



**DIRECTOR'S PERSPECTIVE**

by Elaine Gallagher, PhD

**H**aving assumed the role of Director on July 1, these comments will be fairly brief. So far, I am enjoying the challenges of this role, and feel incredibly honored to have this amazing opportunity. I wish to thank those who volunteered their time for the Search Committee and those who supported me in the ratification vote. What will make me happiest, however, is if, at the end of my three year appointment, the Centre is in good shape and is well-positioned to continue and expand on the world-class age-related research being undertaken here and across the campus. This will take a united effort and I welcome ideas for how best to make this happen.

We have now finalized our Memorandum of Understanding with Vancouver Island Health Authority's Continuing Health Services division. The new collaborative research unit is formally called COACH (Centre on Aging - Continuing Health). The broad goal is to improve the health of seniors in VIHA, through mutually identified research and research dissemination activities. More information will be forthcoming as we proceed to identify priority issues and activities for the 2006-07 academic year.

We were delighted to receive notice from the Michael Smith Research Foundation that our infrastructure grant has been extended by another full year. This will provide an exciting opportunity to continue the support for grantsmanship and research that we have enjoyed for the past three years. The grant will now run to June, 2008. In order to begin celebrating our research activity supported by this grant, we are planning to host a one day "Showcase of Age-Related Research" in June of 2007. A call for abstracts will be issued shortly. Julie Shaver has agreed to chair the planning committee for this event. This event will take the place of our annual Community Forum for this year.

There have been some significant staff changes in the office. We are sorry to say goodbye to Reba Chaplin who has been working as a research assistant to the Centre under the Michael Smith grant. In addition, Reba has been employed as the Regional



Liaison Officer for the BC Network for Aging Researcher (BCNAR). She will miss Shelly Waskiewich, who has been a research assistant with MSFHR, will be changing course to work part time with Kelli Stajduhar.

She also plans to return to school. We wish her the best. Welcome to Dr. Joan McHardy, the person chosen from a fine list of candidates to join BCNAR as Regional Liaison Officer for Vancouver Island. Joan will have tough shoes to fill but brings a wealth of experience and knowledge to the job. Over the next few months Joan will work with the rest of the BCNAR team on developing and organizing a 1½ day workshop with a focus on health data accessibility in British Columbia (November 2006). As well, BCNAR is looking forward to Joan's expertise in evaluation as BCNAR prepares for the network program review that will be performed by MSFHR this fall.

Finally, we had a most pleasant visit with a German scholar – Dr. Markus Müller, – in August – details of his visit can be found on page 5.

We have had requests from two additional researchers who are interested in visiting us in the coming year. More details will be provided as these unfold, and each of them will be invited to give a public talk while with us. Both have indicated an interest in a 4-6 week visit.

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## NEWS FROM THE CENTRE

### Staff Changes

Welcome to Joan McHardy, PhD, replacing Reba Chaplin as BCNAR Regional Liaison Officer. Her research interests include women's health, participatory program evaluation, healthy communities, human rights, CIDA Indonesia, and UN Habitat Conference.

Welcome to Noreen Lerch, MScN; Clinical Nurse Specialist(CNS); Vancouver Island Health Authority. Currently Noreen is working on a PhD in nursing with a focus on ethnogerontology. She will be conducting a focus group with Punjabi seniors in Saanich as an add-on to the WHO Global Age-friendly cities project.

Welcome to Dawn Nickel, PhD (University of Alberta, 2005). Dawn has recently signed on to work with Elaine Gallagher on the World Health Organization's Age-Friendly Cities project. A specialist in gender history and comparative North American health care history, Dawn teaches sessionally in the Department of History at UVic and also operates her own business doing qualitative health research analysis and research project consulting.

Goodbye to Rebecca Chaplin, Research Assistant MSFHR and BCNAR Regional Liaison Officer. Rebecca has moved back to the US to further enhance her studies. We miss Rebecca terribly.

### Centre on Aging

#### Dr. David Chuenyan Lai Scholarship

Amount of Award for 2006-07: \$600

This is an invitation to apply for the Dr. David Chuenyan Lai Scholarship for all Masters and PhD students of any year whose supervisor is housed at the Centre on Aging at the University of Victoria.

Please submit your application to the Director of the Centre, Dr. Elaine Gallagher, by September 15, 2006. The award will be based on academic merit with additional consideration given to clarity of research focus and related work and volunteer experience.

Please provide your name, contact information, GPA based on last 30 Units of coursework and a one paragraph (200 words limit) description of your research interest area and your previous work and volunteer experience.

### Awards



Janet Stepaniuk, Holly Tuokko's Research Assistant is the recipient of one of the CPA 2006 Certificate of Academic Excellence awards. She was nominated by the

University of Victoria department of psychology – for her thesis “Personality and Behavioural Changes in Individuals with Mild Cognitive Impairment.”

Janet also won First Place in the National Honor Society in Psychology's Psi Chi J. P. Guilford Undergraduate Research Awards for the overall best research paper. She received a cash award of \$1,000 for first place. In addition, all winners and their faculty research advisors receive award certificates. The abstracts of the winning papers, as well as photographs and brief biographies of the top three winners, are published in Eye on Psi Chi (fall 2006). This award is only open to members of Psi Chi (the National Honour Society in Psychology) and Janet is the very first Canadian to win the award (although Psi Chi has been in existence since 1929 in the United States, UVic began the very first Canadian chapter only a couple of years ago). Well done, Janet!

Janet is in her fourth year of study in the Honours Psychology program and the topic of her thesis is “Personality Change precedes diagnosis of Mild Cognitive Impairment.” She is also the president of UVic Psi Chi.

Her future plans include applying to graduate school and travelling.

### Brown Bag Student Sessions

will be starting soon.



For details check out our new students' web page at

[www.coag.uvic.ca/student](http://www.coag.uvic.ca/student)  
or contact Laura Funk at 472-4470

## NEWS FROM THE CENTRE

### New Grants

Allison Williams and Valorie Crooks [Co-PIs], K.I. Stajduhar, D.Allan, R. Cohen, and K. Brazil. Canadian Institutes of Health Research. \$165,490. (2006-09). An evaluation of Canada's Compassionate Care Benefit from a family caregivers' perspective.

Priscilla Koop [PI], Marge deJong-Berg, Robin Cohen, Allison Williams, Kelli Stajduhar, and Diane Allan. Canadian Foundation for Women's Health; \$8,035.43 (2006-07). Family caregiving at end of life: A women's health issue.

R. Cohen [PI], K.I. Stajduhar and many others across Canada. The Centre for Behavioural Research and Program Evaluation of the National Cancer Institute of Canada; \$119,405 (2006-07). Improving quality-of-life and informing social policy in palliative care.

Kelli Stajduhar and Heather Cook (co-PIs), Michael Smith Foundation for Health Research – Health Services & Policy Research Support Network Grant. \$99,796.00. (2006-08). Measuring the Quality of End of Life Care Provided in Inpatient Health Care Settings.

Porter, M. (PI), Myers, A., Bedard, M., Tuokko, H. & Rhodes, R.E. Canadian Institutes of Health Research. Mobility RFA \$73,000. (2006-07). Quantifying mobility in older adults: A mixed modality approach.

Temple, V. (PI), Naylor, P.J., Rhodes, R.E., Wharf Higgins, S.J., & Wolsky, L. Canadian Institutes of Health Research (Excellence, Innovation and Advancement in the Study of Obesity and Healthy Body Weight Childhood Obesity Operating Grants. \$49,995. (2006-07). Healthy opportunities project for preschool children: A pilot of an environmentally-based physical activity and healthy eating intervention for daycare settings.

Penning, M.J., Brackley, M.E. & Lesperance, M. Canadian Institutes of Health Research. \$315,912. (2006-09). Health system change and cancer service utilization among older adults in British Columbia, 1986-2003.

Stajduhar K., (PI), Cloutier-Fisher, D. and Purkis, M.E. (co-PIs), Roberts, D. and McLeod, B. Canadian Institutes of Health Research. \$41,250. (2006-08). Access to care at the end of life: Encounters between home care nurses and family caregivers.

Canadian Association on Gerontology  Association canadienne de gérontologie

**October 26-28, 2006**  
**Quebec City, QC**

**Theme: Acknowledging our past,  
Building our future**

As part of our continuing mission to improve the lives of older Canadians through the dissemination of knowledge, the CAG is proud to provide the following information on a variety of conferences and events taking place nationally and abroad. These annual meetings, which include our own Annual Scientific and Educational Meeting, help to foster an environment in which information can be shared and networks developed. Gathering together for conferences allows participants to exchange ideas, and to consider new approaches to expanding knowledge in the field of aging.



**THE GERONTOLOGICAL SOCIETY OF AMERICA**  
*Research, Education, Practice...Where It All Comes Together*

**59th Annual Scientific Meeting**  
**Nov. 16-20, 2006**  
**Dallas, Texas**

**Theme: Education & the  
Gerontological Imagination**

The Gerontological Society of America is a non-profit professional organization with more than 5,000 members in the field of aging. GSA provides researchers, educators, practitioners, and policy makers with opportunities to understand, advance, integrate, and use basic and applied research on aging to improve the quality of life as one ages.

## NEWS FROM THE CENTRE

### Congratulations to

MA: JENNIFER HARVEY, who successfully defended her thesis: *“Home Beyond The House: Later Life Experiences of Place in a Small Community”*

Supervisor:

Dr. D. Cloutier-Fisher, (Geography), Dr. S. Smith, (Geography)



### ABSTRACT:

This is a geographical study of the experience of place for older adults in the rapidly growing area known as ‘Oceanside’ on Vancouver Island. Oceanside’s population is one of Canada’s oldest: more than 40% are aged 55 and over.

The goal of the research is to explore notions of home and community, place and space, and to consider the implications for planning future environments for an aging population.

Qualitative analysis of 27 in-depth interviews suggests that the physical, social, cultural and structural environments are multi-layered. When considering a move to the area, it was physical environment that was most important.

Once participants moved to the area, social and cultural environments became central in their lives. Finally, the structural environment, particularly the shortage of health services, may cause people to leave the area. Personal identity and past place experience influence participants’ experience of the present and their hopes for the future.

*Jennifer is now at UBC as Senior Cartographer, Provincial Mapping Project, Human Early Learning Partnership (HELP), Library Processing Centre*

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“Jump off the edge and build your wings on the way down.”

– James Thurber

### Congratulations to

MA: ANALISA BLAKE, who successfully defended her thesis: *“Harvesting Health: Exploring the health promoting benefits of a backyard garden sharing project for vulnerable populations”*

Supervisor: Dr. D. Cloutier-Fisher (Geography and Centre on Aging)



### ABSTRACT:

Health promotion identifies health as a resource for daily living and emphasizes the reciprocal relationship between people and their environments in creating health (MacDonald, 2002). In this thesis, Analisa explores how community gardening programs can be used to improve the health and well being of vulnerable populations by creating positive changes within their physical and social environments.

Furthermore, she addressed how community gardens can educate and empower these populations to live healthier lifestyles. Her research is based on the creation and exploration of a project in Victoria, BC where homeowners share their backyard vegetable gardens with volunteer gardeners. It is a small-scale qualitative study in the tradition of ethnographic research where the aim is to enhance understanding of phenomena (Johnston, Gregory, Pratt, & Watts, 2000, p. 238).

Analisa facilitated the project and monitored the progress of three garden partnerships for six months during Victoria’s long growing season in 2005. Using in-depth interviews and participant observation techniques, she was able to come to a deeper understanding of the participants’ experience of the project.

This thesis addresses how the project may have promoted their health and well-being with specific reference to physical, psychological and social health and well-being. Suggestions for improvements for future application of the project are also provided.

*Analisa is currently continuing her work at the centre as Research Assistant with Denise Cloutier-Fisher, and is Compost Education Coordinator for the Greater Victoria Compost Education Centre.*



## NEWS FROM THE CENTRE

### Visiting Scholar

Markus M. Müller, assistant professor of the English Department at the University of Trier, Germany spent time at the centre with Elaine Gallagher, other researchers and community partners from August 14 - 18. He is working on his post-doctoral research project tentatively labelled "Sixty and Beyond? Old Age and Aging in Current Canadian and American Novels."



As the title indicates, the selected works of literature provide the starting point for this interdisciplinary project, which is supported by the Faculty Research Program of the International Council for Canadian Studies; though the specific literary dimensions are in the centre of this comparative study, he gathered information from the neighbouring disciplines. With a particular interest in ethnic, cultural and national differences, he is analyzing the relevance of the respective scenarios presented by writers of varying backgrounds and ages – asking whether old age is problematized in a more individual or a social context, as a phenomenon to be passively accepted or actively tackled by the aging subject. How (non-)realistic are these depictions? Can they contribute to a less prejudiced and more informed understanding of aging? "

Areas of his research that are of particular relevance for his project:

- Alzheimer's, dementia, general changes (and beliefs) in memory function;
- cardiovascular health and disease;
- differences in ethnic and cultural backgrounds;
- nursing homes;
- intergenerational family relations and caregiving;
- nutritional knowledge and dietary intake;
- addiction and drug therapy;
- self-rated health, self-management of health behaviours, physical activity;
- gerontological social/community work.

Markus is fostering his understanding of aging as a complex process. To facilitate this, he met with researchers at the centre and a number of our community partners. We would like to thank Friends of the Centre – Henry Au, Elizabeth Harris, Andrew Maxwell, Pat and Mary Lee Alexander, Velma Haslin, Sue McCauley, Director, Saanich Silver Threads, Fiona Sudbury, RN, Director of Care, The Lodge at Broadmead, UVic professors Elaine Gallagher, Pamela Moss, Neena Chappell, and Centre staff Julie Shaver and Lois Edgar, for their support of Markus' research.

*We would like to thank the  
Victoria Gerontology Association*  
for their generous donation to the new Chappell Scholarship to honor one of Canada's most distinguished scholars in the field of aging, Dr. Neena Chappell. Their legacy will be an ongoing gift to gerontological research.

This is the first scholarship established at the University of Victoria to support graduate students who are focusing on aging. Your donation to this scholarship fund will provide a lasting legacy to support ongoing researchers in the field of Aging. Please consider a gift, pledge or bequest in honor of this distinguished scholar. For further information, please contact Dr. Elaine Gallagher at 250-721-6350 or by e-mail at [egallagh@uvic.ca](mailto:egallagh@uvic.ca).

*Your donation to this scholarship fund will provide a lasting legacy to support ongoing researchers in the field of aging. Every gift helps us meet the needs of today's students and prepare for the students of tomorrow.*

*The first awards will be given in Fall 2007.*

### **Nominate a volunteer for the VALUED ELDER RECOGNITION AWARD in 2007**

Lois Edgar will be contacting interested agencies in early 2007.

Please call or send her details at  
[ledgar@uvic.ca](mailto:ledgar@uvic.ca) or 721-6524.

Information about the award is available on our website at [www.coag.uvic.ca/vera.htm](http://www.coag.uvic.ca/vera.htm)



Friends of the Centre on Aging meets on the 2nd Wednesday of every month in the Centre on Aging boardroom, Sedgewick A114.

If you are interested, please contact  
Lindsay Cassie @ 721-6369 or  
Lois Edgar @ 721-6524.

# World Health Organization Media Launch, July 11



Frank Leonard, Elaine Gallagher, Susan Bryce, Sue McCauley and S.Martin Taylor

July 11<sup>th</sup> marked the official kick-off of the World Health Organization Age-Friendly Cities Project. The research component of the Saanich arm of this international study is being led by Dr. Elaine Gallagher who is joined by Centre on Aging research associates Drs. Denise Clouthier-Fisher and Holly Tuokko. The kick-off event in July was held at the Maltwood Art Museum & Gallery. The research is funded by the BC Ministry of Health.

The objectives of the Age-Friendly Cities project are to:

1. identify barriers to maintaining active, healthy, and independent lives that older people experience
2. gather ideas from older persons on the priorities to make the city more age-friendly
3. stimulate awareness among the leaders of the community regarding how “age-friendly” the community is from the perspective of older persons
4. elicit further information with respect to the community’s strengths and weaknesses with respect to “age-friendliness”

Saanich, British Columbia is one of two Canadian cities participating in the global study, Portage la Prairie, Manitoba is the other. Canada is one of twelve countries around the world to participate in this project. The project also focuses on cities in Argentina, Australia, Brazil, Costa Rica, Germany, Great Britain, India, Lebanon, Mexico, and the U.S.

The project focuses on the “lived” experience of older people – that is what seniors experience in their daily lives in the community. WHO and partners from many countries, including Health Canada, and the BC Ministry of Health will first consult with older persons, and then with community leaders and experts to identify the major physical and social barriers to active aging. WHO will then compile the results to create the practical “Age-Friendly City” guidelines that could be used by cities around the world. Close to fifty older persons from Saanich will be participating in the first set of focus groups to be held for the project, in early September. For more information about the project, please contact Dr. Dawn Nickel at 472-5697.



Velma Haslin, Henry Au, Elaine Gallagher and Andrew Maxwell

## VERA 2006

We would like to congratulate this year's nominees.  
Here are details of this exemplary group's volunteer activities:



Back row: John Tomzak, Andrew Maxwell, Bernie Paille, David Hultsch, Russ McClellan, Bill Young, Henry Au, Petra Slaughter  
Front row: Thelma Clark, Daphne Chazottes, Rene Maggs, Margaret Hay, Audrey Irwin, Harry Hickson, Velma Haslin, Doreen Spring, Maggie Baxter

**Maggie Baxter** (14 years volunteering)  
Nominated by: Nancy Martens and Jonathan Down,  
VIHA Queen Alexandra Centre for Children's Health  
Centre for Children's Health

*Volunteers at:*

Queen Alexandra Centre for Children's Health  
Centre for Children's Health for last 14 years  
Heart and Stroke Foundation – Division Leader  
(current)  
Commonwealth Games 1994 (past)  
Multicultural Association – child care (past)

**Betty Brown** (11 years volunteering)  
Nominated by: the staff at Victoria Women's Transi-  
tion House with Dianne de Champlain as the primary  
contact)

*Volunteers at:*

Transition House for last 10 years  
Volunteer Victoria – library 1 day a week (current)  
Oak Bay Kiwanis Village – library 1 day a week  
(current)

Mount St. Mary gift shop – 1 day a week (current)  
Music Conservatory – seasonal (current)  
Pacific Opera – seasonal (current)  
Provincial Government Archives (past)  
Sandy Merriman House (past)  
Abkhazi Garden (past)  
Mount St. Mary Hospital (past)

**Thelma Clark** (57 years volunteering)  
Nominated by: Staff and volunteers at Independent  
Living Housing Society of Greater Victoria including  
Tammy Khanna, Diane Wallace, Harvey Rogalsky, Toya  
Jacobson, and John Tomczak

*Volunteers at:*

Independent Living Housing Society of Greater  
(ILHS) Victoria for last 30 years in various positions  
but was a founding board director (current)  
ILHS predecessor GR Pearkes Clinic for 27 years  
(past)  
Girl Guides for 27 years (past)

**Margaret Hay** (36 years volunteering)  
Nominated by: Petra Slaughter and Thersa Low, VIHA  
Victoria General Hospital

*Volunteers at:*

Queen Alexandra Centre for Children's Health for  
2 years (current)  
Jubilee Hospital for 3 years (current)  
Victoria General Hospital for 23 years (current)  
St. Joseph's Hospital for 13 years until it closed  
(past)

**Harry Hickson** (15 years volunteering)

Nominated by: Gwendoline Gold, from his strata  
council work

*Volunteers at:*

The Salvation Army for 15 years  
Oak Bay Kiwanis Village for 12 years

**Audrey Irwin** (26 years volunteering)

Nominated by: Petra Slaughter and Diane Edwards,  
VIHA Victoria General Hospital

*Volunteers at:*

Victoria General Hospital for 11 years (current)  
Transition House Speakers Bureau for 13 years  
(current)  
Elder Abusive Commission for 6 years (past)

**Jane Jeffery** (34 years volunteering)

Nominated by: Mary Runsby, Meals on Wheels

*Volunteers at:*

Meals on Wheels for 32 years  
Priory before Meals on Wheels existed for 2 years

**Fred Knelman**

(14 years post retirement volunteering)

Nominated by: Wayne Peterson, Victoria Hospice  
Society

*Volunteers at:*

UVic Speakers Bureau for 7 years (current)  
Local Peace Activist for 14 years (current)

**Rene Maggs** (25 years volunteering)

Nominated by: Petra Slaughter and Bonnie Howard,  
VIHA Victoria General Hospital

*Volunteers at:*

Victoria General Hospital for 25 years (current)  
800 Wing Association for 4 years (current)

**Russ McClellan** (18 years volunteering)

Nominated by: Petra Slaughter and Sharon Rose,  
VIHA Victoria General Hospital

*Volunteers at:*

Victoria General Hospital, Glengarry, Royal Jubilee

Hospital, Fairfield Health Centre, Gorge Road  
Hospital

for 18 years (current)

James Bay Lodge (current)

Canadian Legion (current)

**Erna Smith** (19 years volunteering)

Nominated by: Sadey Guy and Diane Taylor, Pacific  
Animal Therapy Society

*Volunteers at:*

Pacific Animal Therapy Society for 19 years  
(current)

North & South Saanich Agricultural Society for  
12 years (current)

Queen Alexandra Foundation – seasonal (current)  
Many other organizations to support her children  
from 1982 to 1988

**Doreen Spring** (41 years volunteering)

Nominated by: Petra Slaughter and Diane Edwards,  
VIHA Victoria General Hospital

*Volunteers at:*

Victoria General Hospital for 18 years (current)  
Royal Jubilee Hospital & QA for 20 years (past)  
Gorge Hospital for 3 years (past)

**Betty Tucker** (32 years volunteering)

Nominated by: Petra Slaughter and Bonnie Howard,  
VIHA Victoria General Hospital

*Volunteers at:*

Victoria General Hospital for 25 years (current)  
St Joseph's Hospital for 7 years (past)

**Bill Young** (26 years volunteering)

Nominated by: Petra Slaughter and Sue Munro, VIHA  
Victoria General Hospital

*Volunteers at:*

Victoria General Hospital for 12 years (current)  
Victoria Symphony (past)  
Canadian Safety Council (past)

Thank you to:

All the volunteers nominated, their nominators,  
and the Friends of the Centre on Aging for their  
work on this project.

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Anyone who stops learning is old, whether at  
twenty or eighty. Anyone who keeps learning  
stays young. The greatest thing in life is to  
keep your mind young. – Henry Ford



To honour

## INTERNATIONAL DAY OF THE OLDER PERSON

The Centre on Aging  
at the University of Victoria  
invites you to attend the presentation of  
the 7th Annual

## VALUED ELDER RECOGNITION AWARDS

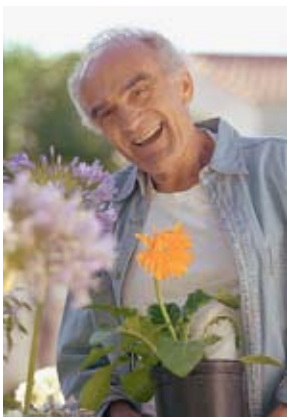
and a lecture by

**Dr. Verena Menec**

Director, Centre on Aging, Associate Professor  
Department of Community Health Sciences  
University of Manitoba and Canada Research  
Chair in Healthy Aging

Her research includes health and aging, health care use,  
the relation between health care and population health,  
and health psychology.

**“Successful Aging: What does it  
mean and how do we do it?”**



**Monday, October 2**

**2:00-4:00pm**

Hotel Grand Pacific, 463 Belleville St.  
Pender Island Ballroom

*Free and open to the public.*

*Seating is limited.*

RSVP to [lcassie@uvic.ca](mailto:lcassie@uvic.ca) or 721-6369.

## MASTERMINDS LECTURE SERIES 2007



**Harry Hickman Building  
April 11, 18, 25 & May 2**

This is an on-going collaboration led by  
the University of Victoria Retirees Association, and  
supported by University of Victoria's  
President David Turpin.

*We would like to thank Dr. Turpin and the UVRA for  
making this popular series possible.*

### **New Research Project**

Pervasive computing is a promising technology for  
supporting aging-in-place and senior health care. Indeed,  
intelligent environments are able to assist elderly per-  
sons in a supportive and non-intrusive way during their  
daily activities.

To provide evidence-based support for development  
of a proposal for external funding, Dr. Branzan Albu,  
Assistant Professor, Electrical and Computer Engineering  
and MSFHR Qualified Health Researcher at the Centre  
on Aging and Prabhat Kumar, a junior research assistant  
and co-op student supported by the Centre on Aging's  
MSFHR Infrastructure Research Unit Infrastructure  
grant, will analyze video data generated by a bed-based  
pressure sensor array. This device offers unobtrusive  
nocturnal monitoring of older adults living at home or in  
institutions. As the resident sleeps, the pressure the  
body exerts on the bed provides a number of long-term  
and short-term monitoring opportunities, including bed  
occupancy monitoring, sleep quality assessments, and  
sleep pattern identification.

This pilot project aims at the accurate determination  
of body movement by processing the data from the  
sensor array. Data will be used to track position changes  
during the night and to help delineate between sleep  
stages. The frequency of movements will be used for  
analyzing restlessness. This research work will use a  
Tactex Controls Inc. Bed Occupancy Sensor (BOS),  
which has 24 pressure sensors in a regular 3x8 grid  
configuration. The sensor and its related software are  
courtesy of Tactex Inc.

# FACT BOOK ON Aging in British Columbia

FOURTH EDITION



ANDREW V. WISTER, Ph.D. | GLORIA M. GUTMAN, Ph.D. | RAY ADAMS, M.L.L.I. | BEN CHOU, B.A.

GERONTOLOGY RESEARCH CENTRE  
SIMON FRASER UNIVERSITY 2006

The Gerontology Research Centre at Simon Fraser University (SFU) has released its fourth edition of the Fact Book on Aging in British Columbia. The book can be ordered from SFU for \$25.00 by contacting Melinda Aikin ([gero@sfu.ca](mailto:gero@sfu.ca) or phone 604-291-5062).

The first edition was published in 1981 using analyses from Census Canada data. Over the years the sources have been supplemented with other data including the Canadian Community Health Survey and the Canadian Institute for Health Information.

The book contains information on a variety of topics. It answers questions about BC seniors including where they live, life expectancy, housing, living arrangement and health service utilization. In most cases the information is presented in comparison to all Canadian seniors.

Here is an example of the type of information you can find in the Fact Book on caregiving.

Table 11.2:  
Unpaid Caregivers of Seniors: Canada and British Columbia, 2001\*

		Caregivers Aged 65 years and Over					
		Total		Males		Females	
Canada	No hours of care to seniors	3,025,800	83.5%	1,358,135	85.3%	1,667,660	82.0%
	Less than 5 hours of care to seniors	319,340	8.8%	131,875	8.3%	187,465	9.2%
	5 to 9 hours of care to seniors	144,620	4.0%	53,505	3.4%	91,115	4.5%
	10+ hours of care to seniors	135,095	3.7%	48,580	3.1%	86,520	4.3%
	10 to 19 hours of care to seniors§	56,490	1.6%	19,955	1.3%	36,530	1.8%
	20 hours or more of care to seniors§	78,605	2.2%	28,620	1.8%	49,985	2.5%
	Total	3,624,850	100.0%	1,592,090	100.0%	2,032,760	100.0%
British Columbia	No hours of care to seniors	418,760	83.0%	195,575	85.1%	223,190	81.3%
	Less than 5 hours of care to seniors	45,545	9.0%	19,135	8.3%	26,415	9.6%
	5 to 9 hours of care to seniors	20,580	4.1%	7,715	3.4%	12,870	4.7%
	10+ hours of care to seniors	19,475	3.9%	7,475	3.3%	12,005	4.4%
	10 to 19 hours of care to seniors§	7,970	1.6%	2,950	1.3%	5,025	1.8%
	20 hours or more of care to seniors§	11,510	2.3%	4,520	2.0%	6,990	2.5%
	Total	504,365	100.0%	229,885	100.0%	274,480	100.0%

\* 20% data

§ In 2001, two new categories of hours spent providing unpaid care or assistance to seniors have been added (10 to 19 hours and 20 hours or more). These categories did not exist in 1996.

Source:

Statistics Canada. 2001 Census of Canada. Hours Spent Providing Unpaid Care or Assistance to Seniors (7), Age Groups (7) and Sex (3) for Population 15 Years and Over, for Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 1996 and 2001 Censuses - 20% Sample Data. (Catalogue 97F0013XCB01003). February 11, 2003.

# SAGE Study Groups

SAGE – Stimulate, Advance, and Guide Education.  
An Exciting Learning Alternative!

The following programs take place in the beautiful setting of Dunsmuir Lodge, 1515 McTavish Road and are offered by the Division of Continuing Studies at UVic. To receive a calendar of the full program or register for the courses below, please call 472-4747.

Young people aren't the only ones who are studying. Lifelong learning is becoming a world-wide experience, providing learners with both the intellectual stimulation, which is so important to keep our minds working, as well as the interaction with people with common interests. If you would like to exchange ideas and pursue some of your favourite subjects with a small group of other interested people, become involved in our SAGE program – join a study group, or initiate one of your own choosing.

Tom Martin, SAGE Facilitator

## SAGE Study Groups

The most active component of SAGE is our study groups. Study groups are not taught by instructors; rather, a facilitator assists in coordinating the presentations of group members and in moderating the discussions.

An important aspect of study groups is their small size (max 15 participants). Group members quickly get to know each other, and learning takes place in a relaxed, friendly atmosphere.

There is a limited number of fee waivers available for all study groups. Study groups happen through your initiative, so if there is a subject you would love to learn more about and you are willing to facilitate a group next term, please give Janet King a call at 721-8827.



### Explore the Streets of 19th Century Victoria

Explore the streets of 19th-century Victoria and meet thousands of Victoria residents, of all ages and all races, using census records, street directories and maps available online at the website: (see <http://www.vihistory.ca/>). This unique portal to the past offers a remarkably detailed picture of people and places in Victoria from 1861 to 1901. Containing over 100,000 personal records, it was created by UVic historians, with the assistance of archivists, computer specialists and genealogists. This session will explain the purpose of the website and how academic researchers are using it to gain a better understanding of Victoria's history. We will also show how the general public can use this website to research family history in Victoria and elsewhere on Vancouver Island. Instructor: Patrick A Dunae, Dept of History, UVic has a special interest in computers, archives and public history. Date: Fri September 29, 1-3 pm, one session. Fee: \$21.20.

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“Never be afraid to try something new. Remember amateurs built the ark; professionals built the Titanic.”  
– Anonymous

To register for the free, six-week course,  
**LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS,**  
call the registration phone number provided below. Please register early.

Community Living BC  
107 - 333 Fourth Street, Courtenay, BC  
Tuesdays, 1:30 pm to 4:00 pm Sept. 12 to Oct. 17  
Register: Comox Valley Nursing Centre at 250-338-1711 or toll-free 1-866-902-3767

Saanich Silver Threads, 286 Hampton Road,  
Saanich, BC  
Wednesdays, 1:00 pm to 3:30 pm Oct. 11 to Nov.  
15, 2006

Sidney Silver Threads at the Shoal Centre  
10030 Resthaven Drive, Sidney, BC  
Wednesdays, 1:30 pm to 4:00 pm Oct. 11 to Nov.  
15, 2006

St. Andrew's Cathedral, 740 View Street,  
Victoria, BC  
Thursdays, 9:30 am to 12:00 pm Oct. 12 to Nov. 16,  
Open to St. Andrew's Parishioners only at this time.

Oak Bay Recreation Centre (Arena Boardroom)  
1975 Bee Street, Victoria, BC  
Saturdays, 9:30 am to 12:00 noon Oct. 14 to Nov.  
25 (no class Nov. 11 Remembrance Day)  
(Maximum 10 participants)

Henderson Centre (Muffin Nook)  
2291 Cedar Hill X Road, Victoria, BC  
Tuesdays, 12:30 pm to 3:00 pm Oct. 17 to Nov. 21

Yakimovich Wellness Centre  
1454 Hillside Avenue, Victoria, BC  
Tuesdays, 1:00 pm to 3:30 pm Oct. 17 to Nov. 21  
(Parking is limited but on a major bus route)

Gordon Head Recreation Centre  
4100 Lambrick Way, Victoria, BC  
Thursdays, 1:00 pm to 3:30 pm Oct. 19 to Nov. 23

MS Society (Alberni Room)  
1004 North Park Street, Victoria, BC  
Thursdays, 10:00 am to 12:30 pm Oct. 19 to Nov. 23  
COURSE FULL

Sunrise Senior Living, 920 Humboldt Street,  
Victoria, BC  
Fridays, 1:00 pm to 3:30 pm Oct. 20 to Nov. 24

Esquimalt Health Unit (Multipurpose Room)  
530 Fraser Street, Victoria, BC  
Wednesdays, 1:00 pm to 3:30 pm  
Oct. 25 to Nov. 29

To REGISTER or for ADDITIONAL INFORMATION  
on all the courses listed above, please contact: Mark Davies, Program Coordinator  
Phone: Toll-free at 1-866-902-3767      Email: [mvdavies@dccnet.com](mailto:mvdavies@dccnet.com)



**CONTACT INFORMATION:**

We invite your submissions, comments and contributions.  
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Victoria, BC V8W 2Y2 or email [ledgar@uvic.ca](mailto:ledgar@uvic.ca) or fax 250.721.6499

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