



THE IALH UPDATE

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Advancing Intergenerational Applied Theatre Arts-for-Health Research on Aging



Contributed by T. Pauluth-Penner

In the last decade, there has been an increase in the integration of arts in health care. Research and practice have demonstrated the potential of reminiscence, life review and reminiscence theatre to enhance quality of life for older adults in care. Originally developed in the UK, reminiscence theatre is performance created from the essence of real life stories and memories of older adults.

Through an interdisciplinary initiative at UVic, 11 individuals 65 years of age and older residing in a dementia-specific residential care unit participated in a descriptive ethno-theatre case study. The purpose of the study was to honour the contributions of these individuals throughout their lifetime and provide an opportunity for active engagement in creative activities meaningful to both older and younger adults. The objectives were to reflect on lived experiences and the sharing of memories, pay tribute to older adults' life contributions, increase social activity, strengthen relationships, and potentially reframe perceptions of dementia.

Individual reminiscence/life history interviews were conducted with the older participants, audio-recorded, transcribed verbatim, and reviewed with participants for story selection and consent in order to select content for play devising. The principal investigator and 13 University of Victoria undergraduate and graduate theatre students collaboratively devised a reminiscence theatre performance entitled *The Artist and Her Daughter* from the stories and memories. The devised play was performed for the older adult participants as well as their families and invited guests.

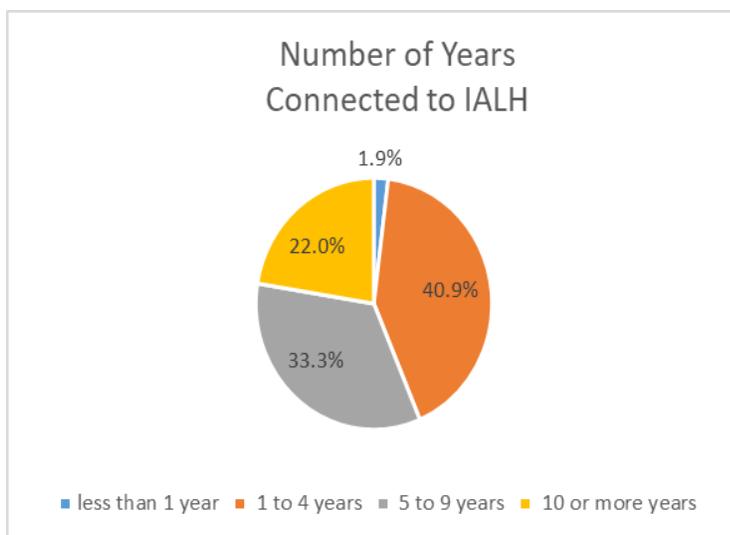
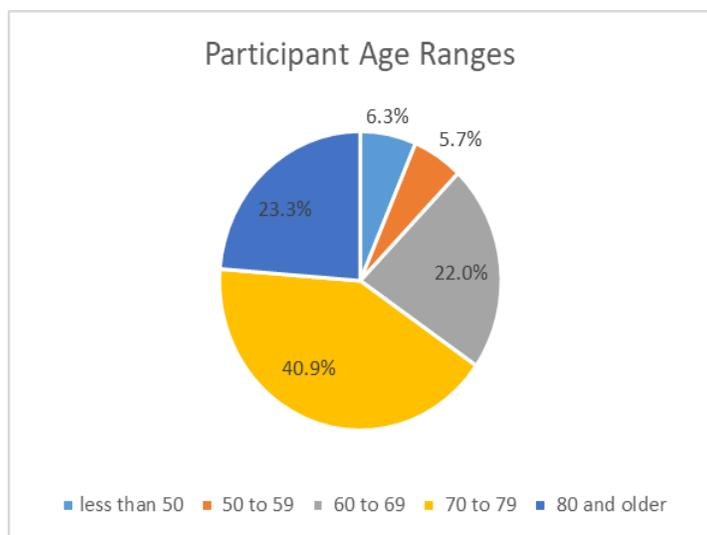
Both qualitative and quantitative procedures were integrated into the methodological design. Qualitative processes consisted of older adult life history interview transcriptions, ethno-theatre field notes of theatre devising and performance processes, and post-program drama evaluations. Quantitative measures included pre- and post-administered instruments: CASP-19, Alzheimer's Disease-Related Quality of Life (ADRQL) – Revised, and older adult health perception surveys.

Overall, the data indicated that active engagement in reminiscence theatre resulted in a positive impact on the older adults' well-being. Their mood, self-esteem and social engagement increased and social isolation and boredom decreased. The findings suggest that the integration of reminiscence arts initiatives into residential care plans for older adults with mild to moderate dementia can substantially enhance psychosocial quality of life. These findings are consistent with research literature on the impact of the arts in dementia care settings.

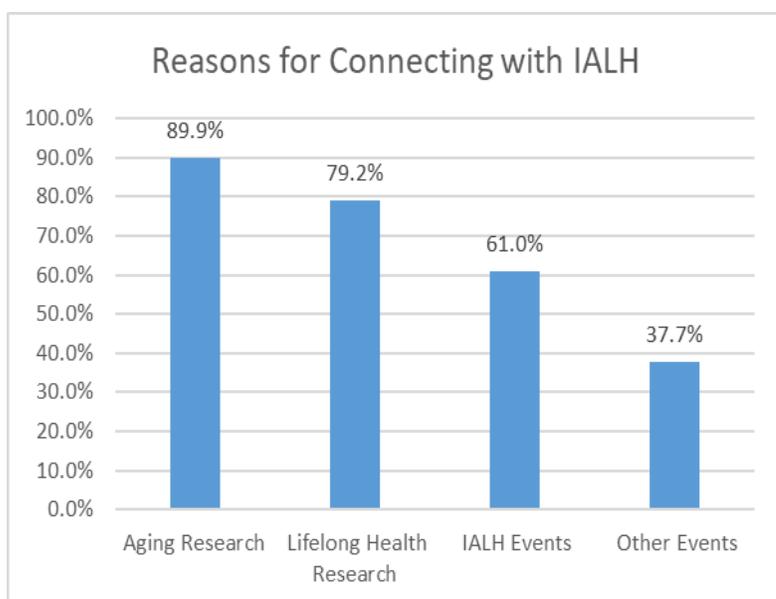
For more information, go to <http://dspace.library.uvic.ca/handle/1828/10130>

Survey Results: 2021 IALH Survey of Community Contacts

Thank you to everyone who responded to the 2021 IALH Survey of Community Contacts. Of the 159 people who responded, 79.9% live in the Greater Victoria area with the remainder living elsewhere in Canada. As shown in the attached graphs, the majority of respondents were over 60, and most had been connected with IALH for 5 years or more.



Respondents were asked why they had become connected with IALH. They could provide more than one response. As shown in the attached graph, over half indicated they were interested in research on aging, research on lifelong health and events hosted by IALH.



Respondents were asked if they found the information in the newsletter helpful. Approximately 26% of people did not provide an answer. Of those that did, 72.0% indicated they found it informative.

Examples of comments included:

- The newsletter is interesting and informative.
- It keeps the community connected with IALH.
- It is a good resource to stay up-to-date on what concerns seniors.
- It is helpful to keep up with research and knowledge translation activities.

A further 16.1% indicated they found the newsletter somewhat useful (depending on content or personal relevance/interest), 3.4% indicated they did not find it helpful (too wordy, not enough diversity), and 8.5% indicated they had not read it (often due to limited time).

Several respondents provided suggestions for future articles - impact of the pandemic, spirituality and aging, medical assistance in dying (MAID), and healthy aging - to name just a few. Look for information on these and other topics in upcoming issues of the *IALH Update*.

Upcoming Events

Same Old Same Old – Belfry Theatre

September 21-26, 2021 Streaming Online

The Belfry Theatre will be streaming *Same Old Same Old* online September 21 to 26, 2021. The play features two actors (James Fagan Tait and Jan Wood) who through snippets and sketches and little scenes reveal the moments that make up their lives – the mundane and the meaningful, the small but profound, the benign and hurtful, and the real yet unspoken love. Two IALH faculty affiliates, Debra Sheets and Susan McDaniel, were involved in pre-event activities. For more information, see <https://www.belfry.bc.ca/same-old-same-old/>

Upcoming Events (Cont'd)

Aging is a Reward, Not a Punishment

Friday October 1, 2021 1:00 – 2:15 pm via Zoom



IALH and the Eldercare Foundation are co-hosting a panel presentation in recognition of the 2021 International Day of Older Persons on October 1. This year, we're highlighting two of the four key areas identified by the *United Nation's Decade of Healthy Aging (2021-2030)*, namely Combatting Ageism and Creating Age-Friendly Environments. Panelists include: Andrew Wister, Director of the Gerontology Research Centre at Simon Fraser University; Jodi Mucha, Executive Director of BC Healthy Communities; and Louise Rolland, Coordinator of Self-Management Programs in the Vancouver Coastal and Sunshine Coast region and a member of IALH's Ladner office. Closed captioning will be available. To register, go to <https://tinyurl.com/IDOPLecture2021>

Navigating Through COVID-19 - Using Our Collective Wisdom to Guide Us

Thursday October 7, 2021 7:00 – 9:00 pm– via Zoom with limited in-person seating

The 16th Annual Lafayette Health Awareness Forum will feature Dr. Danuta Skowronski (BCCDC) focusing on COVID-19 vaccines and possible future boosters; Dr. Jesse Grenier (Providence Health Care) on how those with long-haul COVID are coping; Dr. Shannon MacDonald (FNHA) on the impact on our First Nations communities; and Dr. Matthew Chow (President, Doctors of BC), who will focus on mental health throughout the pandemic. The Lafayette String Quartet will open and close the evening with performances.

To attend in person, register at <https://events.epl.com/LHAF2021>

To attend the live-streamed event, register at www.tinyurl.com/LHAF2021

Understanding China: An Elder Academy Event

Saturdays October 2, 9, 16, 23, 30 10:00 AM - 12:00 PM via Zoom

Wednesday October 20 7:00 PM - 9:00 PM via Zoom

Cost: \$30 for all six sessions*

As globalization takes hold as never before, it is important that we take every opportunity to learn about the major influencers of globalization. China has and is asserting itself as a major influencer. This 6-part series provides an opportunity for us to learn from expert and experienced journalists, ex-diplomats, and commentators on China's environmental, economic, social, political, and cultural issues of the day.

For more information or to register, go to <https://www.eventbrite.ca/e/understanding-china-tickets-158856663557> or email UVRAElderAcademyEvents@uvic.ca

*Students may attend free of charge but must register by emailing UVRAElderAcademyEvents@uvic.ca



University
of Victoria

Retirees
Association

The UVic Retirees Association provides the public with better mental and physical health for older adults through stimulating education experiences.

Pathways to Lifelong Health

Tuesday November 2 1:00 – 4:00 pm via Zoom

Wednesday November 3 9:00 am – 12:00 noon via Zoom

Join us for some or all of this public facing event as we showcase the depth and breadth of research conducted by IALH faculty and student affiliates. Panel and individual presentations will focus on a wide range of topics related to brain health, digital health, lifelong health and health equity. For more information and to register, go to www.uvic.ca/aging

“Staying Apart Together” is a study exploring how CanConnect technology can help older adults remain independent while keeping connected.



Participants Needed.

CanConnect Technology

CanConnect is a unique and easier-to-use communication technology that was specifically designed for older adults, caregivers and their loved ones to help ease the challenges that can arise when aging at home.

Why Participate in this Study?

Our multidisciplinary team is at the cutting edge of assistive technology research and older adult care. Because participant insights will directly influence government policy makers, non-for-profit technology companies, and other health care professionals, your contributions will have a real impact in reducing the suffering of our older adult populations.

What are Participants asked to do?

Participants will receive (and get to keep) a free iPad with CanConnect already installed and a customized case developed with older adults in mind. You will then take part in a short interview on whether the technology met your needs and what improvements can be made.

Description of CanConnect

Support from our team of experts, a fact sheet and a tutorial video on the use of CanConnect will be provided.

Who can participate in the study?

Any older adult wanting to use CanConnect technology (55+ years and still living at home independently).

Friends, family members, neighbors and other informal caregivers who provide regular support to an older adult.

Why is this study being done?

By bringing together older adults, family members, and their caregivers to explore CanConnect technology, this study aims to support the lives of older adults living in British Columbia by assessing whether CanConnect can help improve mental well-being and reduce feelings of social isolation.

CONTACT US!

Dr. Gord Miller, Project Coordinator
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 or 250-893-5869

Academic research contact

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Research Team

We are a team of researchers and student trainees working with CanAssist and the BC Ministry of Health.

Funded by

This project is funded by the University of Victoria.

If you are interested in participating in this study, please contact us!



STAY CONNECTED WITH IALH



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UVic Institute on Aging and Lifelong Health



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