



Director's Perspective

by Holly Tuokko, PhD, RPsych

Happy New Year and Happy New Decade! The first few months as the Director of the Centre on Aging have been interesting and humbling. As the Director, I have been spending time getting to know the various groups of constituents who take an active interest in the Centre on Aging. All have been welcoming and responsive to the changes that will be taking place over the next few months as we re-align our activities to best address the Centre's mandate post-Michael Smith Foundation for Health Research (MSFHR) infrastructure funding. Much was learned by having the opportunity to try new and innovative approaches to research on aging with the MSFHR funds. New partnerships were forged, new dissemination activities were undertaken and much new research was stimulated. We will celebrate the opportunities realized through the MSFHR in our Community Forum in February and encourage everyone to attend. Our challenge in the months ahead is to be selective in what we build from here. I want to thank all of the groups I have met with to date for sharing their viewpoints and concerns. I look forward to continue meeting with, and hearing from, our constituents as we move into this new decade.

One of the goals of the Centre on Aging for the next five year period is to engage in more longitudinal research. Already, Centre researchers are well on their way to realizing this goal. Locally, Dr. Scott Hofer spoke on *Inferential issues for the analysis of longitudinal studies of aging* at the BC Network of Aging Research fifth Annual conference, *Opportunities at the Crossroads of Scientific Discovery: Design and Analysis of Longitudinal Data for Interdisciplinary Research Across the Lifespan*, held in Vancouver in late January. Dr. Margaret Penning and I were involved in the planning for this conference. Scott Hofer will also be hosting a conference in the summer of 2010 in Victoria that will involve researchers from Canada and around the world titled: *New Methods for the Integrative Analysis of Longitudinal Studies of Aging*. Data collection is ongoing for the five year longitudinal study, *Canadian Driving Research Initiative for Vehicular Safety in the Elderly* (Candrive; I am the Victoria site Principal Investigator). Testing of the data collection protocol for the Canadian Longitudinal Study on Aging has begun through the Survey Research Centre, affiliated with the Centre on Aging (Victoria Site Coordinator: Margaret Penning).

Another goal for the Centre where significant progress is being made is to explore and expand models and opportunities for collaborative research locally, nationally, and internationally. The Vancouver Island Health Authority (VIHA) has figured prominently in my meetings with constituents interested in the activities of the Centre on Aging. Their vision of the Royal

Jubilee Hospital Patient Care Centre as being an elder friendly hospital that provides a safer and more therapeutic environment for people of all ages is laudable. Working with VIHA to find a suitable location for the Canadian Longitudinal Study on Aging clinic is encouraging. Interest from VIHA physicians in conducting research to demonstrate improvements for their older patients in both medical and quality of life outcomes is very exciting. Similarly, collaborating with VIHA in research and dissemination activities through the Centre on Aging, Continuing Health Services (COACH) and other initiatives is continuing to realize mutual benefits.



Other new collaborative activities include Dr. Kelli Stajduhar's projects relevant to multidisciplinary collaboration on quality of dying and knowledge transfer for family caregiving in palliative end-of-life care. In addition, Dr. Patrick McGowan has expanded his project space in Ladner to be able to provide a broader range of self-management training programs to a wider audience.

As we welcome this new year and new decade, and embrace the changes to come, we will continue to be mindful of the Centre's mandate and build on our strengths. We will work to ensure that the research on aging conducted at the Centre continues to advance knowledge in the field of aging, across disciplines and within our communities at the local, national and international levels. *"Only in growth, reform and change, paradoxically enough, is true security to be found."* (Anne Morrow Lindbergh).

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News from the Centre on Aging

Goodbye

With the end of our Michael Smith for Health Research infrastructure funding, we are going to be losing staff who we would like to wish good luck: **CORA SHAW, ANITA JESSOP, MICHAEL KOZAKOWSKI,** and **SANDRA LEE.**

Welcome new staff

LENKA VISNOVSKA is a third year nursing student who is doing her practicum in the Centre on Aging with Elaine Gallagher from January to April, 2010. The focus of the practicum is community health.

SARA BAYNES is also a third year nursing student studying with Elaine Gallagher. She is interested in emergency nursing, and working with children and families.

ANNA BRASLAVSKY, research assistant, is from the University of Alberta, and is helping with the recruitment of participants for the 5-year national Candrive study. She is a 1st year M.Sc. student in Clinical Psychology - Neuropsychology track, with an interest in cognitive and physiological markers of mild cognitive impairment (MCI). Her co-supervisors are Drs. Holly Tuokko and Stuart MacDonald.

CATHERINE SPARKS is a graduate student working with Dr. Scott Hofer on the Integrative Analysis of Longitudinal Studies on Aging (IALSA). She is interested in longitudinal data analysis and research methodology, social dynamics, interpersonal communication, cognition and disease-related cognitive decline.

CHI ZHENG is moving from his position of project coordinator with Margaret Penning to project coordinator for the Integral Analysis of Longitudinal Studies in Aging project with Scott Hofer.

Congratulations!

MEGAN CAINES has been awarded a \$500 grant from the Alzheimer Society.

ALEXANDRA JOUK won a BCNAR STAR Student Data Collection award. The awards support doctoral dissertation, masters thesis or graduating project data collection for graduate students engaged in health and aging research.

New Grants

Co-Principal Investigator **Kelli Stajduhar** (with Co-PI: K. Bodell, Fraser Health). "Multidisciplinary collaboration on optimizing quality of dying." Canadian Institutes of Health Research Meetings Grant, \$10,000.

Co-Principal Investigator **Kelli Stajduhar** (with Co-PI: R. Cohen, McGill University). "Knowledge transfer for family caregiving in palliative end-of-life care." CIHR Knowledge Translation Grant, \$40,000.

Survey Research Centre

The Survey Research Centre (SRC) has had a year of ups and downs. We successfully completed a CATI (computer assisted telephone interviewing) study, entitled Social Class & Health, for Dr. Gerry Veenstra, a sociologist at the University of British Columbia in June, 2009. This project took six months to complete and provided valuable data for Dr. Veenstra. Several research papers using these results are currently being reviewed.

We are also commencing a data entry project for VIHA and the Canadian Police Research Centre. The RESTRAINT project is lead by Dr. Christine Hall, who is with Emergency Medicine Research Greater Victoria (EMRG) and VIHA. We will be receiving faxed reports from six existing sites (Victoria, Calgary, Edmonton, Montreal, San Diego and San Francisco) with the data contained in them entered into a database system that the SRC designed and built for Dr. Hall's study. The reports will describe the use of force by police with additional information from EMS (ambulance) services, hospital emergency reports and medical examiner reports as applicable. The researchers wish to identify circumstances that arise from various restraints, including tasers. They wish to examine if the use of tasers by police might lead to death while in custody. Our employees will be ensuring accurate entry of the reports for the researcher's analysis. Three new sites will be added in 2010-11 including Toronto, Sarnia and Vancouver.

We had planned to commence the Canadian Longitudinal Study on Aging (CLSA) baseline cohort data collection in July of 2009. However, due to the data access agreement with Statistics Canada (StatsCan), an entirely different approach to ensure the security of the data was needed. It has taken many months of hard work and experimentation to achieve a tightly secured data collection system for the telephone interviewing process. Similar requirements in other phases of the study (comprehensive intake) have made the separate data access agreements for each site difficult to harmonize into the overall agreement with StatsCan. Similarly, harmonized ethics approvals with all sites have been very slow to achieve. The data access agreements, ethics approvals and financial agreements with each site are nearing completion and the targeted date for the baseline cohort to begin calling at the SRC is March 8, 2010. We will continue to test and prepare for the start up.

Canadian Longitudinal Study on Aging (CLSA)

The Centre on Aging, University of Victoria has been confirmed as a data collection site. The CLSA is a large, national study that will follow approximately 50,000 Canadian men and women between the ages of 45 and 85 for a period of at least 20 years.

Margaret Penning, University of Victoria is Victoria's lead site investigator. Other members of Victoria's research team include: Neena Chappell, Holly Tuokko, Denise Cloutier-Fisher, Scott Hofer, Karen Kobayashi, Zheng Wu, all from the University of Victoria and Marilyn Bater (VIHA). Principal Investigators are Parminder Raina, McMaster University, Christina Wolfson, McGill University, and Susan Kirkland, Dalhousie University.

The implementation phase of the study includes the recruitment of 20,000 Canadians who will form the Tracking Cohort. Data collection is to begin early in 2010. CLSA participants will provide information on the changing biological, medical, psychological, social and economic aspects of their lives.

Recruitment of the 30,000 Canadians who will be part of the Comprehensive Cohort is slated to begin in mid-2011. These individuals will provide in-depth information through physical examinations and biological specimen collection in addition to the information collected through interviews.

Watch future editions of this newsletter for project updates.



Congratulations!

Senior-Friendly Business Award 2009 Recipients announced:

Congratulations to
APPLE TREE RESTAURANT
in Hillside Mall, Victoria BC.



Congratulations to
JJ MORGAN RESTAURANT
1520 McKenzie Avenue
Saanich BC.

*JJ Morgan
Restaurant*

*The awards will be presented
in early March.*

COACH

facilitating research on health and aging

A Network for Collaborative Research

Centre on Aging, Continuing Health Services

– Network for Collaborative Research (COACH-NCR)

COACH is a network for collaborative research based on a Memorandum of Understanding between the Centre on Aging, University of Victoria and Continuing Health Services, Vancouver Island Health Authority (VIHA) to promote collaborative research, research education and academic exchanges. Through this cooperative partnership, COACH seeks to bring together the knowledge, expertise and resources of UVic and VIHA to improve the health and care of seniors in the region.

Vision: To be recognized as a leading innovator in brokering and facilitating collaborative research endeavours in BC. UVic and VIHA will improve the health and care of seniors in the health authority's catchment area, demonstrate models of excellence in seniors' health care and demonstrate effective and sustainable collaborative research partnerships.

Become a Member today

Membership is open to individuals from UVic, VIHA and community health professionals with an interest in enhancing the health, care, and social well-being of adults as they age.

Membership is free of charge.

For more information and membership forms, please contact Elaine Gallagher at egallagher@uvic.ca

News from the Ladner Office



Ladner Office space expands!

The Ladner office is pleased to announce an additional office for the program coordinators and project support staff. This brand new ground floor office, located at 4906 Delta Street (a mere stone's throw away from the Chisholm location), is ideal for volunteers with disabilities as well as for shipping and receiving workshop supplies. An official "Open House" is planned for the early 2010. Thank you to all the staff who worked very hard to make this move a smooth one.

The NEW Matter of Balance Falls Prevention Program

In late October, the Ladner Office staff and volunteers became Master Trainers for the evidence-based "Matter of Balance" program. "Matter of Balance" is an award winning program emphasizing practical strategies to manage falls. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Participants attend eight two-hour sessions. This program has been adapted from the original intervention to be more suitable for communi-

ty-dwelling older adults by allowing small group sessions to be led by a trained facilitator. It is based upon research conducted by the Royal Center for Enhancement of Late-Life Function at Boston University. The structured group intervention utilizes a variety of activities such as group discussion, problem-solving, skill building, assertiveness training and sharing practical solutions. Although led by volunteers, this program includes a health care professional as a guest therapist at one session to provide information and answer questions about reducing fall risks. Research shows that after completing the program, 97% of participants are more comfortable talking about the fear of falling, 97% feel comfortable increasing activity, 99% plan to continue exercising, and 98% would recommend the program. Healy, et. al (2006) found significant improvements for participants regarding their level of falls management (the degree of confidence participants perceive concerning their ability to manage the risk of falls and of actual falls); falls control (degree to which participants perceive their ability to prevent falls); level of exercise; and social limitations with regard to concern about falling. In addition, participants indicated that their concerns about falling are interfering less with their social activity and they report that they have increased exercise levels. Newly instructed Master Trainers will be doing their first classes in the New Year in order to complete their certification. They will then be able to teach the curriculum to volunteer "coaches" and provide them with guidance and support as they lead the Matter of Balance classes.

The Ladner office is also pleased to announce the addition of two staff members. **NAVAH JACOBS** joins the office with over 20 years experience in the health sciences field, including teaching in the health sciences department of Douglas College and volunteering in the geriatric sector. Navah became a Chronic Disease Self Management Program (CDSMP) leader and Master Trainer in 2009. Her role at the Ladner Office is to manage questionnaire data for all self-management programs. Her hobbies include spending time with family and friends and chasing the sun.

NATALIE GAUTHIER worked as a student researcher with us in 2008 while studying gerontology and anthropology at Simon Fraser University. Her background is in nursing geriatrics, chronic disease, long-term care, dementia, health and wellness, and end-of-life issues. Natalie went to the University of Bath in 2008 and graduated in December 2009 from a unique program in death studies (death and society) with an MSc. Her thesis explored how social, physical, psychological and culturally dead and alive spaces either contribute to, or hinder, the health and well-being of seniors who reside within British Columbia. Her passion is conducting quantitative and qualitative research that makes a difference for those living with a health condition. She is a research project analyst with the Ladner Office.

Congratulations to **CHALLAYNE KENNEY**, a Program Coordinator with the Ladner Office, for receiving her Masters of

Education in Health Education from Simon Fraser University in October 2009. Her final project explored the role and value of the body as a site of knowledge in chronic disease self-management. Her work suggests that patients are not only able to manage their chronic conditions through the use of self-management tools, but also by cultivating an awareness of the knowledge within their bodies.

We are excited to be involved in a new self-management program. The "Be Your Own Boss" chronic disease self-management program for youth is currently being developed based on the well-established adult program from Stanford University. Researchers from Stanford University, the Capital Health Region of Alberta, and the Ladner Office are piloting this program. Leaders were trained in January and recruitment for participants for the pilot programs is underway. The workshop will be held for two and a half hours once a week for six consecutive weeks in the Greater Vancouver area and is free for youth ages 14-25. Directed by trained leaders, the workshop gives youth the confidence and motivation they need to manage the challenges of living with a chronic health condition. For more information please contact Challayne Kenney at 604-940-8973 or ckenney@eastlink.ca

In Memorium



KARI MOORE, one of the 2008 VERA recipients passed away in November 2009. Kari truly believed in education. She was instrumental in organizing language courses at the Ukrainian Cultural Centre and setting up

scholarships. She led the fundraiser undertaken by the Ukrainian Professional & Business Club of Victoria and the Ukrainian Studies Society for an endowment in Ukrainian Studies at the University of Victoria. Kari will be sadly missed.

*What if imagination and art
were not frosting at all,
but the fountainhead of human experience?*

Rollo May

Visitor to the Centre on Aging

JASON POWELL is a sociologist from Liverpool, England and will be visiting the Centre and the Department of Sociology from April 18-25, 2010. He will write with UVic researchers, and potentially engage in an international and collaborative bid.

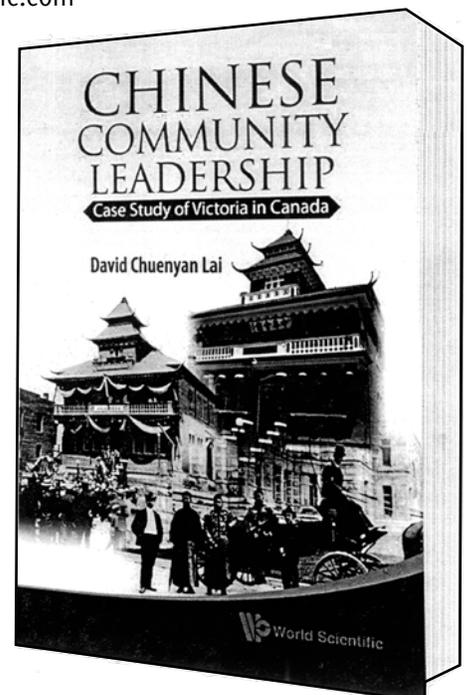
He plans to make two presentations from these possible topics:

1. Aging in a Global World: A Critical analysis;
2. Foucault, Sociology and Aging: combatable or distant?
3. 'Risky Aging' in the Risk Society?

New Book

CHINESE COMMUNITY LEADERSHIP Case Study of Victoria in Canada by *David Chuenyan Lai*

300pp
ISBN 978-981-4295-17-9
Imperial College Press
www.worldscientific.com



Masterminds 2010

■ Art Exhibit and Lecture Series by UVic Retirees ■

The Masterminds events highlight the continuing contributions of the University of Victoria's Retirees Association (UVRA) to the University and the community.

Art Exhibit – March 12 through April 23

The UVRA and the Centre on Aging will showcase the works of 27 artists at the Maltwood Museum and Art Gallery, Monday through Friday from 10 am to 4 pm.

Lecture Series – Wednesday Evenings in April Harry Hickman Building, Room 103

April 7 – Dr. Bruce Howe, *Winning Is a Mind Game: Reflections on the Olympics*

April 14 – Prof. John McLaren, *Dewigged, Bothered and Bewildered: British Colonial Judges on Trial, 1800 – 1900*

April 21 – Dr. Margie Mayfield, *Why Kindergarten for Three- to Five-Year-Olds?*

April 28 – Dr. Reginald Mitchell, *A New Era of Snake Oils: Chemically Ripping Off the Elderly and the Not So Old*

Please register for the lectures by calling 250-721-6369.

The lectures are free and open to the public.

Plan to arrive early because seating will be limited.

If you do not have a UVic parking permit, there is a charge of \$2.00 to park on campus at night.

Watch for more details on the UVic, COAG, and UVRA websites.

Presented by the UVic Retirees Association (UVRA) and the Centre on Aging (COAG) with the generous support of UVic.

University
of Victoria



Centre on Aging &
Retirees Association

Annual COAG Holiday Party



The Centre on Aging invites you to attend
COMMUNITY FORUM 2010



*Celebrating Healthy Aging and the research that has been supported
by the Michael Smith Foundation for Health Research*

Thursday, February 18, 2010
David Strong Building, University of Victoria

9:00 – 9:15	Welcome – Emcee: Elaine Gallagher
9:15 – 10:15	This panel will introduce what the Michael Smith Foundation for Health Research (MSFHR) infrastructure award has meant to our research and will set the theme for the day. Presenters are David Hultsch, Marianne McLennan (VIHA about COACH), and John Challis (MSFHR).
10:15 – 10:45	Break
10:45 – 12:00	Workshops (3 concurrent)
12:00 – 1:00	Lunch (provided)
1:00 – 1:45	Afternoon Panel will discuss their latest intergenerational research. Presenters are Valerie Kuehne, Karen Kobayashi, and Arlene Carson.
1:45 – 2:15	Break
3:30 - 3:35	Closing remarks

REGISTRATION INFO

Cost:
\$25+GST=\$26.25 for seniors and students
\$45+GST=\$47.25 for everyone else.

REGISTRATION DEADLINE:
Please register by phoning 250-721-6369

Registration forms can also be found on the web at:
www.coag.uvic.ca

COMMUNITY FORUM 2010

WORKSHOPS

Studying Very, Very Large Populations Over a Long Time

Presenters: Moyra Brackley, PhD and Andria Scanlan, PhD.

This session explores what information collected over extended periods of time (longitudinal data) can tell us about aging, health and health care. Examples from two different research programs will be discussed. The first is an ongoing UVic Centre on Aging research program studying health care service use over time among those aged 50 and over in British Columbia. The second is the forthcoming Canadian Longitudinal Study on Aging (CLSA), a 20-year national study of adults aged 45 and over, scheduled to begin in 2010.

These research projects are based on the work of Margaret Penning, PhD. Margaret Penning is a Professor in the Department of Sociology and Centre on Aging. Her research interests include aging, health and health care with a particular focus on chronic illness and disability in later life; patterns of self, informal, and formal health care; the impact of structural inequalities on health and health care; and health care restructuring and reform in the Canadian context. She is the principal investigator of a CIHR-funded study that examines health system change and service utilization among vulnerable subpopulations of older adults in British Columbia. She is also Lead Site Investigator (Victoria) for the Canadian Longitudinal Study on Aging.

So you got Funded ... Now what? Negotiating what you need out of the research relationship

Presenter: Kelli I. Stajduhar, RN, PhD

This workshop will highlight some of the opportunities and challenges that arise when conducting applied health services research. Discussions will focus on the kinds of negotiations that are required to develop mutually satisfying research relationships between researchers in the academic setting and clinicians and administrators in health authorities.

Predicting Cognitive Decline in Later Life

Presenter: David F. Hulstsch, PhD

Years of research has made it clear that cognitive change in later life is not uniform. Some persons show substantial decline in their cognitive abilities with increasing age, whereas others maintain a profile of stability or even show evidence of growth. But how do we tell who is going to decline and who will be spared significant losses as they age? We can address this question by following people over time, typically retesting them at intervals that span several years. However, people also change over the short-term, a phenomenon we have called inconsistency. We all experience these types of fluctuations; for example, our attention may wander from one moment to another as we are doing a particular task. Similarly, some days we seem mentally sharper or physically more energetic than on other days. The working hypothesis of Project MIND is that these two types of change (short-term fluctuations and more permanent long-term change) are linked. This talk will review results from this research showing that inconsistency in speed of responding is associated with age as well as a conditions involving neurological damage such as head injury, Parkinson's disease and Alzheimer's disease. In addition, such short term fluctuations are predictive of cognitive decline, functional capacity, and even proximity to death. Thus, short-term inconsistency in speed of processing seems to be a useful behavioral marker of central nervous system integrity.

To the extent that this is the case, it could 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/or negotiate the effects of aging-related cognitive losses.

COMMUNITY FORUM 2010

WORKSHOPS

No Particular Place to Go: Bringing data to life through interdisciplinary research on older driver safety

Presenters: Trudy Pauluth-Penner, MEd and Denise Cloutier-Fisher, PhD.

For many older adults, driving is associated with independence, personal identity and self-esteem. When driving stops, whether through voluntary or involuntary routes, older adult drivers can experience reduced mobility, increased isolation and declines in physical and mental health. Many members of society are involved in issues around older driver safety from older adults themselves, family members, physicians and other health personnel and government and other stakeholders charged with protecting public safety around driving behaviours. Given this diverse group of stakeholders, issues around older driver safety are socially and emotionally charged and require delicacy and sensitivity in their approach.

This research project engages a diverse group of researchers from the arts and social sciences to explore the attitudes, challenges and behaviours associated with older driver safety through the medium of an applied theatre project; notably a play. The research goals set out to examine thoughts and beliefs about older driver safety that are held by different groups in society. A second research question was to evaluate if watching the play had an impact on the thoughts and beliefs of the audience members. This workshop will outline how the play, *'No Particular Place to Go'* was developed from a series of focus groups with older adults, family members and other government and community stakeholders with an interest in older driver related issues. The play devising process will be traced out and the preliminary results of the interviews with audience members prior to viewing the play, and after viewing the play, will be discussed. An excerpt of the play will be shown to participants. The final segment of the workshop will encourage participants to discuss issues brought forward in both the presentation of the research findings and the video of the play.

Investigating residential care bathing systems: intimate encounters in not so private spaces

Presenters Ann Holroyd, PhD, RN and Jeannine Moreau

The purpose of the study is to investigate residents' and staff members' experiences and perspectives with three residential care bathing systems — en-suite showers, Arjo tubs, and mobile shower units. This research intends to inform what we know about each residential care bathing system. Also offered is knowledge and understanding of the influence of physical environments where bathing takes place and institutional factors that shape experiences for both Resident Care Attendants (RCAs) and residents. This study involves an examination of the meaning of the bathing experiences for residents with various levels of cognitive ability and the RCAs who work in the residential care setting. The purposive sample will include thirty-six residents, twelve RCAs and administrators from one residential care facility. In this sample, there will be two groups of eighteen residents: group "A" will have en-suite showers and a centralized Arjo tub; group "B" will have mobile showers and a centralized Arjo tub. Overall, this study aims to enhance our current knowledge of three residential care bathing systems; environmental factors; respective residents' perceptions and experiences with bathing; RCAs' perceptions of and experiences with the bathing systems, including influence on their workload; and any issues/concerns related to infection control.

Collaborative Approaches to Fall Prevention Research in British Columbia

Presenters: Vicky Scott, PhD, Sarah Elliott and Alison Sum

The Centre of Excellence on Mobility, Fall Prevention and Injury in Aging represents a unique approach to fall prevention research based on collaboration between researchers, health care providers and policy makers with a shared goal of improving the health and safety of older British Columbians. This presentation provides highlights of findings from studies targeting high risk groups in home care, assisted living and residential care settings, as well as descriptive studies on fall-related morbidity and mortality among BC seniors, and directions for future studies and collaboration.



ICOR'S FOOD FOR THOUGHT Lunchtime discussion series

You are cordially invited to bring your lunch and participate in a lively, interesting discussion with this month's host

Dr. Martin Taylor, ICOR member and President and CEO of Ocean Networks Canada who will be addressing the topic:

Ocean Networks Canada: Progress and Plans

Tuesday, February 16, 2010

At the University of Victoria in the Senate & Board Chambers,
University Centre Building, Room A180
12:00 pm - 1:30 pm



This discussion series is free and open to everyone

For directions to the Food For Thought lunchtime discussion series please contact ICOR at 250-721-8848 or email icor@uvic.ca



Healthy Living

Health Canada encourages Canadians to take a more active role in their health.

For more information to help you make choices about your health in areas such as healthy eating, physical activity, pregnancy, mental health and sexual and reproductive health, please visit:

<http://www.hc-sc.gc.ca/hl-vs/index-eng.php>

Do you know of a volunteer in the community to be nominated for VERA?



2010 VALUED ELDER RECOGNITION AWARD POTENTIAL RECIPIENTS

We will be contacting interested agencies in early 2010.

Please call 250-721-6369 for details.

Information about the award can be found at
http://www.coag.uvic.ca/community_vera.htm

(click on nomination form)

UVic researchers seek volunteers who care for people with dementia

By Keith Vass - Saanich News

Dementia will claim loved ones from thousands of B.C. families and cost the health care system billions of dollars unless more resources are directed towards prevention, a new report says.

As the population ages, the number of people living with dementia in B.C. is likely to triple to almost 180,000 patients by 2038, warned a study published Monday by the Alzheimer Society of B.C.

The economic costs of caring for dementia patients would grow from \$2.1 billion to \$130 billion.

"It raises an issue early on," André Smith, a University of Victoria sociologist who studies dementia in social and cultural context said. "And I think by doing this early on, hopefully someone is paying attention in government."

The study, commissioned by the Alzheimer Society with financial backing from Pfizer, Health Canada and the Public Health Agency of Canada, recommends governments develop a comprehensive national strategy to deal with dementia.

Resources should be added to prevention programs, invest in dementia research and do more to support family caregivers.

The last point is one of the most critical, said Smith. "It is family members, and often it's a frail spouse or partner who themselves have to cope with their own health issues who are confronted with a tremendous burden," he said. "Not only in terms of physical care but the emotional toll of seeing someone gradually lose their mind and not recognizing you as a spouse or a family member."

The Greater Victoria Alzheimer's Resource Centre provides those supports to dementia patients and their families in the Capital Region.

Support and education co-ordinator Christin Hillary said the report "points to the fact that now is the time for the provincial and federal government to plan for how they're going to cope with dementia now and in the future."

The Greater Victoria Alzheimer's Resource Centre offers help to patients and families confronting dementia.

To learn more about their First Link program for newly diagnosed patients, call 250-382-2033.

For other programs,
call 250-382-2052 or 1-800-936-6033.

Funding for Students Announced by CIHR Institute of Aging

The CIHR Institute of Aging has made funding available to enable 10 Canadian Master's and PhD students or Post-Doctoral Fellows (or equivalent) to attend the Master Class that will be held just before and as a part of the 7th World Conference of Gerontechnology which will take place May 27-30, 2010 in Vancouver. This is a unique, once-in-a-lifetime opportunity for students to interact on a one-on-one basis with world class experts in the field of Gerontechnology. The focus will be on projects that the students have in progress or are planning to initiate.

Application deadline: March 1, 2010.

There is a separate competition for BC residents funded by the BC Network for Aging Research (BCNAR). Visit <http://www.bcnar.ca/> for details. An additional 10 places are being held for international students.



ISG 2010
vancouver

International Society for Gerontechnology 7th World Conference May 27 – 30, 2010

Vancouver, Canada
Marriott Pinnacle Hotel

Host organization:



GERONTOLOGY
RESEARCH CENTRE

CanAssist needs volunteers!

What we do

At CanAssist, we believe passionately that people with disabilities must be given every opportunity to participate fully in society and that their achievements be celebrated. As such, everything we do involves working to improve the quality of life of those with special needs and their families. We achieve this by drawing on and bringing together the exceptional resources at UVic and those in the wider community to deliver highly innovative technologies, programs and services.

Join our team

Our volunteers come from all walks of life and every age group. Whatever your background or interests, we have something rewarding to offer.

Opportunities include:

Working with innovative technology; being part of an interdisciplinary team; working with or mentoring someone with a disability; meeting new people and establishing professional contacts. When you volunteer with CanAssist, you contribute to your community in a very meaningful way.

**For more information, please visit
www.canassist.ca.**



*No problem can be solved
from the same level
of consciousness that created it.*

Albert Einstein

18th INTERNATIONAL CONGRESS ON PALLIATIVE CARE

October 5-8, 2010

Palais des Congrès, Montréal PQ

Presented by the Palliative Care Division of the Departments of Medicine and Oncology of McGill University, this biennial Congress has grown to become one of the premier international events in palliative care. Healthcare professionals, therapists, volunteers and all those involved in palliative care come to renew themselves as providers of care and to obtain the inspiration that will help them shape the palliative care of the future.

This year's Congress will offer four Concurrent Seminars (October 5), a two-day Pediatric Seminar (October 5-6), as well as plenary sessions, workshops, research forums, and poster sessions on subsequent days of the Congress. The Congress is trilingual, with interpretation offered in all three languages (English, French and Spanish) for plenaries and selected workshops and seminars. Full details will be available in the Detailed Programme (coming in May 2010) and on the Congress website (www.pal2010.com).

**The pre-early bird registration deadline is
March 26, 2010.**

CALL FOR ABSTRACTS – DEADLINES

Oral presentations: January 31, 2010

Poster presentations: May 31, 2010

Abstracts on all aspects of end-of-life and palliative care are welcome. A full list of subject categories as well as submission instructions and descriptions of each type of presentation can be found on the Congress website (www.pal2010.com).

**For more information, to register, or to
submit an abstract, please visit
www.pal2010.com
or call +1 450-292-3456 ext. 227
E-mail: info@pal2010.com**

Local Participants Still Needed

The Ottawa office of Candrive – the Canadian Driving Research Initiative for Vehicular Safety in the Elderly – recently announced its partnership with researchers from Monash University in Melbourne, Australia, who joins the University of Victoria and six other centres across Canada for a long-term study of older drivers. A key objective of the study will be to develop a simple, objective screening tool that will assist health-care professionals to identify the characteristics of safe and unsafe older drivers.

Commenting on this announcement, Dr. Holly Tuokko, who is the Director of the Centre on Aging, University of Victoria said, “It is exciting to have Monash University as an international site for our study. Aging driver issues are not unique to Canada and collaborations such as this will only enhance our studies, raise more awareness and increase our credibility. However, recruiting participants is crucial. Nationally we have recruited almost 50% of our required number of participants but **Candrive continues to need Victoria area participants**. It is critical that local drivers be included in the international study because driver experiences on Vancouver Island are unique.”

Anyone over the age of 70, who owns a 1996 or newer vehicle and drives at least four times a week and is interested in finding out more about the study, can check the Candrive website at www.candrive.ca or call Phyllis McGee at (250) 472-5504 or Toll free 1-866-233-1133.

Candrive is the brainchild of two Ottawa doctors, Shawn Marshall and Malcolm Man-Son-Hing, of the Ottawa Hospital Research Institute and the University of Ottawa. They decided eight years ago to address the many driving issues that affect seniors. Reacting to what are often unfair portrayals in the media, the doctors strongly reject age-based restrictions on driving, preferring instead to look at how the symptoms of medical conditions can affect a driver’s physical and cognitive abilities.

In 2008 Candrive was awarded a 5.5 million dollar Canadian Institutes of Health Research (CIHR) grant to conduct the five year study of older drivers. Candrive comprises an international network of diverse researchers interested in older driver issues, including occupational therapists, physiotherapists, psychologists, kinesiologists, epidemiologists, and a number of medical specialists in geriatric medicine, physical medicine and rehabilitation, rheumatology and geriatric psychiatry.

Candrive has formed partnerships with key seniors’ groups, organizations, and governmental and non-governmental agencies to develop political, legislative and moral support for its research agenda. In addition to the long-term study, funding is also provided to conduct seven subprojects in various Canadian cities, all centred on issues related to older adults and driving, such as the psychosocial, cultural, social, and legal aspects of ensuring safety and quality of life for older drivers.

Some examples of the subprojects are:

Candrive II The Common Cohort

Co-leaders: Shawn Marshall and Malcolm Man-Son-Hing
This project will allow for the comprehensive, longitudinal study of older drivers and key factors that impact their driving safety.

Development of an evidenced-based driving decision rule for identifying older drivers at increased risk for at-fault crashes

Co-leaders: Shawn Marshall and Malcolm Man-Son-Hing
This project will develop an evidenced-based tool for health care professionals that will help identify drivers who are at increased risk for at-fault motor vehicle collisions.

Driving Patterns of Older Canadians

Leader: Michelle Porter

The goal of this project is to examine driving patterns in a large sample of older drivers from different locations across Canada using Global Positioning System (GPS) tracking. Factors such as obeying traffic signs and the effect of climate conditions on driving are examples of elements that will be studied.

Candrive has already influenced Canadian transportation policies and has the interest of other international researchers and administrators.

For further information please contact:

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pmcgee@uvic.ca (250) 472-5504

Site Investigator Dr. Holly Tuokko
htuokko@uvic.ca (250) 721-6350

*Since we are destined to live out our lives
in the prison of our minds,
our one duty is to furnish it well.*

Peter Ustinov

When Talking Is Not Enough

by Maxine Fisher M.Ed., MTA Victoria Music Therapy

Music therapy is defined by the Canadian Association for Music Therapy (CAMT, 1994) as the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

We hear and experience sound for the first time in our mother's womb in the form of our mother's heart beat, breath and muffled voice. From the moment we are born we recognize our loved one's voices through the musicality of their speech. Most of us have been deeply moved by a piece of music during our life time. Songs can be used to create a retrospective road map of our lives. Think of the songs that deeply moved you in your childhood, teens, twenties, thirties, and onwards. As you hum that tune, what are you reminded of? Do memories flood back to you? Do you associate a particular song or musical piece with a person or place? Music is universally accessible to individuals as well as groups of people and to experience music one does not have to have formal musical training. As a music therapist, it is my job to bring music to clients to enhance and improve their lives. Music is healing, relieves tension and also energizes.



Singing and playing instruments in a safe environment with others brings us joy and a sense of community and allows us to express our thoughts and feelings. Song lyrics often describe what we cannot say and bring about discussions.

For many years music therapy has been successfully used to assist people who are struggling with physical and emotional issues. In my practice I have observed how music helped a stroke survivor. Although this client was unable to speak using words, he was able to sing words

to familiar songs and even say a few words following the song. Time and time again I have observed that people with dementia (including Alzheimer's) experience moments of joy and clarity through the singing of familiar songs. Often family members have joined in and expressed how relieved they were to see their loved ones having a break from confusion and observed how much more present they were. Through the use of familiar songs music therapy can "facilitate reality orientation and stimulate long and short term memory" (Kirkland, 2009.) There is a difference between recorded and live music. Singing a familiar song directly to someone, making eye contact, observing their breathing and matching it with the rhythms in the song, all contribute to bringing that person back into the moment and participating in the basic human interaction of sharing music.

While working in seniors' facilities I have found that there are always some residents who stay in their rooms and do not participate in facility events. For these people, a visit to their rooms with the introduction of songs often brings them great joy and inspires them to join the music group, socialize, and have fun.

In independent and assisted living, seniors have said that they look forward to the music groups. I encourage participants to request songs and the members choose from a variety of new and familiar songs. As time goes on many participants in the group sessions show a strong desire to try instruments that they may not have chosen to play during the first few sessions. Learning new skills keeps our brains functioning at a higher level (Doidge, 2009). We all want to continue learning and experiencing the best that life can offer.

Music can be shared in many different environments. Home visits allow a person to experience the joy of music in their own familiar environment while being offered opportunities to make choices and express themselves through musical activities specifically designed for them. Some of the seniors I have worked with in their own home have experienced a loss, are dealing with an ongoing illness, have suffered a stroke or have the onset of dementia. Music therapy sessions offer relief to family and caregivers when they see their loved ones participating in and enjoying music.



**For more information please visit
victoriamusictherapy.com**

A free, six-week course:
LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS
2010 WORKSHOPS:

Victoria Silver Threads (Chronic Disease - for CANTONESE speaking participants)
1728 Douglas Street, Victoria, BC
Fridays, 9:30 am to 12:00 pm May 7 to June 11, 2010

Yakimovich Wellness Centre (Chronic Pain)
1454 Hillside Ave., Victoria, BC
Thursdays, 1:00 pm to 3:30 pm April 1 to May 6, 2010

Integrated Health Network (Chronic Pain)
(Evergreen Mall) 112B-6660 Sooke Road, Sooke, BC
Thursdays, 3:00 pm to 5:30 pm Feb. 4 to Mar. 11, 2010

Cowichan Lake Recreation (Chronic Disease)
311 South Shore Road, Lake Cowichan, BC
Saturdays, 9:30 am to 12:00 pm Feb. 6 to Mar. 13, 2010
(*dates and times to be confirmed)
To register: Call facility at 250-749-6742

Yakimovich Wellness Centre (Diabetes)
1454 Hillside Ave., Victoria, BC
Thursdays, 1:00 pm to 3:30 pm Feb. 18 to Mar. 25, 2010

Fairfield Activity Centre (Chronic Disease)
1 - 380 Cook Street, Victoria, BC
Saturdays, 9:00 am to 11:30 am Feb. 20 to Mar. 27, 2010

Esquimalt Recreation Centre (Chronic Disease)
527 Fraser Street, Victoria, BC
Saturdays, 1:00 pm to 3:30 pm Feb. 20 to Mar. 27, 2010
(Maximum 12 participants)

Cowichan Lake Recreation (Chronic Pain)
311 South Shore Road, Lake Cowichan, BC
Saturdays, 9:30 am to 12:00 pm May 1 to June 5, 2010
(*dates and times to be confirmed)
To register: Call facility at 250-749-6742

Oak Bay Recreation Centre (Diabetes)
1975 Bee Street, Victoria, BC
Tuesdays, 12:30 pm to 3:00 pm May 4 to June 8, 2010
(Maximum 12 participants)

Cowichan Lake Recreation (Diabetes)
311 South Shore Road, Lake Cowichan, BC
Wednesdays, 1:00 pm to 3:30 pm September 22 to October 27, 2010 (*dates and times to be confirmed)
To register: Call facility at 250-749-6742

Becoming a Volunteer Leader for Self-Management Programs

For more information on becoming a Volunteer Leader and details about Volunteer Training, please contact the Program Coordinator, Mark Davies at the number below. Email: mvdavies@dccnet.com

To register call 1-866-902-3767
www.coag.uvic.ca/cdsmp (click on Vancouver Island Health Authority)



**University
of Victoria**

Centre
on Aging

CONTACT INFORMATION:

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