



Director's Perspective

by Holly Tuokko, PhD, RPsych

The New Year has brought with it a process of renewal for the University of Victoria's Strategic Plan and this has prompted reflection within the Centre on Aging. Faculty members, staff, students, community members and other interested parties have all had the opportunity to contribute their thoughts, new ideas, and creative contributions to UVic's Strategic Planning renewal process. As a successful, inter-disciplinary, multi-faculty research centre, members of our constituent communities have taken active part at the individual, unit, faculty and leadership levels. The last strategic plan identified the promotion of a culture of research excellence, the expansion of UVic's involvement in society's high priority interdisciplinary research areas, and the mobilization of research knowledge for societal benefit as key objectives (# 19, 20 and 21) for UVic. Since then, UVic has realized considerable growth and expansion on the research front and it is clear that research centres, like the Centre on Aging, have played a major role in this regard. We anticipate enhanced recognition and support for research, researchers and research centres in the renewed strategic plan.

The New Year also brought with it the first official meetings of the Advisory Board subcommittees: Knowledge Mobilization – Internal Communications (Chair: Kelli Stajduhar); Knowledge Mobilization – Community Relations (Chair: Denise Cloutier-Fisher); Education (Chair: Stuart MacDonald); and Fund Raising (Chair: Lori McLeod). Each subcommittee has now reviewed their terms of reference and are identifying priority areas for planning. Stay tuned for some exciting new initiatives!

Congratulations are in order for Drs. Kelli Stajduhar and Karen Kobayashi for new funding received from the Michael Smith Foundation for Health Research.

Kelli's funding is through the BC Nursing Initiative. This is a four-year team grant, with 17 people on the team located throughout the province. Research will focus on the integration of a palliative approach to health care into settings which currently have little access to palliative care. Karen is leading a research team that will investigate how the Care Delivery Model (i.e., changing the nursing staff mix, funding methodology, direct care hours) affects the quality of care delivered and received in residential care facilities operated by the Fraser Health Authority in British Columbia. Team members include Denise Cloutier-Fisher (Geography-UVic), Kelli Stajduhar (Nursing-UVic), Heather Cook (Executive Director of Residential Care and Assisted Living for the Fraser Health Authority), and Gina Gaspard (Clinical Nurse Specialist in Residential Care and Assisted Living for the Fraser Health Authority). We'll hear more about this research as the projects unfold!



Congratulations to Dr. Margaret Penning who assumed the role of editor-in-chief for the Canadian

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Journal on Aging (CJA). The CJA is Canada's foremost venue for the academic exchange of the latest ideas in gerontological research through the publication of work by international scholars that benefits Canadian and international scholarly communities, as well as older adults in Canada and around the world. The CJA promotes excellence in research in the social sciences, humanities, health and biological sciences about older populations within Canada and other countries. The CJA also informs policy debates relevant to aging and seeks to improve the quality of life for all older adults. We wish Margaret all the best in this new role – CJA couldn't be in better hands!

Congratulations to Dr. Patrick McGowan whose patient self-management programs are expanding across all of British Columbia. Self-management has been defined as the tasks that individuals must undertake to live well with one or more chronic conditions. The popularity and effectiveness of Patrick's self-management programs have prompted the Ministry of Health to provide increased funding for a broader range of programs in more locations within BC. Many more people in many more communities will be able to benefit from these highly-valued programs!

The film series that the Centre on Aging co-sponsored with the Centre for Religion and Society, *Reel Spirituality*, concluded March 25 with the showing of *The Savages*, a film made in 2008 that portrays an all-too common dilemma: after drifting apart emotionally and geographically over the years, two siblings, Wendy and Jon, must band together to care for an elderly parent. Dr. Neena Chappell was on hand to bring a wealth of knowledge from her ongoing program of research on caregiving in North America and China to the post-viewing discussion. Thank you, Neena! Films obtained for this film series, *The Savages*, *O'Horten* and *Harry and Tonto* are available through the Centre on Aging for viewing.

Finally, I am pleased to report that the Centre on Aging and the Canadian Institutes of Health Research – Institute of Aging provided a training opportunity for emerging and established researchers from

May 16-20, 2011 at the University of Victoria. This training program, Statistical Methods in Aging, Analytical Research Training (SMAART) focused on longitudinal design and analysis with emphasis on skill development in current statistical approaches. Models for explaining and predicting individual-level change were presented with opportunities for hands-on exercises using a variety of longitudinal data sets. Critical issues in longitudinal data analysis including data availability and access, ethics, and harmonization were addressed through formal and informal discussions. This program is one of the emerging initiatives designed to foster national capacity for research using the Canadian Longitudinal Study on Aging (CLSA) data platform. Drs. Scott Hofer, Andrea Piccinin, Holly Tuokko, and Stuart MacDonald are some of the faculty members involved in the development of this training initiative. A lively group of trainees and established researchers from across Canada attended this event. International instructors brought their expertise in longitudinal design and analysis to what we hope is the first in a series of training opportunities sponsored by the Centre on Aging.



Survey Research Centre

The Survey Research Centre (SRC) has had a busy time wrapping up the first intake of participants in the Canadian Longitudinal Study on Aging (CLSA). Approximately 1475 participants in Ontario, Alberta and BC have been recruited on the telephone and a 15 minute survey completed. It has been a bit of a challenge to work across multiple time zones but, after we got the hang of it, it went very smoothly. The National Control Centre (NCC) at McMaster University is currently revising the software and systems we use in order to improve our sample management capabilities and data accuracy. When this is complete, and it has been thoroughly tested, we will proceed with the next phase of the baseline intake. It will not be very long before we will also be making interim courtesy calls to participants we have already enrolled. This is designed to help retain as many participants as possible by updating contact information from the participants and informing the participants of the study's progress. The next intake will take place sometime this summer.

We have also been working on the RESTRAINT study for Dr. Christine Hall with VIHA and the Canadian Police Research Centre. The SRC is providing data entry services for a variety of forms which have been abstracted from various Police, EMS and Hospital Emergency jurisdictions. Participating sites are in Calgary, Victoria, Saanich, Oak Bay, Central Saanich, San Diego, Edmonton, Quebec City, Halifax, Vancouver and Toronto. Nearly half of the sites have already begun reporting and the remainder will come on line before the end of the year. In total, the SRC will be entering approximately 9,000 separate Use of Force, EMS, Hospital Emergency and Medical Examiner reports for the study. This study, the first of its kind across so many jurisdictions, will help to identify high risk restraint methods currently used by police forces.

We are looking forward to collecting data for a program evaluation study with the Province of Alberta. Alberta is rolling out an internet-based health care information system for residents over the next year. Initially, it will be similar to the HealthLink BC service but future phases will allow residents to look up their own health and medication records. The SRC will provide data collection services at each phase to help evaluate the use and effectiveness of the new features. We have begun calling this May with the launch of the site. Then Phase 2 will begin in August and Phase 3 in November of this year.

The next few months will be very exciting as we continue working on the RESTRAINT project, anticipate the rollout of the new and improved CLSA tools and begin surveying Alberta residents regarding their new health link product.



EvidenceNetwork.ca: the new “go-to” resource on health policy issues for Canadian journalists

A new website had been launched to provide expertise on health policy issues for Canadian journalists. EvidenceNetwork.ca was created under the direction of Dr. Noralou Roos, a research affiliate of the Centre, with a grant from the Canadian Institutes of Health Research (CIHR) and the Manitoba Health Research Council (MHRC). Additional funding was provided by the Canadian Health Services Research Foundation (CHSRF). EvidenceNetwork.ca provides evidence-based, non-partisan information on controversial health policy issues. The site offers background papers and will allow journalists to quickly connect with health experts as they report on breaking health policy stories. One of the experts will be the Centre's Dr. Neena Chappell.

News from Nanaimo

We've had a very busy and successful season traveling across Canada conducting focus groups and talking to people one-on-one. We've had a chance to hear from a wide variety of people working in the field, including: policy developers and analysts, program managers, front line health care workers, and from caregivers themselves. To date we have talked with an estimated 180 people, from Sydney, Nova Scotia all the way to Prince George, British Columbia. Other locations include: Halifax, St. John's, Brandon, Winnipeg, Vancouver, Dawsons Creek, Fort St. John, Chetwynd, Vanderhoof, and Victoria. And we're not done yet! In January we have more discussions planned, focusing on other geographic locations as well as on key issues in diversity and marginalization in caregiving.

We've heard some excellent ideas and examples of how to support caregivers of older adults – and we're looking forward to sharing the results with you! In 2011 we will present and draft 'workshops' of the "Caregiver Policy Lens" and the "Caregiver Toolkit" at FICDAT in Toronto, Ontario (June 5-8th) and the BC Psychogeriatric Annual Conference in Prince George, British Columbia (April 29th – 30th). For those of you who are interested in viewing and having further input in the design and content of these documents while still in draft form, we will be sending out – in our next update – information on how to do so.

The advisory board of Supporting Caregivers of Older Adults would like to extend their appreciation to everyone who has participated in this project, and we look forward to continuing the dialogue.

Submitted **Dr. Penny MacCourt**, Project Lead and Principal Investigator – Supporting Caregivers of Older Adults
For more information about the study, please go to page 13.

Congratulations to Dr. Margaret Penning on becoming the editor-in-chief of the Canadian Journal on Aging / La Revue canadienne du vieillissement (CJA). CJA is a refereed, quarterly publication of the Canadian Association on Gerontology. It publishes manuscripts on aging with a focus on biology, health sciences, psychology, social sciences, and social policy and practice. The journal welcomes articles reporting original research, as well as conceptual and theoretical papers that significantly advance knowledge or understanding in gerontology. Journal space is also available for Research Notes and Policy and Practice Notes. A Research Note is a brief research report with theoretical or policy implications. A Policy or Practice Note is a brief report with implications for improving practice or the delivery of a specific service.

Request for research participants

If you are a caregiver for someone who is receiving home care nursing or if you are a home care nurse, the Family Caregiver Empowerment study would like to recruit you! This study aims to understand how home care nurses work together with family caregivers to manage care of a loved one at home. This is done through observations of the delivery of home-based nursing services to families, and through interviews with home care nurses, family caregivers and home care patients.

The study is funded by the Canadian Institutes of Health Research and is being led by Dr. Kelli Stajduhar, a Nursing professor at the Centre on Aging at the University of Victoria. If you are interested in participating in this research please contact Faye Wolse at 250-472-5501 or fayewols@uvic.ca.

Congratulations

Stuart MacDonald Named Research Excellence Award Recipient

Congratulations to Dr. Stuart MacDonald, who has been selected as the 2011 recipient of the Faculty of Social Sciences Research Excellence Award. The award was presented to Stuart at the Excellence 2011 ceremony for Social Sciences, March 31 in the Michelle Pujol Room of the Student Union Building. In the photo Stuart (on the right) is posing with two graduate students (Sasha Jouk and Jacob Grand) after receiving the award.



Dr. Laura Funk, was a graduate student with Neena Chappell acting as her masters' thesis and PhD dissertation supervisor. She was also a post-doctoral fellow with Kelli Stajduhar as her supervisor.

She has been hired by the University of Manitoba, in their Department of Sociology, as a tenure track Assistant Professor. Laura started her new position on July 1, 2011. We wish a heartfelt congratulations to Laura – good luck, we will miss you!

Statistical Methods in Aging, Analytical Research Training

SMAART participants during dinner at a capacity building session after a day of training. The week long workshop offered graduate students, community researchers and faculty an opportunity to explore longitudinal data analysis techniques.

We would like to thank the Institute on Aging (CIHR), Graduate Studies, Social Sciences and the Department of Psychology for their support of this event. Our graduate students Paul Brewster, Janet Love and Anna Braslavsky generously donated their



time to make this event a success, thank you.

News from the Ladner Office

The Ladner Office offers a variety of community self-management programs led by trained volunteers. All of these programs are supported by research. The term “self-management” is used to mean the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management. The Chronic Disease, Chronic Pain and Diabetes Self-Management Programs are interactive workshops for groups of between 10 and 16 participants, providing them with the tools, skills, and confidence to help manage their chronic conditions. Topics include managing symptoms, making lifestyle changes such as eating healthy and being physically active, communicating effectively with the health care team, setting goals and learning problem-solving strategies. The Diabetes and Chronic Pain programs also include specific information on the respective conditions. The Chronic Disease Self-Management Program is offered in English, Punjabi and Chinese, as well as in an online format. Another interactive group program is A Matter of Balance. This program uses goal setting and problem solving to reduce older adults’ fear of falling, and was launched in 2010 in selected communities in BC. Another program launched in 2010 is an individualized program called Active Choices. Active Choices provides six-months of one-on-one telephone support to help people increase their physical activity levels safely and regularly. Participants also receive newsletters and tip sheets to support them in pursuing their physical activity goals.

Progress in Each of the Programs

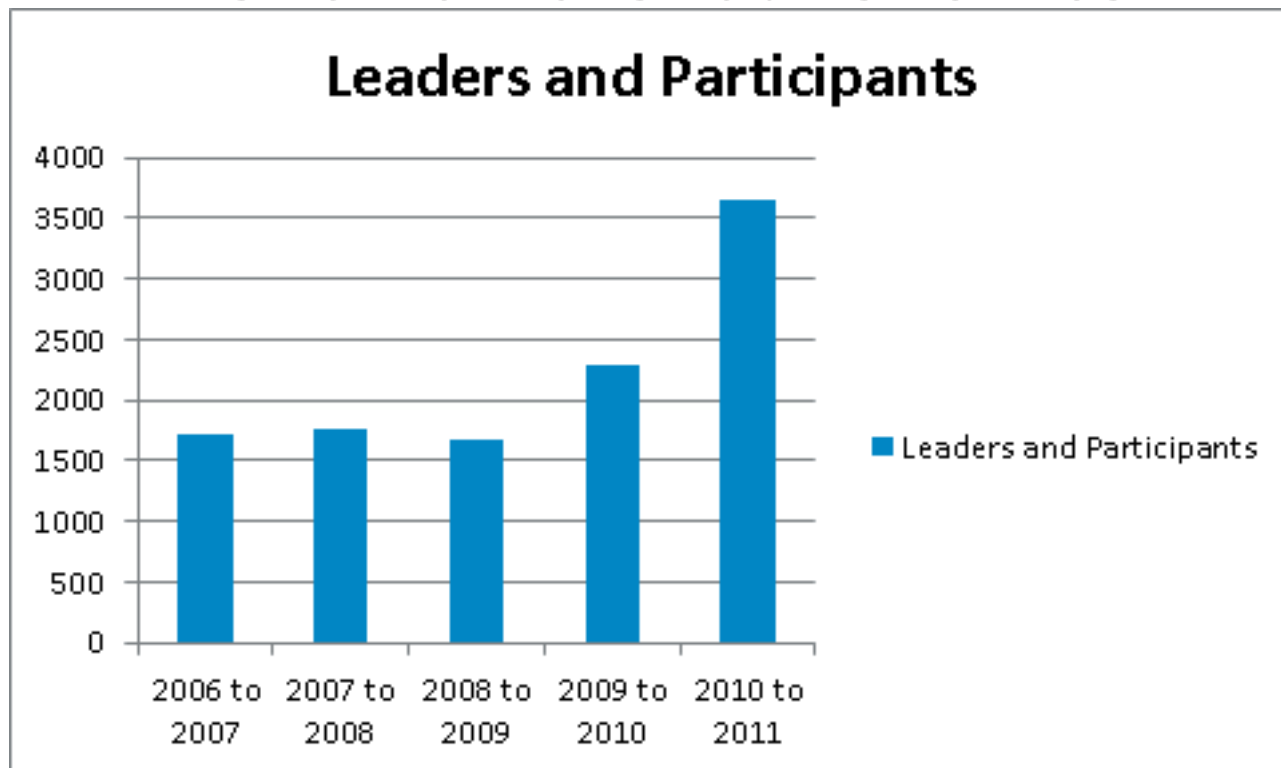
Participants - This year was the busiest yet, with 3,271 British Columbians being trained as a leader or participating in one of the self-management programs (Chronic Disease, Chronic Pain, Diabetes, and A Matter of Balance). Since 2000, over 15,000 British Columbia residents have participated in a self-management program. The demand for the Chronic Pain Self-Management Program continues to grow, as few community based services are available for people living with chronic pain. The program, introduced in April 2009, has had 145 workshops and 1,729 participants, representing 40% of workshop participants in

the last year. Active Choices currently has 50 trained coaches and 53 participants from around BC. Future trainings are planned for both the Fraser and Northern Health regions.

Reach of the Program - In the period April 1, 2010 to March 31, 2011, a self-management program was offered within a 50 km radius to 87% of British Columbians living in communities with 3000 or more residents. The introduction of the new online Chronic Disease Self-Management will provide the opportunity for any British Columbia resident with a computer internet connection to participate in the Chronic Disease Self-Management Program. The first online workshop took place in March 2011 with 23 participants from around the province (Coldstream, Oliver, Quathiaski Cove, Vancouver, Chilliwack, Prince George, Terrace, Richmond, Enderby, Queen Charlotte, Burnaby, Penticton, Surrey, Campbell River, Vernon, Barriere, Thornhill and Charlie Lake). Feedback is extremely positive and the next groups of leader trainings and workshops are being organized.

Ethnic Communities - Over the last year, 56 leaders were trained and 353 people participated in the Chronic Disease Self-Management Program for Chinese-speaking participants in the Lower Mainland. The Ladner Office achieved these numbers in part through an agreement with SUCCESS - Vancouver, a multi-service agency that promotes the well being of all Canadians and immigrants. Following the positive results of the pilot project in Fraser Health, the CDSMP for Punjabi-speaking people is now province-wide. The program has been offered in Abbotsford, Burnaby, Mission, Nanaimo, Richmond, Surrey, Vancouver, and Victoria and future plans include trainings in Kamloops, Port Alberni, and Williams Lake. In the last year, 59 leaders were trained and the program was delivered to 237 participants. The focus in First Nations communities has been on leader trainings. Trainings have been held in Vancouver, Surrey, Hope, Queen Charlotte City, Sechelt, Hanceville and Kamloops, with 106 leaders trained and 128 people participating in self-management programs.

News from the Ladner Office



Quotes from Participants

“I wish this program (Chronic Pain) was available nine years ago when I was first diagnosed. I will not hesitate to recommend this program to doctors, for their patients, in the hope that they will benefit as much as I have.” (Chronic Pain Self-Management Program participant)

“I am writing this letter to tell you how impressed I am with the pain management course I have just completed. I was a reluctant participant. In fact, I thought I would turn up for a couple of sessions and then drop out. However, after the first session, I began to see its value and could hardly wait for the next one. ... By the end of the sessions we all got the idea of setting doable goals and not feeling defeated if life interfered... I for one am sorry that the course is over.” (Chronic Pain Self-Management Program participant)

“This class came at a most opportune time for me. Prior to this, I was preparing to speak to my doctor about taking medication for depression. But with the support and very helpful information given by the facilitators and others in the class, my mental state turned around.” (Chronic Disease Self-Management Program participant)

“I knew that this would be a good program for me. I had a lot of knowledge and ideas but needed the guidance to make it work for me. I found the program helped me to get started and help me to choose the best approach to be successful in managing my condition. Also, I found that I learned a lot from the other participants.” (Chronic Disease Self-Management Program participant)

“I would recommend this great program to anyone who, like me, has ‘lost their way’. It’s a great way to get ‘back on track’.” (Diabetes Self-Management Program participant)

“I have been a social worker throughout my career. The information, demonstration and motivation we received is awesome. Simple language to the level of common people opened up our eyes and made us realize that learning is a lifelong process. It is difficult to get up-to-date information but we consider ourselves lucky to get the right information in the Punjabi Language.” (Chronic Disease Self-Management Program – Punjabi speaking leader)

News from the Ladner Office

In the Loop Program

In the Loop is a health and wellness email letter that provides the latest BC health news, health tips, and program updates from the Ladner Office's provincial self-management programs. It is distributed twice a month to people who have participated in a self-management program since 2008, but may be sent to anyone who requests it. The first letter was sent on October 22, 2010 and current distribution is 900. Soon persons accessing our webpage will be able to register with the click of a button. According to the Public Health Agency of Canada, there are clear associations between being lonely and having poor health. This letter encourages participants, particularly those living in the more remote areas, to maintain their "connection" with the lessons and practices learned in the programs. They receive the latest program information, health events taking place around the province and current health news.

New Program - Arthritis and Fibromyalgia Self-Management Program

The Ladner Office, as of April 1, 2011, is offering the Arthritis & Fibromyalgia Self-Management Programs throughout the province. This is the original program developed at Stanford University, and served as the prototype for the development of subsequent self-management programs. The first step will be to cross-train the existing leaders.

Lawson Foundation Self-Management Program Study for People Living with Type 2 Diabetes

This "first of its kind" study, involving people with type 2 diabetes, is looking at the outcomes of participants in three groups: those taking the Diabetes Self-Management Program; those taking the Chronic Disease Self-Management Program (for all chronic health conditions); and those who are not participating in a self-management program. Researchers will look at participants' health care use two years before and two years after taking the program or joining the study, and they will also look at lab results and questionnaires at three points in time. The study, conducted in the Vancouver Coastal and Fraser Health regions, will investigate whether participation in the Diabetes or Chronic Disease Self-Management Programs will have an effect on the use of health care services and whether there is a difference in effectiveness between the two programs. If this research demonstrates that the Diabetes Self-Management Program is more effective than the Chronic Disease Self-Management Program in improving patient outcomes, it can become a low cost and widely available program for people with diabetes, and enhance the services available for diabetes care in BC. If the Diabetes Self-Management Program is found to have the same effectiveness as the Chronic Disease Self-Management Program, then only one program may be offered. The study continues to recruit participants to achieve the target of 120 participants in each of the three groups.



NEW Online Chronic Disease Self-Management Program

The Centre on Aging has now officially launched the new Online Chronic Disease Self-Management Program! These six-week workshops are available to BC residents with all levels of computer skills, who are experiencing ongoing health conditions. The free and confidential Online Chronic Disease Self-Management Program can help participants:

- Understand and learn ways to manage symptoms
- Get started making lifestyle changes such as healthy eating and being more active
- Communicate effectively with their health care team
- Make daily tasks easier
- Take action and live a healthier life!

Participants log on at their convenience two or three times a week for a total of about two hours a week. Participants set their own goals and make a step-by-step action plan to help them feel better and start doing the things they want to do!

To register online for the program, visit www.selfmanage.org/onlinebc

If you are able to display brochures or posters to help spread the news, please email: Gemma Fletcher, Program Coordinator at g.fletcher@eastlink.ca

Research News Project Updates

The Interpretation and Practice of Family Empowerment in Home Care Nursing study, led by Dr. Kelli Stajduhar is well into its second phase of research: conducting observations of home care nurses' visits to palliative and chronically ill clients and their family caregivers. In addition we have begun to interview participating home care nurses and families to further explore the emerging concepts and gain new perspectives on factors affecting family caregiver empowerment.

We are still eager to recruit more home care nurses and families. Those interested in more information or in participating can contact Faye Wolse at 250-472-5501 or fayewols@uvic.ca

The Knowledge Translation in Action: Improving the quality of care at the end of life study is a two-year CIHR-funded participatory action research project led by Drs. Kelli Stajduhar and Gweneth Doane. The study examines how knowledge about end-of-life care is translated to direct care providers. The first phase of the project is completed and included baseline interviews with over 60 nurses and allied health professionals. We are now into phase two and working with direct care staff in long term care and acute medicine to examine current practice and education, exploring alternative ways of practicing and learning, testing these new ways, and then determining the best strategies to promote learning and thus improve end-of-life care within the context of the setting.

For more information contact Darcee Bidgood at 250-472-4466 or drb@uvic.ca

New Research



Dr. Debra Sheets is involved in a three year evaluation of the Enhanced Seniors Team (EST), funded by the Michael Smith Foundation for Health Research (MSFHR). This project is an initiative under the Care Continuum Transformation Project (CCT) that the Vancouver Island Health Authority (VIHA) has launched to provide more effective care for patients in the most appropriate setting. The EST focuses on improving care for frail, at-risk older adults being seen in the emergency department by initiating early, goal-directed care planning and evidence-based interventions to prevent cognitive and functional losses associated with acute illness among hospitalized older patients.

2010 Senior Friendly Business Award Recipients:

TD Canada Trust at Shelbourne for Banks



TD staff and Centre on Aging volunteers and staff on April 21st after the presentation ceremony.

Island Saving on Jacklin for Credit Unions



Holly Tuokko presenting the award at Island Savings on April 14th.

In the News

In June 2010 Manitoba passed a Caregiver Recognition Act, the first of its kind in Canada.

This Bill sets out general principles relating to caregivers and proclaims the first Tuesday of April in each year as Caregiver Recognition Day. The government is to promote the general principles and to consider them when developing, implementing, providing or evaluating caregiver supports.

The minister is to consult with caregivers and others, and may establish an advisory committee to provide advice. Every two years the minister is to provide a report on caregivers, which is to include an inventory of caregiver supports.

General Principles Relating to Caregivers

1. The relationship between caregivers and the persons for whom they care should be recognized and respected.
2. The valuable social and economic contribution that caregivers make to society should be recognized and supported.
3. Caregivers should be acknowledged as individuals with their own needs within and beyond the caring role.
4. Caregivers should be supported to enjoy optimum health and social well-being and to participate in family, social and community life.
5. Caregivers should be considered as important contributors with other care providers in the provision of care, support or assistance, acknowledging the unique knowledge and experience of caregivers.
6. Caregivers should be treated with dignity and respect.
7. Caregivers should be supported to achieve greater economic well-being and sustainability and, where appropriate, should have opportunities to participate in employment and education.
8. Support for caregivers should be timely, responsive, appropriate and accessible.” (Available: <http://web2.gov.mb.ca/bills/39-5/b042e.php>)

Supporting Caregivers of Older Adults: Tools for Service Providers, Program Planners, Educators and Policy Makers, is a national project sponsored by the BC Psychogeriatric Association and funded by the Government of Canada. Penny MacCourt is the principle investigator and the Centre on Aging (Holly Tuokko) is a project partner. The aim of the project is to develop resources to facilitate programs and policy that support family/friend caregivers of older adults: an online Resource Manual for Service Providers and a Caregiver Policy Lens (CGPL).

The CGPL is a framework for assessing current and planned policy and programs from the perspective of caregivers in order to identify any potential effects (both positive and negative) on caregivers. The Manitoba Caregiver Recognition Act is a wonderful vehicle for developing policies and programs that support caregivers, and the CGPL can facilitate this process. To this end we have met with Minister Rondeau in Manitoba who has agreed to use the Caregiver Policy Lens to guide the advisory group and to frame the biannual report on caregivers.

The **Supporting Caregivers of Older Adults: Tools for Service Providers, Program Planners, Educators and Policy Makers** project is seeking information and resources to support the Resource Manual for Service Providers and the Caregiver Policy Lens that will make up an on-line Toolkit for service providers.

The Resource Manual, designed to provide service providers with information and resources to better enable them to support caregivers of older adults, will include:

- information about the diverse realities of the caregiving experience
- leading/best practices in caregiver support, including:
 - o existing policies, programs and resources
 - o how to support caregivers during difficult transitions
 - o communication skills
 - o dealing with difficult emotions
 - o ethical/legal issues
 - o boundaries and self-care
- assessment tools
- provincial resource directory

The Caregiver Policy Lens is a critical lens for assessing policies and programs affecting caregivers of older adults. The Caregiver Policy Lens

- effectively identifies unintended negative effects of programs and policies on caregivers of older adults
- educates and raises awareness of the needs, perspectives, and challenges facing caregivers of older adults
- provides a common framework for governments to develop policy across and between sectors and for advocacy groups to engage with these policies

Please share with us any examples of

- (1) services, programs or best practices in supporting caregivers
- (2) government policies that support caregivers
- (3) information or resources related to the needs of caregivers of seniors who are marginalized (e.g., GLBT, First Nations, living with a developmental challenge, etc)

We are also seeking organizations that would like to pilot the Caregiver Policy Lens and/or review the Resource Manual.

If you can help with either of these requests, or would like more information, please contact Dr. Penny MacCourt by email at pennymaccourt@shaw.ca.

Selected Publications

- Donovan, R., Williams, A. **Stajduhar, K.I.** & Brazil, K. (2011). The influence of culture on home-based family caregiving at the end of life: A case of the Dutch Reformed. *Social Science & Medicine*, 72(3), 338-46.
- Funk, L., Stajduhar, K.I. & Purkis, M.E.** (2011). An Exploration of Empowerment Discourse within Home Care Nurses' Accounts of Practice. *Nursing Inquiry*, 18(1), 66-76.
- Liebig, P. & **Sheets, D.** (2011, in press). New Directions in the Humanities and Gerontology. *International Journal of the Humanities*.
- MacKenzie, S.L., **Carson, A.J. & Kuehne, V.S.** (2011) The Meadows School Project: A unique intergenerational 'immersion' program. *Journal of Intergenerational Relationships*, 9(2).
- Sheets, D.** & Kaback, D. (2010). Transformative theatre: The final act of living well. *Journal of Aging Humanities and the Arts*. Accepted Oct. 2010
- Sheets, D.** & Liebig, P. (in press). The Moon day poets: Creative Expression and aging. *International Journal of the Humanities*, 4(4), 377-389.
- Stajduhar, K.I., Funk, L., Roberts, D., Cloutier-Fisher, D., McLeod, B., Wilkinson, C. & Purkis, M.E.** (2011). Articulating the role of "relationships" in access to home care nursing at the end of life. *Qualitative Health Research*, 21(1), 117-131.
- Stajduhar, K.I., Funk, L., Roberts, D., MacLeod, B., Cloutier-Fisher, D., Wilkinson, C. & Purkis, M.E.** (2011). Home care nurses' decisions about the need for and amount of service at the end of life. *Journal of Advanced Nursing*, 67, 276-286.
- Thorne, S., Oliffe, J., Kim-Song, C., Hislop, T.G., **Stajduhar, K.**, Harris, S.R., Armstrong, E.A., & Oglov, V. (2010). Helpful communications during the diagnostic period: An interpretive description of patient preferences. *European Journal of Cancer Care*, 19, 746-754. doi: 10.1111/j.1365-2354.2009.01125.x
- Stajduhar, K.I., Martin, W. & Cairns, M.** (2010). What makes grief difficult? Perspectives from bereaved family caregivers and health care providers of advanced cancer patients. *Palliative and Supportive Care*, 8, 277-289.

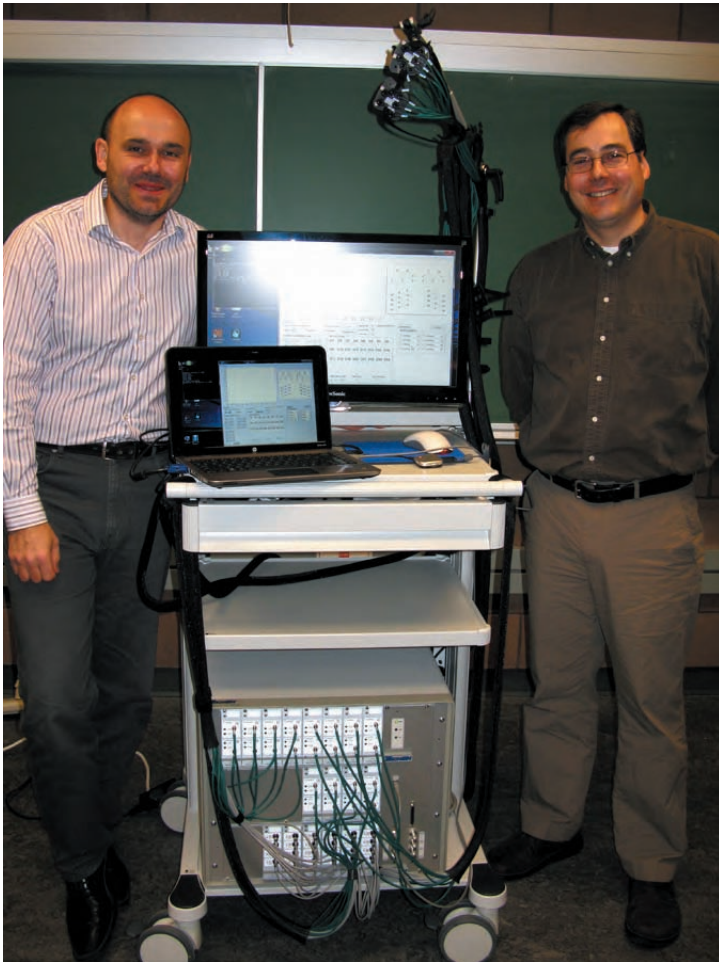
Selected Presentations and Events

Dr. Arlene Carson presented research findings of the CIHR-funded study on the Meadows School intergenerational 'immersion' program (Principal Investigator, Dr. Valerie Kuehne) to the Board of Trustees of School District 22 in Vernon, BC on March 15, and to research participants and community members in two presentations in Coldstream, BC, March 16, 2011, at Coldstream Meadows Retirement Facility and Kalamalka Secondary School.

Invited participant Dr. Valerie Kuehne attended the National Seniors Council Roundtable on Labour Force Participation and Intergenerational Relations, February 28, 2011 in Ottawa.

Invited participant Dr. Arlene Carson attended the Multigenerational Relocation of Services focus group meeting organized by Silver Threads Service, March 4, 2011 in Victoria.

Research News



Near-infrared Spectroscopy (NIRS) Scanner

Psychology professors Drs. Scott Hofer and Stuart MacDonald were awarded Canadian Foundation for Innovation (CFI) and BC Knowledge Development Fund (BCKDF) grants to establish a new Laboratory for Integrative Lifespan Developmental Research for assessing age-related changes in memory and cognition. In recent years, studies of cognitive aging have increasingly indexed biological markers, including brain function. The recently acquired grant funds have facilitated the purchase of new research infrastructure for measuring such biological indicators, including a near-infrared spectroscopy (NIRS) scanner. NIRS technology employs a series of lasers and detectors to optically image how patterns of cortical activation on the surface of the brain change when a participant performs various cognitive tasks. Both NIRS and functional Magnetic Resonance Imaging (fMRI) measure brain activation based on changes in blood flow -- specifically the associated changes in oxygenated and deoxygenated hemoglobin -- in

response to the demands of a given cognitive task. Drs. MacDonald and Hofer will use NIRS to answer a number of specific research questions in the field of cognitive aging. For example, changes in brain activation patterns measured by NIRS may represent a sensitive risk factor for Alzheimer's disease many years prior to observing mean group differences in memory performance, thus potentially facilitating early detection of those at risk. A primary research goal is to identify indicators of cognitive and functional impairment at an early stage, and to then evaluate the effectiveness of potential interventions including changes in lifestyle and nutrition, or engaging in cognitive or exercise training.

The photo shows Drs. MacDonald and Hofer with the NIRS scanner at a demonstration workshop held in April. The Centre would like to congratulate Stuart and Scott on this groundbreaking acquisition.

Are you an informal caregiver supporting a family member with a mild to moderate diagnosis of Alzheimer's disease or related dementia (i.e., vascular or lewy body dementia)?

The Caregiver Study would like to recruit you to participate in their project if you live in BC. Researchers are interested in talking with caregivers about their perceptions of the impact of Aricept, Reminyl, and Exelon on their ability to provide support and care.

The Caregiver Appraisal Study is one of the research projects funded by the Alzheimer Drug Therapy Initiative, and is being led by Dr. Neena Chappell at the Centre on Aging at the University of Victoria.

For more information, contact Carren Dujela at 250-472-4464 or learn@uvic.ca



University
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Welcome

Carolyn Wilkinson returns to the Centre on Aging after a maternity leave. She joins the Family Caregiver Empowerment project as a research assistant and will be conducting observations and interviews with family caregivers and home care nurses. Welcome back Carolyn!

Ami Bitschy will be working full-time as the project coordinator for Dr. Stajduhar's newly funded MSFHR grant focused on the impacts of a palliative approach for nursing. Welcome Ami!

Wanda Martin has returned to the Centre as the project coordinator for the Family Caregiver Coping in End of Life Cancer Care study funded by the Canadian Cancer Society. Welcome back Wanda!

Neena Chappell's Alzheimer Drug Therapy Initiative study has added Doris Davis as a research assistant. Welcome Doris!

Carlene Brennan has joined Margaret Penning to offer assistance in Dr. Penning's new role as editor-in-chief of the Canadian Journal on Aging. Welcome Carlene!

Sean Browning is also working with Dr. Penning looking at older adults and vulnerable sub-populations. Welcome Sean!

Sean Clouston and Philippe Rast are new to the Centre. They are post doctoral fellow working under the direction of Scott Hofer. Welcome, Philippe and Scott!

The Ladner office has a number of new faces on the mainland and on the Victoria campus. Welcome to Janice Clayden, Eric Hueber, Karen Hula, Bridget McGowan, Parminder Rai and Louise Rolland.

Welcome to Paul Brewster and Kristina Kowalski, two of our graduate students who are now sitting on the Internal Communications Committee and the Fund Raising Committee, respectively.

Thank you!

The organizers of the annual gift collection would like to say thank you to everyone who contributed to the gifts for the Silver Thread's Christmas Dinner. Each year the event has grown and students, faculty, staff and the Friends of the Centre on Aging (our volunteers) have been generous in making sure there are gifts for everyone attending the Christmas dinner.

Laboratory for Integrative Lifespan Developmental Research

The new *Laboratory for Integrative Lifespan Developmental Research* has been formally established in the Department of Psychology. Drs. Scott Hofer, Stuart MacDonald, Andrea Piccinin, David Hultsch, and Holly Tuokko supervise a team of undergraduate, graduate, and post-doctoral students.

Research interests in this dynamic environment focus on numerous themes including: longitudinal methodology and harmonization of studies examining patterns of cognitive aging, predictors of cognitive decline, Alzheimer's disease, functional impairment, older driver safety, caregiver supports, and successful aging.

In future newsletters, we look forward to updating you on our research findings, as well as keeping you informed of upcoming studies and volunteer opportunities.



Opportunities to Participate in Research on Memory on Aging

Adults of ALL Ages Wanted

What is required? You will...

Complete tasks regarding current activity levels, health, and cognitive status

Complete a series of indoor walking tasks and tasks of physical function

Adults who voluntarily participate in this research will be asked to walk 160 feet (you may use assisted walking devices other than wheelchairs)

It is anticipated that your testing session will take approximately 2.0 – 2.5 hours

You may attend the University of Victoria for testing OR we can come to independent and assisted living facilities and administer tests to a group

**Please contact Janet Love
250-853-3838**

**or
email janets@uvic.ca**



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Chinese Canadian Heritage Project

David Lam Centre for International Communication, Simon Fraser University, launched a Chinese Canadian Heritage Project in 2000. Dr. David Chuenyan Lai, Research Affiliate of the Centre on Aging, was invited to write *“A Brief Chronology of Chinese Canadian History”* which was funded by the federal government, Buddhist Tzu Chi Foundation, C.K. Choi Foundation, David & Dorothy Lam Foundation, and Sing Tao (Canada) Foundation. The chart, illustrated with colourful photos, consists of English, Chinese and French texts and was presented in the Parliament. It was distributed across Canada to schools and ethnic organizations.

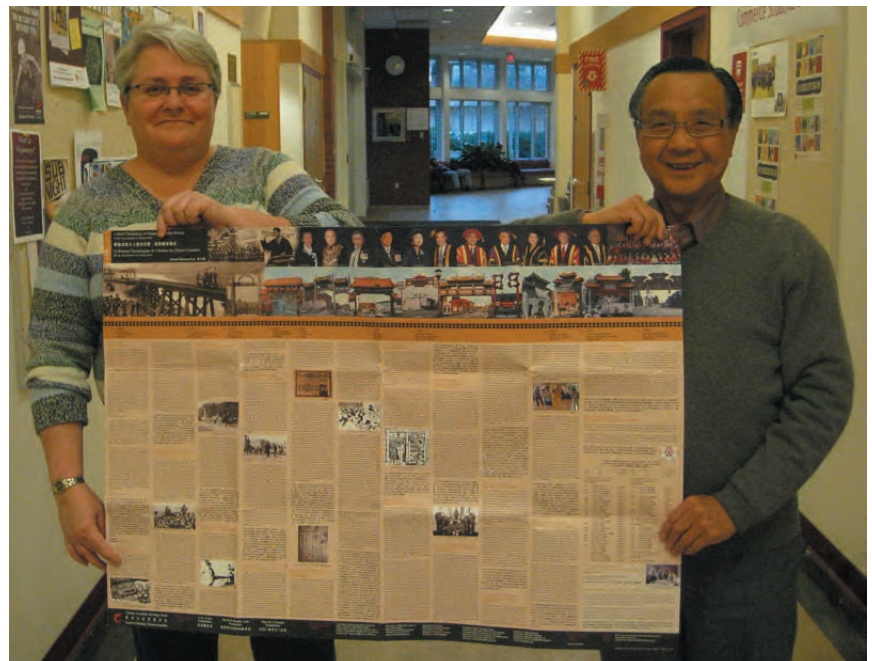
In May 2010, Dr. Lai was appointed as Adjunct Professor to the David Lam Centre and was invited to update the chart. The revised chart, entitled *“A Brief Chronology of Chinese Canadian History: From Segregation to Integration, 1788-2010”*, gives an overview of 222 years of the history of Chinese immigration, segregation, integration and contributions in Canada. The chart will help current residents of Canada to appreciate the benefits this country has reaped through Chinese immigration over two centuries. It will also help newcomers build a sense of pride and belonging through awareness of the role their predecessors have played.

The chart is sponsored by Citizenship and Immigration Canada, Victoria Foundation, Chinese Canadian Stories - A UBC Library & SFU Library Initiative, C.K. Choi Foundation, David & Dorothy Lam Foundation, Chan Better World Foundation, University of Victoria Vice President Academic and Provost Office, National Congress of Chinese Canadians, Robert and Lily Lee and Family, Peter and Julia Eng, and Jaelyn L. Sheng and Family. The Centre on Aging is one of the supporting institutions, providing Dr. Lai's service to the Chinese Canadian Heritage Project. When the chart was completed, it was presented in Victoria, Vancouver, Ottawa and Toronto in 2011.

The second chart updates and modifies the first chart, emphasizing the hard journey of Chinese Canadians from segregation to integration in the history of Canada.

For nearly a century, Chinese immigrants were segregated physically, politically, socially and economically from Canadian society. The first Legislative Assembly of BC passed an act in 1872 to disenfranchise Native Indians and Chinese. The Federal Government discouraged Chinese immigration by imposing a head tax which increased from \$50 in 1885 to \$100 in 1901 and again to \$500 in 1903. Eventually Chinese were not permitted to enter Canada by the Exclusion Act of 1923.

The Federal Government repealed the Exclusion Act in 1947 and implemented the universal immigration policy in 1967. Having obtained the franchise, Chinese Canadians began to participate in politics. Chinese Canadians have travelled a long and difficult road from ostracism to acceptance. Through time, they have integrated into society and made significant contributions to the growth and prosperity of a multicultural Canada.



Lois Edgar and Dr. Lai displaying the updated chart.



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Call for Research Participants:

“Living Apart Together (LAT) Relationships”

Are you?

- Over the age of 25 and in a long-term, committed romantic relationship (with an opposite OR same-sex partner)?

Have you and your partner. . .

- Been together for at least five years?
- Made a conscious decision to live in ***separate residences*** (i.e., you each live in your own home or apartment?)

If so:

Drs. Laura Funk and Karen Kobayashi (University of Victoria) want to hear from you and your partner.

We want to learn from you what it is like to “Live Apart Together,” why you chose this, and what challenges and benefits you experience. Learning from you and others will provide important information about LAT relationships based on real-life experiences, and can help develop supportive family policies.

Your participation would involve you and your partner participating in separate interviews (approx. 1.5 hours per interview) with either Dr. Funk or Dr. Kobayashi, in-person.

Involvement is voluntary and steps will be taken to **safeguard the confidentiality of your personal information**. If you would like to participate or learn more, please contact **Laura Funk** at:

[**funklm@cc.umanitoba.ca**](mailto:funklm@cc.umanitoba.ca)

(or leave a phone message for her, at 250-472-4470)

Selected New Grants

PI: Aoun, Samar (Kelli Stajduhar is Co-Investigator)

Title: Implementing and evaluating the impact of the carer support needs assessment tool

Funder: Australian National Health and Medical Research Council

Amount: \$155,714 for three years

PI: Kobayaski, Karen (Kelli Stajduhar is Co-Investigator)

Title: Evaluating the residential program care delivery model in the Fraser Health Authority: a study of impacts on health human resource productivity, resident care and health outcomes and staff satisfaction

Funder: Michael Smith Foundation for Health Research

Amount: \$225,000 for three years

PI: McGowan, Patrick

Title: The Punjabi Diabetes Self-Management Program

Funder: Public Health Agency of Canada under the Canadian Diabetes Strategy

Amount: \$109,760 for two years

PI: Pesut, Barbara (Kelli Stajduhar is Co-Investigator)

Title: A palliative approach: A secondary analysis of qualitative data sets

Funder: University of British Columbia

Amount: \$9,936 for one year

PI: Stajduhar, Kelli

Title: Impacts of a palliative approach for nursing (IPAN)

Funder: Michael Smith Foundation for Health Research

Amount: \$800,000 for four years

PI: Tuokko, Holly for Paul Brewster

Title: Moderating effects of physical exercise and leisure activity on the course of cognitive impairment in prodromal Alzheimer disease

Funder: Canadian Institutes of Health Research (CIHR), Doctoral Research Award Program

Amount: \$105,000 for three years

PI: Williams, Allison (Kelli Stajduhar is Co-Investigator)

Title: Knowledge Mobilization of Canada's Compassionate Care Benefit

Funder: Canadian Institutes of Health Research (CIHR)

Amount: \$95,320 for one year

CONTACT INFORMATION:

We invite your submissions, comments and contributions.

Forward all correspondence to: Editor, Lois Edgar, Centre on Aging, University of Victoria

PO Box 1700 STN CSC, Victoria, BC V8W 2Y2

or email ledgar@uvic.ca

You can reach the Centre at 250.721.6369 or fax 250.721.6499

Articles and submissions by: Tom Ackerley, Lois Edgar, Gemma Fletcher, David Lai, Janet Love, Sherry Lynch, Stuart MacDonald and Holly Tuokko