

# THE IALH UPDATE

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## 2022 Funke-Furber Gerontological Research Award Recipient



Pictured from left to right: Dr. Mary Ellen Purkis, Chair, Eldercare Foundation Awards Committee, IALH Student Affiliate Junko Fukui Innes, and Jeannette Funke-Furber, Donor of the Funke-Furber Gerontological Research Award. Credit: Ashleigh Enright

*Jeanette Funke-Furber and Robert Furber are long-time supporters of the Greater Victoria Eldercare Foundation and strong believers in the importance of research and continuing education for health care professionals. The Funke-Furber Gerontological Research Award, which is held and administered through the Greater Victoria Eldercare Foundation, supports applied research designed to enhance and advance care for the elderly. Research support is provided by the Institute on Aging and Lifelong Health at the University of Victoria.*

Junko Fukui Innes, a third year PhD student in Health Information Science is the 2022 recipient of the Funke-Furber Gerontological Research Award for her project entitled *Predicting Transition to Next Level of Care for Seniors in Home Support*. The primary research question is:

“ **Is it possible to predict when seniors who are receiving home support will transition to the next level of care?** ”

The project will involve the development of a decision support model to predict which home support recipients will transition to the next level of care within a certain time period (e.g., six months). Using data from multiple sources, it is anticipated that development and implementation of such a decision support model could result in the provision of preventative home support services to enable individuals to remain at home longer, reduce the current burden on home support, and ultimately help reduce health system costs.

For more information on the Eldercare Foundation and the Funke-Furber Award, visit <https://gvef.org/staff-education-awards-program/>

## Resources

### Route 65

Route 65 is a free online resource that helps connect seniors and their family members with services offered by BC's leading operators of home health care, independent living, assisted living, and long-term care. Developed by EngAgeBC, the tool walks users through the process of finding and comparing suitable seniors' living and wellness options in one or more communities of interest. The service can be accessed via a desktop or mobile device. For more information, go to [Route65.ca](https://route65.ca)

### Choose to Move

Choose to Move is a free, flexible program designed to support individuals 65 and older to become more active, regardless of ability. The program was developed by the Active Aging Research Team at the University of British Columbia. It uses an evidence-based approach to help seniors incorporate physical activity into their daily routines.

Participants work with a trained activity coach to develop a personal plan to meet their health and fitness goals. To facilitate success, participants are encouraged to choose activities that they know they enjoy and are able to do (e.g., gardening, walking, Tai Chi). Both 1-on-1 coaching and group support is provided to help participants meet their goals.

Registration is free and ongoing. For more information, go to [www.choosetomove.ca](https://www.choosetomove.ca)

### Brain Health and Healthy Aging

Last month, IALH had the pleasure of hosting Dr. Laura Booi, a Gerontologist and Research Fellow at Leed's Beckett University's Centre for Dementia Research in the United Kingdom. During Dr. Booi's visit, she presented *Brain Health and Healthy Aging* where she discussed risk factors and innovative research ventures examining brain health in both at risk populations and the general public. If you missed her presentation, it can now be viewed on IALH's YouTube channel <https://www.youtube.com/watch?v=1E7huNO71Yk&t=3183s>

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## Visiting Scholar



IALH is pleased to be hosting Dr. Kate Lorig, founder of the Self-Management Resource Center self-management programs and Professor Emerita at Stanford University's School of Medicine.

Dr. Lorig is a pioneer in the field of chronic disease self-management. Using a public health approach, she has developed and evaluated community-based education programs for individuals with a wide range of chronic conditions, including arthritis, diabetes, lung disease, cancer and pain. Her self-management programs have been adopted by organizations and communities in Canada, the US, Great Britain, Australia, China, Europe and South Africa. Dr. Lorig holds a Masters in Nursing and a Doctorate in Public Health in health education.

The self-management programs offered through Self-Management BC at IALH's Ladner office are based on Dr. Lorig's work. This includes programs on chronic pain, chronic conditions, diabetes and cancer as well as programs for the Chinese, Indigenous, and Punjabi communities. For more information on these provincial programs, go to <https://www.selfmanagementbc.ca>

See the Upcoming Events section below for more information on Dr. Lorig's presentation on *Self-Management: Staying Happy, Healthy and Active Between Visits to the Doctor* on June 1st.

## Upcoming Events



### Dr. Kate Lorig: Self-Management – Staying Happy, Healthy and Active Between Visits to the Doctor

June 1, 2022 1:00 to 2:30 pm.

**Hybrid session:** In-person – David Lam Auditorium at UVic and livestreamed via Zoom

Even if we have long-term conditions like arthritis, heart disease, diabetes, or Parkinson's Disease, we want to continue doing the things we need and want to do. At the same time, there are challenges such as pain, depression, fatigue, disability, and/or anxiety. Relationships with friends and family change and we may not know how to use our limited time with health care providers. This session will highlight the major concerns of the audience. These will then be the focus of the session. It is hoped that each person will leave with new ideas and the commitment to try a new tool to manage their long-term condition. Register at <https://events.eply.com/SelfManagement>

### National Health and Fitness Week – May 30 to June 5, 2022

National Health and Fitness Day is Saturday June 4.

This will be the second year IALH has participated in promoting National Health and Fitness Day in an effort to encourage all Canadians, regardless of age or ability, to move more. This year, IALH's theme will focus on three messages:

1. Anyone can do it
2. Some activity is better than none
3. Have fun doing it!

During National Health and Fitness Week, IALH will be sharing research, videos, memes and words of encouragement. Please help us by engaging in these posts, or make a post of yourself being active and tag us (@uvicaging) and use the hashtags #ShowUsYourMoves, #ItAllAddsUp and #NHFD2022

### 55+ BC Games

September 13 to 17, 2022

Victoria is hosting the 55+ BC Games this coming fall. More than 30 sports and activities, including cycling, dragon boating, golf, pickleball, swimming, cribbage, darts, horseshoes and snooker will be included. Individuals interested in participating must register by June 30, 2022. For more information, go to <https://55plusbcgames.org/greatervictoria2022/>

## Research Opportunities

### Cancer and aging research engagement: Identifying priorities to enhance research and care of older adults with cancer and their caregivers.

IALH Research Fellow Lorelei Newton (UVic School of Nursing) and colleagues Kristen Haase (UBC School of Nursing) and Caroline Mariano (BC Cancer) are conducting a project entitled **Cancer and aging research engagement: Identifying priorities to enhance research and care of older adults with cancer and their caregivers**.

As part of the project, the researchers will be connecting with stakeholders from six groups to understand the diverse services used by older adults with cancer in BC. These groups include: a) oncology; b) primary care; c) community services; d) intercultural groups; e) patients/caregivers; and f) geriatrics. The researchers are looking for community members who would be willing to participate in a one-hour conversation **June 2, 2022** regarding their perspectives of barriers, facilitators and future opportunities to support older adults with cancer. If you are interested in participating, please go to [https://ubc.ca1.qualtrics.com/jfe/preview/SV\\_esvuM5ESUpKwil8?Q\\_CHL=preview&Q\\_SurveyVersionID=current](https://ubc.ca1.qualtrics.com/jfe/preview/SV_esvuM5ESUpKwil8?Q_CHL=preview&Q_SurveyVersionID=current) and share your availability. The research team will follow up with you. Participants will receive a \$25 gift card to acknowledge their time.

This project is being funded through a Michael Smith Health Research BC Convening and Collaborating award.

### Visualization of Event Schedules Involving Constrained Prescriptions

IALH Student Affiliate, Maybins Lengwe, a doctoral student in the Department of Computer Science is looking for participants for a study entitled **Visualization of Event Schedules Involving Constrained Prescriptions**. The purpose of the research is to understand how people read and interpret calendars that are annotated with medication entries.

Individuals will be asked to participate in a one-hour interview session on Zoom. During the interview, they will be presented with three calendars that reflect the schedule of an individual with various activities and one or more medication schedules. Participants will be asked questions about the calendars and their responses will be recorded.

To be eligible for this study, potential participants must be:

- between 35 and 65 years of age; and
- taking medications alongside a busy schedule OR assisting someone managing medications with a busy schedule.

To recognize their contribution, participants will receive a \$20 Amazon gift card.

The study is being supervised by Dr. Jens Weber ([jens@uvic.ca](mailto:jens@uvic.ca)) and Dr. Charles Perin ([cperin@uvic.ca](mailto:cperin@uvic.ca)) and has been approved by the Human Research Ethics Board at the University of Victoria (Approval #22-0033). If you have any questions or would like to participate in this study, please contact the researcher directly at [mlengwe@uvic.ca](mailto:mlengwe@uvic.ca)

## Stay connected with IALH



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