



**University
of Victoria**
Centre on Aging

The Centre on Aging is an interdisciplinary research centre located at the University of Victoria, in Victoria, British Columbia. Its mandate is:

- To add to the body of knowledge in aging by conducting, stimulating and encouraging rigorous basic and applied research, as indicated by scholarly publications and research undertakings.
- To provide a focus, impetus and direction to the university's (and the region's) activities in the area of aging, as reflected in research initiatives, representation at university, government and community events; and response to requests from within and outside of the University.
- To disseminate knowledge on aging through publications, presentations at professional meetings, seminars and lectures, and participation on various committees and working groups.
- To facilitate collaboration and to stimulate communication among scholars, practitioners, government officials and older adults.
- To promote and facilitate both graduate and undergraduate training within the area of aging.



Annual Report 2009



UPDATE FROM THE DIRECTOR OF THE CENTRE ON AGING

The first six months as the Director of the Centre on Aging has been one of change and opportunity. The Centre on Aging celebrated the opportunities realized through the addition of the Mohr Chair in Adult Development and Aging in July. Dr. Scott Hofer brings with him a keen interest in cognitive aging and cutting-edge expertise in longitudinal methodology. Researchers at the Centre on Aging are engaging in more and more longitudinal research, where information is collected from the same research participants over extended periods of time. Most notably, in 2009, testing and implementation of the data collection protocol for the Canadian Longitudinal Study on Aging began through the Survey Research Centre under the guidance of Dr. Margaret Penning. This study is one of the most ambitious longitudinal studies that has ever been undertaken in Canada and holds great promise for contributing to our understanding of the aging process. A number of researchers from the Centre on Aging have assumed leadership roles in this study and our ongoing active involvement in this national project will provide us with many opportunities to build capacity in longitudinal research methods as well as contribute to discipline-specific and interdisciplinary knowledge to the field. In addition, Victoria is one of the seven data collection sites for the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive) project. Candrive is an interdisciplinary health related research program dedicated to improving the safety of older drivers. Data is being collected on 1000 Canadians 70 years of age and older at regular intervals over five years.

I am very pleased with the significant progress that made in 2009 in the pursuit of the goals outlined in the Centre on Aging's Review Report (2004 to 2008). We are building on our strength in longitudinal research and maintaining excellence in research. The researchers at the Centre on Aging are exploring models for collaborative research and are promoting student research training initiatives through a variety of mechanisms. I am committed to an ongoing role in supporting the researchers, staff at the Centre on Aging and our community partners in realizing our potential.



Holly Tuokko, PhD RPsych
Director, Centre on Ag-

REPORT FROM THE CHAIR, ADVISORY BOARD CENTRE ON AGING, UNIVERSITY OF VICTORIA

In 2009, the Advisory Board members were:

Howard Brunt, Vice President Research (Ex-officio);
 Julie Shaver, Manager, Seniors' Healthy Living Secretariat, Ministry of Healthy Living and Sport (Ex-officio);
 Bernie Paille, President, Friends of the Centre (Observer);
 Beverly Timmons, UVic Retirees Representative, (Observer);
 Carol Bremner, District Nurse, Veterans Affairs;
 Heather Davidson, Assistant Deputy Minister, Regional Services Div., Ministry of Employment and Income Assistance;
 John Gray, community;
 C. Peter Keller, Dean, Social Sciences;
 Marjorie MacDonald, School of Nursing;
 Stuart MacDonald, Department of Psychology;
 Patricia MacKenzie, Associate Dean, Faculty of Graduate Studies;
 Patrick McGowan, Centre on Aging, Ladner;
 Ryan Rhodes, School of Exercise Science, Physical and Health Education;
 James Thornton, community.

I am pleased to present the Annual Report of the Advisory Board of the Centre on Aging, University of Victoria.

It is a pleasure and a privilege to serve as the Chair of the Advisory Board. The role of the Board is to provide input and direction for the policies and activities of the Centre. The primary responsibilities of the members include advising the Director and assisting in the implementation of the Centre's approved five-year Future Directions plan. They are also available at the call of the Director through subcommittees or individually for advice and consultation on specific issue.

Members of the Advisory Board include faculty, and administration from the Centre and the University at large, as well as representatives from government, non-government organizations, and the Greater Victoria community, including seniors.

The board met once in 2009. In July 2009, we said farewell to Dr. Elaine Gallagher who led the Centre with great distinction, taking the lead in expanding the research capability, and broadening the scope and breadth of our understanding of the importance and impact of research in aging.

Dr. Holly Tuokko assumed the role of Director, having demonstrated outstanding success in her teaching and research, as well as an awareness of the important role she will play in the Centre's future. Her work will provide new emphasis on research outcomes and their application to later life policy and to the larger issues of an aging population in today's world.

I wish to thank the faculty and staff for their dedicated work and the commitment to excellence that has brought international recognition to the Centre. I wish to thank Lois Edgar for providing many hours of time and energy to keep the Advisory Board up to date, and efficient. Her knowledge and guidance has informed our work as a Board, and we thank her for her support.

Respectfully submitted
 Geri Hinton, Chair

RESEARCH HIGHLIGHTS

The Centre on Aging is committed to generating knowledge by conducting, stimulating, and encouraging rigorous research on aging. During 2009, a wide range of aging-related research was undertaken by the 43 affiliates of the Centre on Aging at the University of Victoria. Through this research, faculty and students have engaged with communities around issues of societal need and concern.

CHANGING OVER TIME

It is quite clear that people physically change as they age – but what other changes are occurring and what effects do these changes have for individuals, their families and societies? Collecting information from the same people at different points in time, or longitudinally, can shed light on the types of changes people experience over short (seconds, days, weeks) and longer terms.

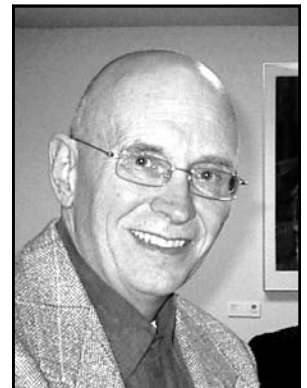
The Aging Mind

In 2009, Dr. Scott Hofer joined the faculty as the Harald Mohr, MD and Wilhelma Mohr, MD Research Chair in Adult Development and Aging, bringing with him a keen interest in how cognition and personality change as we age and how this relates to healthy aging. He has spearheaded the formation of a network of researchers to collaboratively examine longitudinal data on aging collected in many different parts of world. Through this network, he and his colleagues are creating efficient approaches to integrative analyses that will maximize comparability across these different studies. This will provide a broad foundation of scientific knowledge that identifies findings in common and where findings are inconsistent. The focus of his research is on change from mid-life to late life.



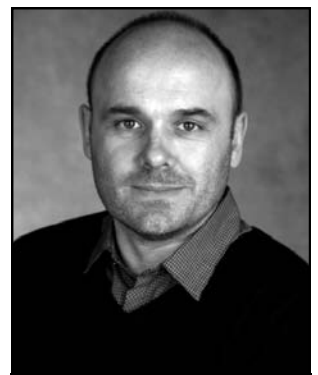
Scott Hofer, PhD

Dr. David Hultsch, former Director of the Centre on Aging (2002-2006), continues to examine data from the Victoria Longitudinal Study to examine how health and activities of daily living relate to changes in memory functioning in late middle-age and old age. He is also examining variability in how tasks are performed over short time periods in relation to longer term changes in thinking abilities through Project Mind.



David Hultsch, PhD

Dr. Stuart MacDonald is interested in biological aging and how it relates to changes in memory and other cognitive functions. This research has implications for early identifications of cognitive disorders and possible effective interventions to slow or stop these changes from progressing.



Stuart MacDonald, PhD

Drug Therapy for Alzheimer Disease

How is quality of life affected by medications prescribed to people to treat Alzheimer Disease? A large team of investigators, headed by Dr. Neena Chappell, is investigating this question in a series of projects examining medications for treating Alzheimer Disease. Two of these ongoing projects are taking place at the Centre on Aging. In the Caregiver Study, caregivers to a family member taking Alzheimer medication are interviewed in person and by telephone throughout the province of British Columbia to determine their perceptions of the effectiveness of Alzheimer medication on the person for whom they are caring. The Senior's Medication Study aims to address issues related to non-response to medications.



Alzheimer Drug Therapy Initiative Team Members
(led by Neena Chappell) Staff shown here are
(from left): Rob Hamilton, Care Dujela, Chelsie Kadgien,
Myriam Gerber-Hedge

The Final Days

At some point, we all face the end of life. Yet, how much is known about the dying and those who care for them? Dr. Kelli Stajduhar leads an ongoing important program of research pertaining to end-of-life care. In 2009, she and her colleagues began to examine ways home care nurses support family caregivers who are providing care for their loved one at home. This research is being conducted in 3 BC health authorities by an interdisciplinary team of researchers and involves observations of changes in delivery of home nursing care services over time.



Knowledge Translation in Action: Improving the Quality of Care at the End of Life
researchers (seated from left) Sheila Cruikshank and Kelli Stajduhar
(standing from left) Joanne Dolynuk, Gwenth Doane, Colleen Butcher, Darcee Bidgood, Moira Cairns and Elizabeth Causten

AGE-FRIENDLY COMMUNITIES

Population aging and urbanization are two global trends that together comprise major forces shaping the 21st century; at the same time as cities are growing, their share of residents aged 60 years and older is increasing. Enhancing the quality of life as people age by optimizing opportunities for health, participation and security will be an important aspect of life in every country in the world and in both urban and rural settings.

Age-Friendly Cities

The concept of Age-friendly Communities builds on the findings from two age-friendly initiatives, one by the World Health Organization (WHO) – Global Age-friendly Cities: A Guide – and the other by the Ministers Responsible for Seniors across Canada – Age-friendly Rural and Remote Communities: A Guide. In 2006, Saanich was invited as one of 33 cities in 22 countries to participate in the World Health Organization (WHO) – Global Age-friendly Cities Programme. A team of researchers under the leadership of Dr. Elaine Gallagher spearheaded data collection for this project as well as Age-friendly Rural and Remote Communities Initiative. Throughout 2009, this research generated widespread interest in age-friendliness for other researchers

Intergenerational Programs

In 2009, Dr. Valerie Kuehne and her colleagues undertook an exciting intergenerational project. They studied a unique "immersion" model whereby students from one grade 5/6 or 6/7 class spent full days at a retirement community for several weeks during the school year. Older adults and youth participated in daily two-on-one and group activities. Preliminary results indicate improvements post-program in older adult participants' physical and mental health and cognition, positive changes that were noted by participants themselves, family members, and program staff.



Age-Friendly Team received an Award of Excellence from Premier Gordon Campbell



Intergenerational Programs: Exploration of an Emerging Immersion Model
Researchers (from left) Arlene Carson, Valerie Kuehne and Karen Kobayashi

Healthy Aging

In 2009, Margaret Penning became the Victoria site coordinator for the Canadian Longitudinal Study on Aging (CLSA). This is one of the world's largest and most comprehensive studies on healthy aging. The study will follow 50,000 Canadians aged 45 - 85 over a 20 years period, enabling researchers to observe and understand the evolution of health and disease; physical, psychological and cognitive functioning; as well as the social processes that accompany aging.

Transportation

To be age-friendly, transportation needs to be available, accessible, adaptable, acceptable and affordable. For many older persons, driving is their primary mode of transportation and safety may be a concern. In 2009, Dr. Holly Tuokko and an interdisciplinary team of researchers collected data in communities across Vancouver Island to determine how viewing a play on older driver safety affected the attitudes and beliefs audience members.



Actors Anne-Marie Circillo, Peid Sparling and John Krich in *No Particular Place to Go*, a theatre production about a family exploring issues related to older driver safety.

STUDENTS

The Centre on Aging is committed to training the next generation of researchers. Our students meet challenging opportunities in an interdisciplinary research setting that enhance their learning experience. Their experiential learning focuses on high priority questions using cutting edge research methodology. During 2009, students were actively engaged in the educational community, our societal community and performing their own research as well as working with faculty members on research projects.

Knowledge Exchange and Community Engagement

Students present their work to international, national, provincial and local audiences. In 2009, the International Association on Geriatrics and Gerontology annual conference was held in Paris and students affiliated with the Centre on Aging gave poster and oral presentations on cognition, cross-cultural differences in filial caregiving, the effects of architecture on quality of care in nursing homes, older adults beliefs about strength training, age friendly cities, end of life issues, and quality of life measurement methods. There were many other international meetings that our students attended including the International 'In Sickness and In Health' Conference.

Each year, our students are involved with the Canadian Association on Gerontology – from running the Student Connection on campus to participating in posters and sessions at the Annual Scientific and Educational Meeting. They also participate in the Canadian Institutes of Health Research, Institute on Aging Summer Program in Aging (SPA). At the SPA, students and post-doctoral fellows receive advanced training that crosses disciplines, sectors, institutions and geography and that addresses one or more of the CIHR Institute of Aging's research priorities. The 2009 SPA was held in Nova Scotia and was attended by Sasha Jouk and Jacob Grand.

Students affiliated with the Centre on Aging attended a wide range of provincial research-related activities in 2009. The BC Psychogeriatric Association holds a student poster competition each year. In 2009, Erin Grant received second place in the competition. Our students also attended the BC Network for Aging Research's Student Training in Aging Research (program where Heather Cooke,

Sasha Jouk, Merry-Jo Levers, Janet Love, Linda Outcalt, Amir Ali Sepehry, Shelly Waskiewich, and Christie Yao were 8 of the 11 students invited to participate from UVic.

We also host international students. In 2009, Angela Schoklitsch, a PhD student in Clinical Psychology from Salzburg, Austria worked with Holly Tuokko and her graduate student team.



Student Shelly Waskiewich volunteering at the VERA Tea. Shelly is presenting one of the nominees, Til Wilson, with a rose and box of chocolates.

Scholarships

The Centre on Aging has, with help from the community, developed its own scholarships. As well, we work with agencies in the community to help award research funding in the area of aging.

We are currently fund raising for the following scholarships:

- Neena Chappell Scholarship
- Elaine Gallagher Scholarship
- David Chuenyan Lai Scholarship
- Lou-Poy Scholarship

We have been fortunate to work with the Rotary Club of Saanich on two awards they administer.

In 2009, Shelly Waskiewich received the David Chuenyan Lai Scholarship. Bonnie Fiela and Kristine Votova each received a scholarship from the Rotary Club of Saanich.

Our students perform well in all academic funding situations, internal and external to the University. For example, in 2009, Janet Love received the Canadian Institutes of Health Research Frederick Banting and Charles Best Canada Graduate Scholarships – Doctoral Award, and Laura Funk received a Canadian Institutes of Health Research Post Doctoral Fellowship. Linda Outcalt received the following internal and external awards: the University of Victoria President's Research Scholarship, Social Sciences and Humanities Research Council of Canada - Joseph-Armand Bombardier Canada Graduate MA Scholarship, Sara Spencer Foundation Research Award, BC Ministry of Labour and Citizens' Services: Student Led Research Grant, BC Network on Aging – Student Data Collection Award, and the BC Network on Aging – STAR (Student Training in Aging Research) Award.

RESEARCH EDUCATION

In 2007, the Harold Mohr MD and Wilhelma Mohr MD Chair in Adult Development and Aging, created by Dr. Erich and Shelley Mohr with an endowment of \$2.4 million. Both Eric and Shelley Mohr are graduates of UVic's Department of Psychology and wished the award to go to both the Centre and Department of Psychology. This donation was made in honour of Erich's parents.

Dr. Scott Hofer from the University of Oregon became Harold Mohr MD and Wilhelma Mohr MD Chair in Adult Development and Aging on July 1, 2009. His association with researchers around the world working in longitudinal methodology will be of great value to the Centre on Aging as we move forward to realize the goals set forward by our latest five year review. One major goal places a continuing emphasis on aging across the adult lifespan.



Erich and Shelley Mohr

MOBILIZING KNOWLEDGE

The Centre on Aging is committed to sharing knowledge through engagement with the wider community. During 2009, researchers associated with the Centre on Aging transferred research findings and knowledge from the academic setting to a diverse and growing set of partners.



Faculty, students and staff who presented at International Association of Gerontology and Geriatrics meeting in Paris.

Age-Friendly Communities (AFC)

During 2009, Dr. Elaine Gallagher and her team were contracted by the Seniors Secretariat of the Province of BC to implement the findings from two age-friendly initiatives (Global Age-friendly Cities: A Guide and Age-friendly Rural and Remote Communities: A Guide.) across BC. The team facilitated “age-friendly” and “disability-friendly” assessments and planning in 30 communities in BC and many communities have now implemented local improvements. In addition, two Age-friendly Guides were developed: A “Guide to Getting Started” for local government and a Guide for Businesses with a checklist to assist businesses in becoming more age-friendly. A web site was created to host resources for communities wishing to become more age-friendly and a series of workshops and presentations were given across the province and nationally describing AFC initiatives and results.

To Drive or Not to Drive

In 2009, a play on older driver safety was created by Dr. Holly Tuokko and a collaborative, interdisciplinary team of researchers as part of a Social Sciences and Humanities Research Council of Canada funded research project. The play entitled “**No Particular Place to Go**” was devised by a theatre team based on focus group data collected in urban and more rural communities on Vancouver Island. Dr. Tuokko and her team returned to these communities to share the synthesis of the data with them. Subsequently, The BC Psychogeriatric Association received funding from the Institute of Aging, Canadian Institutes of Health Research to videotape the play so that it can be shared with others in Canada and abroad.

The Best in End-of-Life Care

In 2009, Dr. Kelli Stajduhar and her team received funding from the Canadian Institutes of Health Research to move knowledge from previous studies and reports into action so that dying patients and their family members in medical and residential care units can receive the high quality care that they deserve and to which the health care system aspires. This project is expected to have a significant impact on both policy and practice of end of life care in the health authority. “We aim to change practice through our working groups as new strategies are experienced. We hope this, in turn, will impact end-of-life policy as we are working with administrators as part of this project.”

Living with Chronic Illness

In spite of our best efforts at improving health and preventing disease, many older persons will find themselves dealing with one or more chronic diseases in later life. Dr. Patrick McGowan heads up a team of professionals at our Ladner office and engages in a variety of initiatives assisting older people to live more effectively with chronic illness. In 2009, the Chronic Disease Self-Management Program was successfully culturally adapted for the Punjabi community in the Fraser Health Authority. Implementation objectives were exceeded and there are plans to disseminate this program to Punjabi community throughout BC.



Visiting Researchers

Researchers from around the world visit the Centre on Aging. In 2009, we hosted Dr. Michelle Porter, Professor, Faculty of Kinesiology and Recreation Management, University of Manitoba for four months while she worked on projects related to older driver safety.

OTHER ACTIVITIES

While the Centre on Aging's focus is on the conduct of research, we are also involved in sharing research knowledge with others through opportunities for life-long learning, social and community engagement, as well as policy change and development.

ENGAGING THE COMMUNITY

The Centre on Aging hosts its own lectures. The International Day of the Older Person (IDOP) Lecture is given every October 1st, in 2009 Dr. Scott Hofer spoke about his research in a talk entitled: *Healthy and Successful Aging: What do we know from longitudinal studies?* We also arrange informal lectures throughout the year. Topics covered in 2009 included:

- *The Roadwise Review: A Self-Assessment Tool for Older Drivers* by Dr. Michelle Porter.
- *More Than Between the Start and Finish Line: Women 50+ and Outrigger Canoeing* by Heather Bell.

We co-host, with the University of Victoria Retirees Association, the Mastermind Lecture Series, an annual event that is supported by senior administration. The 2009 lectures included:

- *What Everyone Should Know About Listeria, Salmonella and Other Food-Borne Pathogens* by Edward Ishiguro
- *Crime and Punishment Revisited: Exploring Restorative Justice* by Michael Hadley
- *The Image of the Word: Understanding Islamic Art* by Erica Dodd
- *China's Role in the Global Economy* by Ralph Huenemann

We also work collaboratively with other departments at UVic and with our community partners. The Centre on Aging contributes speakers and support for events, workshops and conferences.

FRIENDS OF THE CENTRE ON AGING

The Valued Elder Recognition Award (VERA) was developed by the Friends of the Centre and we have been instrumental in the nomination and selection process. In 2009, the award was presented to Terry Cushing and Akiko Kamitakahara on October 1, the International Day of the Older Person.

The Friends have also developed the Senior Friendly Business Award (SFBA) that is presented annually. The committee is chaired by Elmer Berlie and the other members include Velma Haslin, Pat Kenny and Jim Lodge. Restaurants were the selected business for 2009, and in March the Friends presented the third annual SFBA to The Apple Tree Restaurant in Hillside Mall and JJ Morgan Restaurant on MacKenzie Avenue. Each restaurant provides seniors with excellent service, paying special attention to the unique needs of dining seniors.

In April and May we continued our enthusiastic support of the Masterminds Lecture Series (co-sponsored by the University of Victoria's Retirees Association and the Centre on Aging). Topics this year included Olympic sports performances and Internet-based health scams. In May the Friends co-hosted, along with the Victoria Chapter of Canadian Association of Retired Persons, an evening panel session on Pension Reform.

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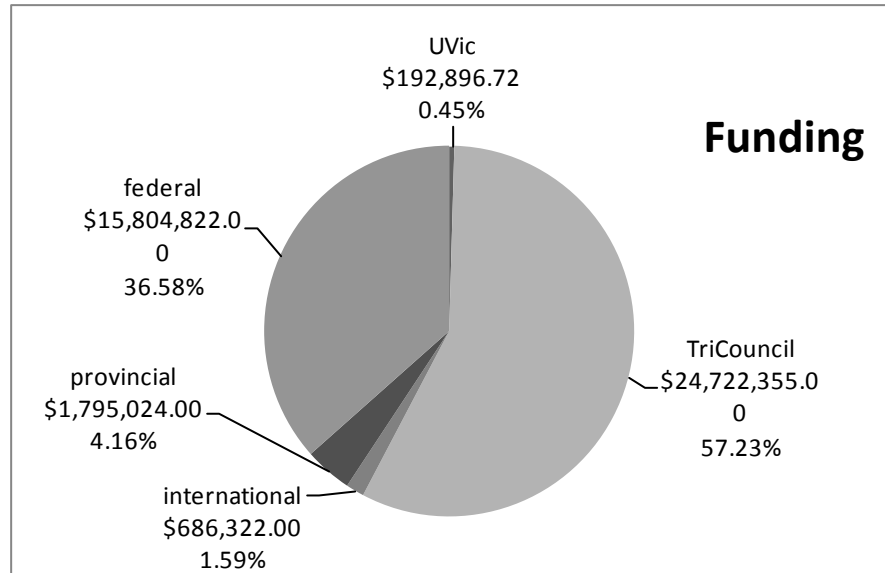
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FINANCIAL SUMMARY



Research funding amounts are given as the total amount of funding received. Funding is only listed once, in the year the funding is received regardless of the length of the research project.

Total funding in 2009: \$43,201,420.

STAFF

Victoria

Holly Tuokko, Director
Tom Ackerley, SRC Manager
Lois Edgar, Administrator
Guiping Liu, Research Coordinator
Leah Potter, Secretary
Arlene Senft, Administrative Assistant

Ladner

Patrick McGowan, Associate Director
Sherry Lynch, Research Associate
Rita Reeve, Administrative Assistant

Faculty in Sedgewick A

Neena Chappell, Sociology
Denise Cloutier-Fisher, Geography
Scott Hofer, Psychology
Margaret Penning, Sociology
Kelli Stajduhar, Nursing



New Ladner office space at
4906 Delta Street

www.coag.uvic.ca