:

- | | |
|----------------------|--|
| Alan Cassels | • Mooing all the way to the bank: How your aging metabolism is becoming the pharmaceutical industry's biggest cash cow |
| Prue Cunningham | |
| and Elaine Gallagher | • The Balancing Act of Aging |
| Helen Dubas | • Nutrition - Facts and Fallacies |
| David Evans | • Medical Care in Later Life: What Works? |



Dr. Michael Fine, Senior Lecturer,
Macquarie University in Australia



- | | |
|---|---|
| <p>Laura M. Funk</p> <p>Jessie Mantle</p> <p>Patrick McGowan</p> <p>Reg Mitchell</p> <p>Michael J. Prince</p> <p>Ryan E. Rhodes</p> | <ul style="list-style-type: none"> • Making the Healthy Choices the Easy Choices: Successful Aging in Communities • Writing Your Personal Health History • Self-Management Programs for Chronic Health Conditions • So Many Chemical Scams: Which to Avoid • Solving Poverty Among Canada's Elderly: Social Policy Success or Scam? • Motivating Older Adults for Regular Physical Activity |
|---|---|

The Opening Address by S. Jay Olshansky and the Closing Presentation by David F. Hulstsch are PowerPoint presentations available on our website:
<http://www.coag.uvic.ca/events/CF2004articles.htm>

Informal Lecture Series

The Centre organizes a series of informal lectures by researchers from UVic 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 2003:

- November 20, 2003
 Denise Cloutier-Fisher, PhD - Assistant Professor
 Department of Geography, University of Victoria
 Title: *"Different Strokes: Patterns and Predictors of Heart Disease in British Columbia"*
- March 18, 2004
 Laura Funk, Research Associate, Centre on Aging, University of Victoria
 Title: *"Mixed and Multi-Methods in Aging Research: What, Why and How?"*
- April 8, 2004
 Irv Rootman, PhD - Professor and MSFHR Distinguished Scholar
 Faculty of Human and Social Development, University of Victoria
 Title: *"Literacy, Older Adults and Health: What do we Know? What Should we Know?"*

Research Snapshots

Research Snapshots are research papers translated into layman's terms by the Friends of the Centre for distribution in the community. The following Snapshots were prepared in 2003.

- Quality of Long-Term Care: Perspectives from the Users of Home Care, Andrew Maxwell, July 2003
- Keeping a Wary Eye on the Elderly Driver, Daphne Chazottes, August 2003
- Palliative Care at Home is Not Always a Clear Choice, Daphne Chazottes, August 2003
- Ethical Dilemmas in Home Care Case Management of the Elderly, Ross Peters, August 2003
- Most Seniors are Satisfied with Health Care – More or Less, Daphne Chazottes, October 2003
- The Mental Health of the Childless Elderly. Social Networks Support Their Quality of Life, Ross Peters, November 2003
- Social Support for Patients with Prostate Cancer: The Effect of Support Groups, Ross Peters, November 2003
- Taking Control of Health Care Decisions in Late Life, Daphne Chazottes, November 2003
- Exercise After Cancer Diagnosis, Ross Peters, December 2003
- Social Isolation and Loneliness, Ross Peters, January 2004
- Quality of Life: Definitions, Measurement and Application to Practice, Ross Peters, January 2004

- Use of Memory Compensation Strategies Related to Psychosocial and Health Indicators, Daphne Chazottes, March 2004
- Home Alone With Dementia, Daphne Chazottes, March 2004

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

The idea of the Valued Elder Recognition Awards (VERA) was suggested by a group of seniors associated with the Centre and, with the support of the Advisory Board, 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 but have not received recognition for their dedication. 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 in October. The 2003 award recipients were

- Margaret Bonser,
- Larry Dietrich and
- Richard Price.

The 2003 lecture was given by Dr. Norman O'Rourke, on *"Memories of the Past and Future Expectations: Factors Predicting the Well-Being of Widowed Women."*

Public Lectures and Media Contacts

Faculty, staff, and students associated with the Centre frequently give public talks at the request of senior centres, church groups, professional groups, and resident care facilities. The lectures cover everything from a general description of the activities of the Centre to specific descriptions of research projects and related results in specific areas of interest. As well, researchers affiliated with the Centre are contacted frequently by local, national, and international media outlets concerning their research.

The Centre also participates in events sponsored by other groups, both on and off campus. Public events at which we have showcased the research program of the Centre include meetings of the Canadian Association of Gerontology, the Victoria Wellness Fair, the Sidney Wellness Fair, and lectures sponsored by the Victoria Gerontology Association, and Family Caregivers' Network. Similarly, we have co-sponsored or participated in campus information fairs and events with the University of Victoria Assistive Technology Team, School of Nursing, departments of Anthropology and Sociology, and the Faculty of Social Sciences.

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 advertising lectures and studies in a lay format. It is assembled and edited by the Administrative Coordinator with input from the Director, 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.



“...the website is continually reformatted to meet the needs of its audience...”

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 is continually reformatted to meet the needs of its audience, with the latest revitalization scheduled for early 2005. Plans for improving the website include the addition of video and audio recordings of lectures and special events. 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.uvic.ca.

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 44 master's, 33 doctoral, and 2 post-doctoral students.

The following theses were completed in 2003 by students whose advisor is a research affiliate of the Centre:

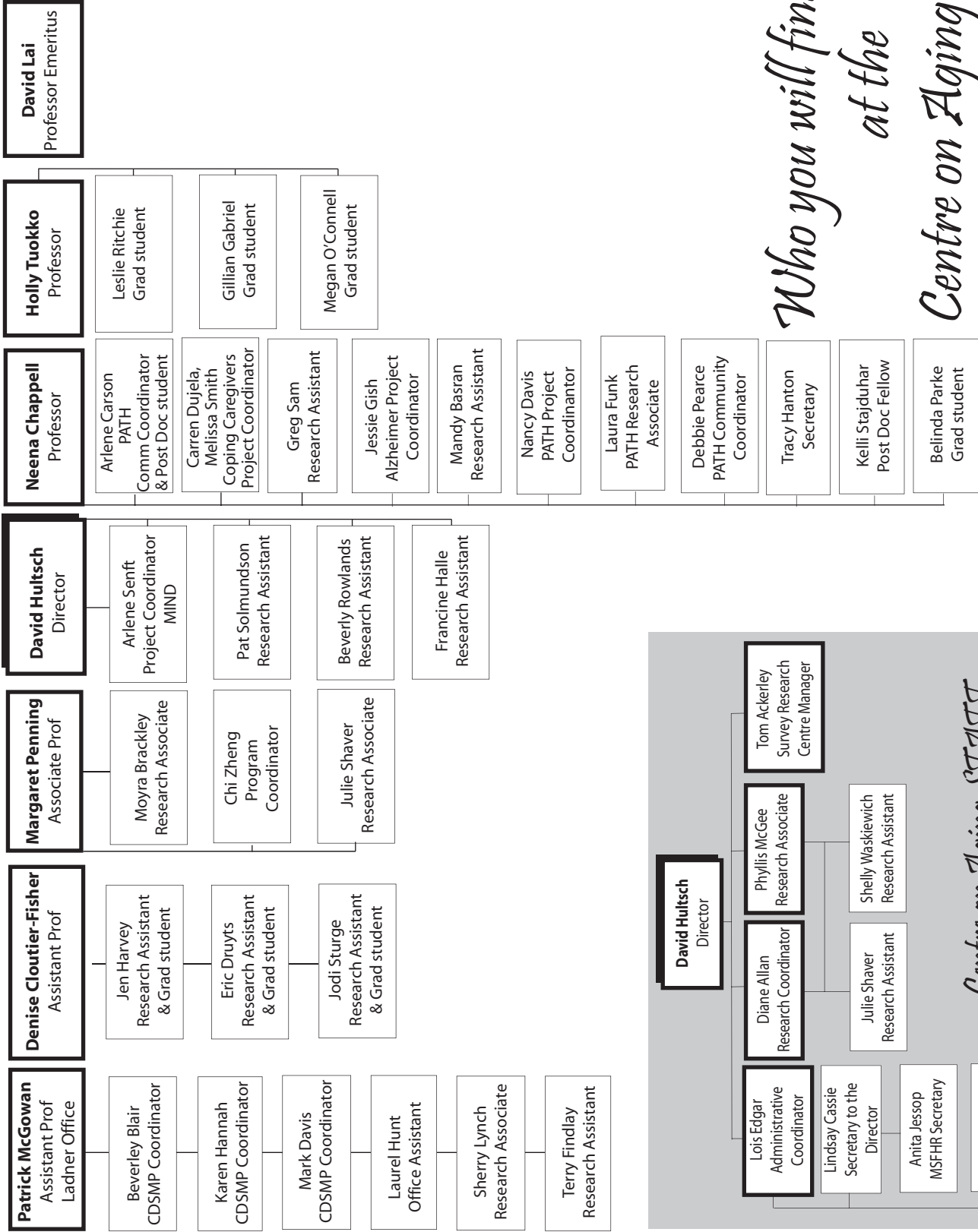
Graduate Students of Qualified Health Researchers, Grad Year 2003

| Name | Degree | Specialty | Supervisor |
|----------------------|--------|--------------------------------|-------------------------|
| C. Bukach | PhD | Object recognition | D. Bub |
| R. Feldman | PhD | Medical adherence older adults | H. Tuokko |
| R. Frerichs | PhD | Cognitive change | H. Tuokko |
| F. Hensen | MA | Diabetes self-management | P. McGowan |
| S. Johnson | PhD | Asperger's disorder | D. Bub |
| A. Jove | MSW | Crisis care teams | P. Mackenzie |
| K. Kusch | MA | Continuing care in BC | M. Penning |
| S. Lynch | MA | Peer volunteers in health | P. McGowan |
| P. MacCourt | PhD | Mental health | H. Tuokko & N. Chappell |
| S. MacDonald | PhD | Terminal decline | D. Hultsch |
| K. Munroe | MA | Diabetes Self-Management | P. McGowan |
| C. Pershick | MA | Cultural Anthropology | P. Stephenson |
| R.C. Reid | PhD | Quality of care | N. Chappell |
| L. Rogers (Hollands) | MA | Celiac disease | P. Stephenson |
| V. Smith | MA | Respite care | N. Chappell |
| K. Szirtes | MSW | Volunteers in long term care | P. Mackenzie |

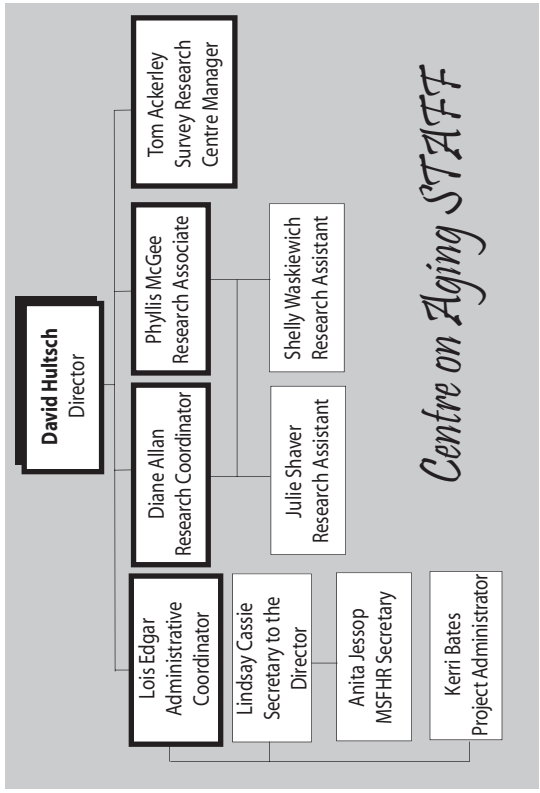
Note: Includes students where Qualified Health Researcher was primary supervisor.
Does not include students where QHR served on supervisory committee.

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.



*Who you will find housed
at the
Centre on Aging's Offices*
Updated June/04



Centre on Aging STAFF

APPENDIX B

New Research Grants Awarded in 2003

| Principal Investigator | Co-Investigators | Title of Grant | Dates | Amount | Funder |
|---------------------------------|---|---|-----------|-----------|---|
| I. Rootman | A. Best E. Balka Carleton H. Coward Kranjinak M. Maclure P. McGowan J. Moehr R. Warburton | Evaluation of the BC Health Guide Program | 2003 | \$500,000 | BC Ministry of Health |
| H. Tuokko M. Bedard | | A comprehensive approach to improve older driver skills | 2003 | \$25,000 | RK Dewar Foundation |
| R. Rhodes | | Career Award | 2003 | \$400,000 | MSFHR |
| P. McGowan | Hensen Lu D. Bradshaw L. Roos | Effectiveness of self-management training for persons with type 2 diabetes | 2003 | \$50,000 | Vancouver Foundation |
| P. McGowan | | Implementation of self-management programs in BC health regions | 2003 | \$900,000 | BC Ministry of Health |
| Z. Wu | | Unmet health care needs of immigrants in British Columbia | 2003-2004 | \$17,237 | Research on Immigration and Integration in the Metropolis |
| H. Chaudhury | A. Mahmood K. Kobayashi | Addressing distinct housing needs: an evaluation of seniors' housing in the South Asian community | 2003-2004 | \$25,000 | CMHC Housing Research Grant |
| P. Keller D. Cloutier-Fisher | | Design and digital delivery of mortality rates for British Columbia | 2003-2004 | \$15,000 | BC Vital Statistics |
| P. Stephenson | | New lands and contested identities: Living in Flevoland, the Netherlands | 2003-2005 | \$65,878 | SSHRCC |
| E. Strauss | D. Hultsch M. Hunter C. Hertzog | Inconsistency in cognitive performance as a predictor of functional decline in dementia | 2003-2005 | \$98,688 | Alzheimer's Society of Canada |
| C. Benoit | | Work, health and health care access in the US and Canada | 2003-2006 | \$300,000 | CIHR |
| L. Foster | D. Cloutier-Fisher | Seniors Health Atlas | 2004-2005 | \$55,000 | BC Ministry of Health |

Continuing Research Grants

| Principal Investigator | Co-Investigators | Title of Grant | Dates | Amount | Funding Agency |
|-------------------------------------|---|--|-----------|-------------|---|
| M. McMahon | | Women organic farmers | 1999-2004 | \$33,800 | SSHRCC |
| E. Strauss | | Studies in Hemispheric Organization | 2000-2004 | \$64,000 | NSERCC |
| G. Worrall | R. Thomas E. Dow N. Chappell J. Hirdes A. Crowley E. Frank | Does feedback and validation of RAI-HC elder assessment affect home care use | 2000-2004 | \$550,715 | MRC |
| P. Mackenzie | | Grandmothers caring for grandchildren: from practice to policy | 2001-2004 | \$102,172 | SSHRCC |
| A. Best N. Chappell A. Wister | Numerous | Best practices for coordinated health promotion and health services in midlife | 2001-2004 | \$2,503,545 | CIHR |
| M. Power | A. Molzhan + 18 others | Measurement of quality of life and health aging | 2001-2004 | \$1,864,634 | European Commission – Framework-5 Competition |
| L. Gamroth | M. Purkis L. McCreary J. Douglas M. Parkes C. Zawaduk | Nurse evaluation project | 2001-2004 | \$400,000 | Ministry of Health Planning |
| P. McGowan | | Diabetes self-management program | 2001-2004 | \$265,542 | Health Canada |
| N. Chappell | | Survey Research Centre | 2002-2004 | \$585,860 | CFI/BCKFH/UVIC |

APPENDIX B

Continuing Research Grants

| Principal Investigator | Co-Investigators | Title of Grant | Dates | Amount | Funding Agency |
|---|--|--|-----------|-------------|------------------------------------|
| P. McGowan | A. Molzhan | Diabetes self-management program | 2002-2004 | \$35,000 | Health Canada, Diabetes Initiative |
| R. Starzomski | J. McCormick S. Matheson B. Budz R. Jefferson | Organ donation: A cross-Canada perspective of critical care nursing practice | 2002-2004 | \$80,946 | Kidney Foundation of Canada |
| E. Gallagher | | Fall prevention among the elderly living in long term care settings | 2002-2004 | \$200,000 | Health Canada |
| S. Kirland P. Raina C. Wolfson N. Chappell M. Penning H. Tuokko et al | | Canadian longitudinal study on aging | 2002-2004 | \$397,348 | CIHR |
| N. Chappell | | Measuring best practices for dementia sufferers | 2002-2004 | \$119,545 | Alzheimer's Society of Canada |
| C. Benoit | | Midwifery: themes from past to present | 2002-2004 | \$9,000 | Museum of Civilization (Quebec) |
| C. Benoit | | Healthy youth in a healthy society (1 of 6 projects) | 2001-2005 | \$208,451 | CIHR |
| N. Chappell | | Caregivers – why some cope well | 2002-2005 | \$101,467 | SSHRCC |
| M. Penning | N. Chappell Z. Wu J. Gartrell M. Brackley D. Cloutier-Fisher | Health-care restructuring: impact on vulnerable older adults | 2002-2005 | \$320,355 | CIHR |
| D. Cloutier-Fisher | P. MacKenzie | Home sweet home: experiences of place for elderly in-migrants and aged-in-place persons in small town British Columbia | 2002-2005 | \$60,000 | SSHRCC |
| I. McDowell | H. Tuokko J. Lindsay R. Verreault K. Rockwood J. Fish L. Chambers P. Raina | Cognition in Canada: analyses of CSHA results | 2002-2005 | \$346,874 | CIHR |
| C. Benoit | | The impact of stigma on marginalized populations' work, health and access to health services | 2002-2005 | \$256,269 | CIHR |
| Z. Wu | | The consequences of union disruption for women and children in Canada | 2002-2005 | \$65,929 | SSHRCC |
| C. Benoit | | Health youth survey | 2001-2006 | \$220,000 | CIHR |
| C. Benoit | | Risky business: experiences of youth in the sex trade | 2001-2006 | \$206,500 | CIHR |
| D. Hultsch | E. Strauss M. Hunter | Inconsistency in the cognitive assessment of patient groups and health adults | 2001-2006 | \$370,312 | CIHR |
| R. Dixon | D. Hultsch | Longitudinal study of cognitive aging | 2002-2007 | \$1,625,500 | National Institute on Aging |
| P. Parfrey | A. Molzhan B. Barratt A. Levin C. Rigatto D. Churchill J. Singer H. Gerstein R. Goree | Canadian collaborative group for the prevention of illness in chronic renal disease | 2002-2007 | \$1,200,000 | CIHR |
| M. Man-Son-Hing F. Molnar S. Marshall K. Wilson L. Chambers I. Graham I. Stiell C. Crowder | H. Tuokko | Canadian research initiative for vehicular safety in the elderly | 2002-2007 | \$1,250,000 | CIHR |

APPENDIX C

Research Grants Completed in 2003

| Principal Investigator | Co-Investigators | Title of Grant | Dates | Amount | Funding Agency |
|------------------------|--|---|-----------|-----------|--|
| M. Masson | | Influences of memory and context on symbolic processing | 1998-2003 | \$219,450 | NSERCC |
| M. Jansson | C. Benoit | Sexually exploited youth project | 1999-2003 | \$316,000 | National Crime Prevention Centre, Justice Canada |
| C. Benoit | M. Jansson | National crime prevention | 2000-2003 | \$147,684 | Justice Canada |
| D. Lai | K. Tsang N. Chappell | Health and well-being of Chinese seniors in Canada | 2000-2003 | \$556,000 | SSHRCC |
| Z. Wu | | Immigrants' mental health | 2001-2003 | \$70,371 | Canadian Population Health Initiative and CIHR |
| P. McGowan | | Implementation and evaluation of the chronic disease self-management program in Vancouver and Richmond | 2001-2003 | \$135,000 | Vancouver/Richmond Health Board |
| L. Young | A. Molzhan R. Starazomski S. Parker B. Budz | Families and health care: explicating the health care experiences of heart transplant recipients and their families | 2001-2003 | \$72,558 | Heart and Stroke Foundation of Ontario |
| D. O'Connor | J. Perry K. Kobayashi | Reconceptualizing family support groups: how do they work? | 2001-2003 | \$53,180 | SSHRCC |
| M. Masson | D. Bub C. Lalonde | Canadian language and literacy network | 2001-2003 | \$83,323 | Networks of Centres of Excellence Research Network Grant |
| D. O'Connor | K. Kobayashi J. Perry | Reconceptualizing family support groups: how do they work? | 2001-2003 | \$53,180 | SSHRCC |
| F. Lau | A. Best M. Downing E. Balka R. Landry J. McDaniel J. Dunn D. Cloutier-Fisher | A knowledge management approach to making sense of regional health indicators and related information systems | 2001-2003 | \$185,000 | Canadian Population Health Initiative |
| C. Benoit | | Health and safety in the sex trade: moving toward a proposal for an academic-community partnered multi-site research project | 2002-2003 | \$18,000 | Health Canada |
| K. Kobayashi | A. Wister | Exploring the determinants of health status and health care utilization among mid-life Chinese, South Asian, and British Columbia in the Lower Mainland | 2002-2003 | \$14,500 | SSHRCC RIIM – Metropolis Grant |
| D. Cloutier-Fisher | | Evaluation of dining with friendship program | 2002-2003 | \$3,500 | United Way |

APPENDIX D - PUBLISHED ARTICLES, BOOKS, CHAPTERS, MONOGRAPHS

Published Articles

The following articles were published from July 1, 2003 to June 30, 2004 by the Centre on Aging researchers and affiliates:

- Benoit, C. (2003). Comparative Studies in Maternity Care. *RCM Midwives Journal*, 6(8), 338-40.
- Benoit, C. (2003). The Politics of Health-Care Policy: The United States in Comparative Perspective. *Perspectives in Biology and Medicine*, 46(4), 592-99.
- Benoit, C., Carroll, D., & Chaudhry, M. (2003). In search of a healing place: Aboriginal women in Vancouver's Downtown Eastside. *Social Science & Medicine*, 56(4), 821-833.
- Blanchard, C. M., Nehl, E. J., Rhodes, R. E., Fisher, J., Sparling, P., & Courneya, K. S. (2003). The moderating influence of ethnicity on the theory of planned behavior in the exercise domain. *Annals of Behavioral Medicine*, 27(6): 579-591.
- Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., Courneya, K.S., Rhodes, R. & Baker, F. (2004). Using the theory of planned behavior to explain exercise behavior in a community sample of African-Americans and Caucasians. *Journal of Sport and Exercise Psychology*, 26, S36.
- Bodner, G. E., & Masson, M. E. J. (2003). Beyond spreading activation: An influence of relatedness proportion on masked semantic priming. *Psychonomic Bulletin & Review*, 10(3), 645-652.
- Bogod, N. M., Mateer, C., & MacDonald, S. W. S. (2003). Self-awareness after traumatic brain injury: A comparison of measures and their relationship to executive function. *Journal of the International Neuropsychology Society*, 9(3), 450-458.
- Brackley, M.E., & Penning M.J. (2004). Residence, income and cancer hospitalizations in British Columbia during a decade of policy change. *International Journal for Equity in Health*, 3(2): 1-17
- Bub, D. N., Masson, M. E. J., & Bukach, C. M. (2003). Gesturing and naming: The use of functional knowledge in object identification. *Psychological Science*, 14(5), 467-472.
- Bukach, C. M., Bub, D. N., Masson, M. E. J., & Lindsay, D. S. (2003). Category-specificity in normal episodic learning: Applications to object recognition and category-specific agnosia. *Cognitive Psychology*. 48(1): 1-46.
- Chappell, N. L. and Funk, L. (2004). Lay perceptions of neighborhood health. *Health & Social Care in the Community*. 12(3): 243-253.
- Chappell, N. L. (2003). Correcting cross-cultural stereotypes: Aging in Shanghai and Canada. *Journal of Cross Cultural Gerontology*. 18: 127-147.
- Chappell, N. L. (2003). Family Care of Seniors in Shanghai, Similarities and Differences with West, *Aging in China*. 18: 127-147.
- Chappell, N. L. (2003). Home Care - A Cost Effective Alternative to Nursing Homes. *Parkhurst Exchange*, 11(3), 135.
- Chappell, N. L., Havens, B., Hollander, M.J., Miller, J., & McWilliam, C. (2004). Comparative costs of home care and residential care. *The Gerontologist*. 44: 389-400.
- Courneya, K.S. (2004). Exercise in cancer survivors: an overview of research. *Medicine & Science Sport Exercise*, 35(11): 1846-1852
- Courneya, K. S., Friedenreich, C. M., Sela, R.A., Quinney, H.A., Rhodes, R. E., & Handman, M. (2003). The group psychotherapy and home-based physical exercise (group-hope) trial in cancer survivors: Physical fitness and quality of life outcomes. *Psycho-Oncology*, 12(4), 357-374.
- Courneya, K.S., Friedenreich, C.M., Sela, R.A., Quinney, H.A., Rhodes, R. E., & Jones, L.W. (2003). Exercise motivation and adherence in cancer survivors after participation in a randomized controlled trial: An attribution theory perspective. *International Journal of Behavioral Medicine*. 11, 9-18.
- Courneya, K. S., Jones, L. W., Rhodes, R. E., & Blanchard, C. M. (2003). Effect of response scales on self-reported exercise frequency. *Annals of Behavioral Medicine*, 27(6): 613-622.

APPENDIX D

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- Graves, R.E. (2003). Boston Naming Test short forms: validation of existing and new versions. Thirty-First Annual Meeting of the International Neuropsychological Society, Honolulu, HI, with S.C. Bezeau, J. Fogarty, R. Blair and P. O'Hara as co-authors.
- Graves, R.E. (2003). Role of the left hemisphere in recognizing prototype faces. Thirty-First annual Meeting of the International Neuropsychological Society, Honolulu, HI, with J. Renfrew as senior co-author and D. Saumier as co-author.
- Graves, R.E. (2004). Speech monitoring deficits in schizophrenia. Thirty-second Annual Meeting of the International Neuropsychological Society, Baltimore, MD, with J. B. Sheer as senior co-author and C. A. Mateer as co-author.
- Graves, R.E. (2004). The relationship between dysfluency in delayed auditory feedback and self-monitoring in schizophrenia. Thirty-second Annual Meeting of the International Neuropsychological Society, Baltimore, MD, with J. B. Sheer as senior co-author and C. A. Mateer as co-author.

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- Graves, R.E. (2003). Lateralized mere exposure: an analytic non-analytic processing approach. Thirty-First Annual Meeting of the International Neuropsychological Society, Honolulu, HI, with J. Price as senior co-author and J.W. Price as co-author.
- Graves, R.E. (2003). Prediction of premorbid Boston Naming and California Verbal Learning Test Scores. Thirty-First Annual Meeting of the International Neuropsychological Society, Honolulu, HI, with L. Carswell as co-author.
- Graves, R.E. (2003). Visual and auditory localization, attention, and perception in developmental dyslexia. Thirty-First Annual Meeting of the International Neuropsychological Society, Honolulu, HI, with E. Parrish as co-author.
- Hertzog, C., Dixon, R. A., Hultsch, D. F., & Maitland, S. B. (2004). Does Longitudinal Memory Change Correlate with (Either) Subjective Memory Change (Or) Changes in Subjective Memory? Paper presented at Cognitive Aging Conference, Atlanta, Georgia.
- Hultsch, D. F. (2004). Inconsistency in Response Time as an Indicator of Cognitive Aging. Invited paper presented at conference on Speed, Control and Aging: Festschrift in Honour of Patrick Rabbitt, Oxford University, UK.
- Lai, David (2003). "From Segregation to Integration: 145 Years of Overseas Chinese History in Canada," The 12th Annual Convention of the National Congress of Chinese Canadians, Winnipeg: Winnipeg Chinese Cultural and Community Centre, Manitoba.
- Lai, David (2003). "A Survey of the Opinion of Chinese Seniors on the Head Tax Compensation," The 12th Annual Convention of the National Congress of Chinese Canadians, Winnipeg: Winnipeg Chinese Cultural and Community Centre, 12-14 Sept. 2003, pp. unfolioed. (in both English and Chinese scripts)
- Lougheed, M. & Gamroth, L. (2004) Collaborative learning units: an alternate model of practice education for nursing. . Reach for the Peaks: Creating Quality Environments for Nursing Education. Western Region Canadian Association of Schools of Nursing Conference, Kamloops, B.C.(7.A.6)
- Lougheed, M., Gamroth, L., & Milliken, J. (2003). Collaborative learning units: promoting the readiness of new graduates to practice. Canadian Association of Schools of Nursing National Nurse Educators Conference, Halifax, Nova Scotia. (7.A.6)
- MacDonald, S.W.S., Garrett, D. D., Dixon, R. A., & Hultsch, D. F. (2003). Subclinical Cognitive Impairment in Older Adults: Stability of Calssification? Paper presented at International Neuropsychology Society, Berlin, Germany.
- McGowan, P.T. (2004). Canadian Diabetes Association, Vernon, BC. Benefits of self-management for diabetes.
- McGowan, P.T. (2004). Canadian Diabetes Association, Kamloops, BC.- Volunteer Opportunities with self-management programs.
- McGowan, P.T. (2004). Minister's Advisory Council on Mental Health, Victoria, BC. - Self-Management Skills in Mental Health.
- McGowan, P.T. (2004). Self-Managing Health and Chronic Disease Conference. Hong Kong, China. - The History of Self-Management in British Columbia and Canada. (McGowan)- Self-Management for Persons with Type 2 Diabetes: Convincing the Medical Community. (McGowan)- Tuberculosis Self-Management Education in Aboriginal Communities. (McGowan, Cook, Shandami, Dean, Rempel, Elwood, & Fitzgerald) - The Interface of Diabetes Patient Education and Self-Management Education. (Hensen, Monroe, McGowan)
- McGowan, P.T. (2004). Mainland Diabetes Nutritionists Association – Empowerment Workshop. Vancouver, BC.- History of the development, research validation, and dissemination of self-management programs. (McGowan). Invited speaker.
- McGowan, P.T. (2004). University of Victoria – Centre on Aging Annual Community Forum, Victoria, BC. February 19, 2004.- Developing informed activated patients.
- McGowan, P.T. (2003). The Pacific Coast Brain Injury Conference. Vancouver, BC. - Workshop on self-management patient education.
- McGowan, P.T. (2003). HEALTH EXPO 2003 Aboriginal Health Care in the 21st Century. Calgary, Alberta.- Chronic Disease Management and First Nations Communities. Keynote Closing Address.

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- McGowan, P.T. (2003). Diabetes and you: Taking charge of your health. Type 2 Diabetes - Educational Forum, Richmond, BC.- Diabetes and your Doctor. (McGowan & Poley).
- McGowan, P.T. (2003). 3rd B.C. Aboriginal Diabetes Conference. Diabetes: Moving to prevention. Chase, BC.- Workshop on using self-management strategies.
- McGowan, P.T. (2003). Diabetes: Uncomplicated. Nanaimo, BC.- Using self-management strategies.
- McGowan, P.T. (2003). 7th Annual CDA/CSEM Professional Conference and Annual Meetings. Ottawa, ON. - Diabetes self-management patient education. (McGowan, Davies, Van Welleghem) - Diabetes patient education and self-management education. (Hensen, Monroe, McGowan).
- McGowan, P.T. (2003). Province-wide Chronic Disease Collaborative for Patients with Congestive Heart Failure in British Columbia. Richmond, BC.- Using the patient Self-management process.
- McGowan, P.T. (2003). Western Healthcare Improvement Network: Chronic Disease Management - Getting informed, getting started. Richmond, BC.- Getting organized: Rolling out the Chronic Care Model (Panel).
- McGowan, P.T. (2003). BC Provincial Clinic Managers Association Annual Meeting. Powell River, BC. - Self-management education within the Chronic Care Model.
- McGowan, P.T. (2003). Western Healthcare Improvement Network Conference Out of the Crisis: Restoring the Quality in Healthcare. Richmond, BC. - Workshop on self-management patient education for chronic health conditions.
- Molzahn, A.E. (2004). Ethnocultural beliefs Regarding Organ Donation Among Selected Chinese-Canadian, Indo-Canadian and Coast Salish People in British Columbia. National Nursing Research Conference, London.
- Molzahn, A.E. (2004). Quality of life and health aging. Presented to the wellness group, Brentwood Bay United Church, May 17, 2004.
- Molzahn, A.E. (2003). Quality of life and end of life: The illness trajectory for chronic kidney disease. Canadian Association of Nephrology Nurses and Technicians, Vancouver, B.C..
- Molzahn, A.E. (2004). Quality of life and health aging. Presented to the wellness group, Brentwood Bay United Church, May 17, 2004.
- Molzahn, A.E., & Purkis, M.E. (2004). Collaborative nursing education programs: The challenges and the pitfalls. International conference 2004 Embracing the future: Educating Tomorrow's Nurses 2004. Toronto, Ont.
- Molzahn, A.E., McDonald, M., O'Loughlin, C., & Starzomski, R. (2003). Ethnocultural beliefs regarding organ donation in selected Chinese-Canadians. Submitted to the Kidney Foundation of Canada.
- Mosk, C. Modern Japan's Path to Global Integration: The Competing Pulls of Diffusion of Innovation, International Migration and Trade. Paper presented to the Centre at the 45th Annual Conference of the Western Social Science Association, April 11, 2003, Las Vegas, Nevada; and at the 28th Annual Meeting of the Social Science Association, November 15, 2003, Baltimore Maryland. 2003.
- Mosk, C. (2003). Professional Specialization: Why Labour Market Changes Have Undermined the Role of Economic History in Economics Departments. A paper delivered to the "Future of Economic History" Conference, University of Guelph, Guelph, Ont.
- Mosk, C. (2003). The Perverse Globalization of a Technology: The Japanese Language, 1860-1960. Talk presented in the Department of Economics, University of Victoria, Victoria, BC.
- Penning M.J. (2004). The Social Bases of Frailty. Presented at the Canadian Initiative on Frailty Canadian Investigators Meeting, Montreal, Quebec.
- Penning M.J. and Brackley, M.E. (2003). Income and home care service utilization in British Columbia, 1990-1997. Presented at the annual meetings of the Canadian Association on Epidemiology and Biostatistics, Halifax, Nova Scotia.

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- Penning M.J., & Kusch, K.E. (2003). Income, gender and health need: Impact on home care service utilization. Presented at the annual meetings of the Canadian Association on Gerontology, Toronto, Ontario, October.
- Reid, R.C., Chappell, N.L., & Stajduhar, K.I. Measuring Individualized Care for Institutionalized Dementia Sufferers. Gerontological Society of America meetings, San Diego, California, November, 2003.
- Rhodes, R.E. (2004). Motivation older adults for physical activity. Presented at the 2004 University of Victoria Community Forum on Aging, Victoria, B.C.
- Rhodes, R.E. & Matheson, D.H. (2004). Moderators of the exercise intention and expectation relationship. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C.
- Small, B. J., Hertzog, C., Hultsch, D. F., & Dixon, R. A. (2003). Stability and Change in Older Adult Personality Over 6 Years. Paper presented at American Psychological Association, Toronto, Ont.
- Stajduhar, K., Chappell, N.L., Reid, R.C. (2003). Employed Caregivers: The Impact of Work Interference on Family Caregiver Stress and Burden. Gerontological Society of America meetings, San Diego, California.
- Tuokko, H. (2003). Emerging issues in geriatric cognitive assessment. Presented for the Division of Community Health, Memorial University, St. John's, Newfoundland.
- Tuokko, H. (2003). Cognitive changes in later life: An update from the Canadian studies of health and aging. Presented for the Division of Community Health, Memorial University, St. John's, Newfoundland.
- Tuokko, H. (2003). Cognitive impairment with no dementia: Theory and practice. Presented for the Division of Community Health, Memorial University, St. John's, Newfoundland.
- Tuokko, H. (2003). As time goes by: Predicting dementia. Presented for the Division of Community Health, Memorial University, St. John's Newfoundland.
- Tuokko, H. (2003). Competency, decision-making and cognition: Assessment issues. Presented for the Division of Community Health, Memorial University, St. John's, Newfoundland.
- Tuokko, H. (2003). Emerging issues in geriatric cognitive assessment. Presented for the Northern Educational Centre for Aging and Health, Lakehead University, Thunder Bay, Ontario.
- Tuokko, H. (2004). Competency, Decision-Making and Cognition: Assessment Issues. Presented at "Dementia: Issues in Front Line Care" for the HealthWell Educators and Consultants Ltd., Holiday Inn, Victoria, B.C.
- Tuokko, H. (2004). Competency, Decision-Making and Cognition: Assessment Issues. Presented at "Providing care to older adults with cognitive impairment" for the HealthWell Educators and Consultants Ltd., Best Western, Richmond, B.C.
- Williams, B., Hultsch, D. F., Strauss, E., & Hunter, M. A. (2004). Inconsistency in Reaction Time Across the Lifespan. Paper presented at Cognitive Aging Conference, Atlanta, Georgia.
- Young, L.E., Cunningham, S. & Buist, D. (2004). Lone mothers are at higher risk for cardiovascular disease compared to partnered mothers: Analysis of National Health and Nutrition Examination Survey III (NHANES III). Health Disparities Symposium. School of Public Health, University of Washington.
- Young, L., Wood, M. & Altejos, F. & Bruce, A. (2004). Toward constructing a moral climate for student nurses: Modeling student nurses' stress and health. 9th Annual Ethel Johns Conference, Xi Eta Nursing Research Day, Vancouver, BC.
- Young, L., Wood, M. & Altejos, F. (2004). Student Nurse Quality of Life: Community Consultations. School of Nursing Research Day. University of Victoria, Victoria B.C.

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- Young, L.E. & Little, M. (2004). Women and heart transplantation: A social equity issue? Pushing the boundaries: Evidence changing practice. 8th Ethel Johns Nursing Research Forum. Vancouver, B.C.
- Young, L.E. & Muir, J. (2004). What happened to the ought (O)? :Practice and ethical issues related to acute pain management in nursing." 9th Annual Ethel Johns Conference, Xi Eta Nursing Research Day, Vancouver, B.C.
- Young, L.E. (2003). Women and cardiovascular disease: Examining behavioral, clinical and social risk. UBC School of Nursing Research Rounds, Vancouver, B.C.
- Young, L.E. (2003). Women and cardiovascular disease: Examining behavioral, clinical and social risk. UBC Institute of Health Promotion Research, Vancouver, B.C.
- Young, L.E. (2004). Women and cardiovascular disease: Examining behavioral, clinical and social risk. Visiting Scientist Lecture. Lawson Health Research Institute & University of Western Ontario School of Nursing. London, Ont.
- Young, L.E. (2004). Participatory Action research and social determinants of health: Creating possibilities for health promotion research & Practice. AHFMR Visiting Lecturer, University of Calgary, Faculty of Nursing, Calgary, Alberta.
- Young, L.E. (2004). Transforming health promotion research: a participatory, multimethod study promotes the cardiovascular health of lone mothers. Symposium on Health Promotion Research. National Nursing Research Conference. London, Ont.
- Young, L.E. (2004). When is patient teaching health promoting? Using stories from practice to explore the question. AHFMR Visiting Lecturer, University of Calgary, Faculty of Nursing, Calgary, Alberta.
- Young, L.E., Cunningham, S., James, A. & Buist, D. (2004). Lone mothers risk for CVD: Analysis of NHANESIII & NPHS. Faculty Research Day. University of Victoria.

