



Director's Perspective

by Holly Tuokko, PhD, RPsych

Since the printing of the last Bulletin, the work at the Centre has been steadily moving forward. In response to the change in office staffing, all positions were revisited to ensure that the positions align with the current needs in the Centre. The Research Coordinator, Administrator and Survey Research Centre Manager roles have been reviewed with some redistribution of duties. We welcomed Cara Blanchard in October as a clerk to assist with COAG office activities.

The Advisory Board approved a subcommittee structure in the spring and these subcommittees have now been struck. Each subcommittee has a chair and members from our various constituent groups (e.g., faculty members, students, community members). The advisory board subcommittees will provide information to the Director via the board and assist in re-aligning the Centre's activities with its primary mandates and move the Centre's agenda forward. Four committees have begun their work: 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). The response to our call for subcommittee members yielded more than 40 volunteers and reflects the strong desire by our constituents for engagement with the Centre. The first order of business for the subcommittees will be to review the terms of reference and identify priority areas for planning. This is a very exciting time of growth for the Centre!

As usual, our researchers have been submitting funding applications and reporting findings from their research in academic venues as well as to the media. Some of our researchers who have been in the news recently include: David Lai, Peter Stephenson, and

Neena Chappell, who also made the front page of the Spring 2010 edition of *The Fast Lane*, a publication from Research Services highlighting Research and Discovery at the University of Victoria. I too have been busy talking about my older driver research as well as speaking more broadly as the Director of the Centre on Aging about the Centre's research. One of these talks titled *Rising Tide: The Impact of Dementia on Canadian Society – Researchers' Response* was for the Alzheimer Society of BC when they met with their constituents at UVic. They were very interested in the breadth of research relevant to their organization being conducted by the Centre affiliates including work by Drs. Neena Chappell (SOC1), Denise Cloutier-Fisher (GEOG), Scott Hofer (PSYC), Karen Kobayashi (SOC1), Penny MacCourt (SOCW), Stuart MacDonald (PSYC), Andrea Piccinin (PSYC), Andre Smith (SOC1), Kelli Stajduhar (NURS) and Holly Tuokko (PSYC).



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Congratulations to our scholarship recipients for 2010!

The **Neena Chappell Scholarship** for \$850 was received by **Jennifer Helfer** a graduate student studying biology.

The **David Chuenyan Lai Scholarship** for \$675 was received by **Paul Brewster** a graduate student studying psychology.

The **Alice Lou-Poy Scholarship** for \$700 was received by **Alexandra (Sasha) Jouk** a graduate student studying psychology.

The **Rotary Club of Saanich Scholarships** for \$750 each were received by **Correne DeCarlo** and **Janet Love** who are both graduate students studying psychology.

Survey Research Centre

The Survey Research Centre (SRC) is currently calling potential participants in the Canadian Longitudinal Study on Aging (CLSA). This 20 year study of adults between 45 and 85 years of age living in Canada is utilizing four university call centres across Canada to contact, enrol and interview the 20,000 participants expected for the baseline group. The call centres at Dalhousie University, University of Sherbrooke, University of Manitoba and here at the University of Victoria will have contact with participants every 18 months to maintain a connection with participants. At three year intervals full interviews (1.5 to 2.0 hours) will take place. An additional 30,000 participants will be recruited for the comprehensive study which will include bio-sampling and measurement. One of the bio-centre clinics is about to begin construction at a VIHA facility in Victoria.

The computer system being used for the CLSA baseline surveys is hosted at McMaster University where the National Coordinating Centre for the CLSA is located. The call centres access the program and data files remotely through "thin clients" which helps to provide the very high level of security and confidentiality required for this study. In the current phase which is striving to enrol the first 6,000 of 20,000 participants, the SRC has been assigned all calls in Ontario, Alberta and BC from a list of potential participants provided by Stats Can. The system employs a very cost effective Voice over Internet Protocol (VoIP) phone system which reduces the cost of long distance toll charges. There have been many challenges for McMaster to take the open source, computer assisted telephone interviewing software to the current operating level. The SRC will benefit from these efforts through knowledge sharing and may use this software on future projects. We are hoping to have enrolled and interviewed 2,000 participants by mid-December.

We have also recently entered the data input phase of a project known as RESTRAINT. The Canadian Police Research Centre and Dr. Christine Hall from the Department of Emergency Medicine at Vancouver Island Health Authority are tracking data on the use of force in police work at seven North American sites. We have completed the development of the data base and forms for the anonymous abstraction of this data from police records. These forms will be faxed from the seven sites to the SRC where our staff will enter the data and validate it. The study will cover three years with approximately one year of historical data to enter immediately. The high production times for this project can be made to coincide with low productivity times for other projects at the SRC and is a very good "fit" for our future scheduling.

This year, the **International Day of the Older Person** event took place at the Salvation Army Citadel on October 1. Dr. Reg Mitchell (Prof Emeritus, Dept Chemistry, UVic) spoke on "A New Era of Snake Oils: Chemically Ripping off the Elderly and Not-so-old." Dr. Mitchell's talk was well-received with about 115 people in attendance. The recipients of the **Valued Elder Recognition Awards** were on hand to receive their awards. Congratulations to Lyne England, Liz Underwood, and Josephine Wingerter!

This academic year (Sept-April) the Centre is co-sponsoring a film series with the Centre for Religious Studies called: Reel Spirituality. These films are shown the last Friday of each month at 2:30 pm in the Fine Arts Building, Room 103. Upcoming films include: January 28, 2011- *Harry and Tonto*; February 25, 2011 - *O'Horten*; March 25, 2011- *The Savages*. Film is a wonderful medium in which to portray aging issues. These films are open to the public and all those with an interest in aging are encouraged to attend and take part in the discussions afterward.

We received 11 applications for our scholarships this year, a record number! It is very exciting to see the growth in student interest in aging and the breadth of excellent work being done in the field of aging on campus! Congratulations to Paul Brewster (PSYC), Jennifer Helfer (BIOL), Sasha Jouk (PSYC), Correne De Carlo (PSYC), and Janet Love (PSYC).

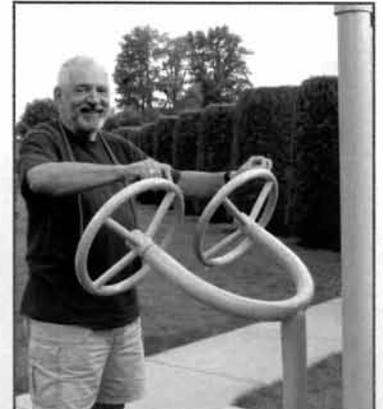
We welcomed five new research affiliates to the Centre this year: Dr. Debra Sheets (NURS), Dr. Elizabeth Borycki (HINF), Dr Andrea Piccinin (PSYC), Dr. Michael Hayes (Director, Health Education and Research); and Dr. Colette Smart (PSYC). Lori McLeod (Executive Director, Elder Care Foundation) joined us as our first community affiliate. We also welcomed four new student affiliates: Anna Braslavsky (PSYC), Correne DeCarlo (PSYC), Janet Love (PSYC), and Amir Sepehry (PSYC). We're looking forward to their active engagement with the Centre in the years to come!

Finally, I'd like to note the passing of one of the Centre's most beloved staff members who then became a graduate student under the supervision of Dr. Stajduhar and me. Shelly Waskiewich was known to many of you as an always cheerful, positive spirit. Her life was cut short by cancer and we miss her

greatly. A Celebration of Life was held for her at the University Club on October 30, 2010. Her family will accept her Master's of Arts degree on her behalf in June 2011.



SeniorsBC.ca



Your Information Website

News from the Ladner Office

Staff

Christine Bramwell, a UVic graduate, has joined our office to provide general assistance with administration and program registration. June Clearsky, who had previously worked on an Aboriginal research study with us, is now working full-time getting programs implemented in Aboriginal communities. Courtney Kang, previously a medical doctor in China and a recent graduate of the UBC Masters in Public Health program, is working at implementing self-management programs in Chinese-speaking communities.

Students

Nursing students from the Langara College Nursing program completed their final term practicum at the Ladner Office. Ginny Scantland, Kiran Sidhu and Ingrid von Beckmann (see photo) developed a proposal to implement and evaluate a project involving the training of health professionals to use recently developed Self-Management Clinical Guidelines where patients with diabetes participate in a Diabetes Self-Management Program. The goal would be to evaluate patient activation and satisfaction of health professionals. Their main presentation to Ladner staff is scheduled for November 23, 2010.



Patrick McGowan has agreed to be a committee member for Krista Best, a PhD Student from UBC. Krista's research dissertation will be on self-management for older wheelchair users.

New Research Projects

Patient Self-Management Programs and health Professional Self-Management Support Training (BC Ministry of Health Services funding)

Development and evaluation of a culturally sensitive, family-based psycho-educational arthritis management program for Aboriginal Peoples (Canadian Arthritis Network funding)

System to optimize health and living with cancer: A road map for Implementation (Canadian Institutes of Health Research Integration of a Disease Self-Management Approach in Cancer funding)

Reducing malaria related child mortality in Uganda: Defining a sustainable community self-management program (Canadian Institutes of Health Research funding)

The effectiveness of diabetes self-management program in a Canadian setting (funded by the Lawson Foundation)

Publications

The Effectiveness of Diabetes Patient Education and Self-Management Education in Persons with Type 2 Diabetes” has been accepted for publication in the Canadian Journal of Diabetes.

Patient Education and Self-Management Support in When People live with Multiple Chronic Diseases: A Collaborative Approach to an Emerging Global Challenge (edited by Jadad, Cabrera, Lyons, Martos & Smith, 2010).

Information on Projects

The Chronic Pain Self-Management Program is progressing at an extraordinary pace. Implementation began in April 2009 and to date we have trained 275 leaders who have given over 90 workshops to over 1050 participants.

The Online Chronic Disease Self-Management Program training will be taking place in the New Year. Experienced self-management leaders will participate in an online “moderator” training held over 6 weeks. Once trained, moderators will be able to offer the online workshops throughout the province, and will be accessible to anyone with a computer and internet connection.

Information about Committees

Patrick McGowan has just finished his role as Panel Lead, Registered Nurses Association of Ontario for their newest Evidence-Based Practice Guidelines entitled: “Strategies to Support Self-Management in Chronic Conditions: Collaboration with Clients” These Guidelines are based on the 5 A’s Approach and are the techniques and strategies that nurses (and other health care providers) can use when interacting with patients with chronic health conditions particularly diabetes.

This document reviewed all the available research literature and gave each strategy a specific level of strength of evidence. The document can be downloaded at no cost by visiting www.RNAO.org/Page.ASP?PageID=924&ContentID=3320



Masterminds 2011

■ A Lecture Series by UVic Retirees ■

The Masterminds lectures highlight the continuing contributions of the University of Victoria's (UVic's) retirees to the University and the community. With the generous support of UVic, the UVic Retirees Association (UVRA) and the Centre on Aging (Coag) will present four free lectures held on Wednesday evenings in April at 7 pm in the Hickman Building, Room 105, on campus. Please register for the lectures by calling 250-721-6369 and 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.

April 6 – Dr. David Docherty, Move for the Health of It: Fun, Fitness, and Mental Functioning

Dr. Docherty, Professor Emeritus in the School of Exercise Science, Physical, and Health Education (formerly the School of Physical Education) where he served as Director. He was the exercise physiologist for both the men's and women's National Rugby teams for many years. Currently, he is Chair of Sport Science for the Men's National Rugby program and assists with UVic's Men's Rugby program. The presentation will include the many aspects of health that are improved through regular physical activity, including some recent research showing the value to cognitive functioning.

April 13 – Dr. Christopher Barnes, Understanding the Oceans: New Approaches and Early Results from NEPTUNE Canada

Dr. Barnes, Professor Emeritus and Director of NEPTUNE Canada, is the former Director of the Centre for Earth and Ocean Research and the School of Earth and Ocean Science. From 1987-89, he was the Director General of the Sedimentary and Marine Branch of the Geological Survey of Canada. He is a Fellow of the Royal Society of Canada and the National Academy of Sciences, and was appointed a Member of the Order of Canada. He will speak on recent progress and results from the world's first regional cabled ocean observatory.

April 20 – Dr. Bill Zuk, Spirit of the Arctic: New Directions in Art and Culture

Dr. Zuk, Professor Emeritus in the Department of Curriculum and Instruction, is an internationally known print maker, sculptor and digital artist. Awards for his work include: Award of Merit for best documentary film, 1995, Association for Media and Technology; Post Secondary Excellence Award, 2001, B.C. Art Teachers' Association; and the Gaitskell Award for Art and Scholarly Excellence, 2007, Canadian Society for Education through Art. He will address traditional art and lifestyles, and the ways the Inuit people continue to adapt and innovate in the High Arctic.

April 27 – Dr. Janet Storch, Continuing Cuts in Health Care: Ethics and Safety Concerns in Hospital and Home Care

Dr. Janet Storch, Professor Emeritus, is the former Director of the School of Nursing and the current Chair of the Research Ethics Board of Health Canada and Co-Chair of the Consultation Group on Clinical Ethics Support and Coordination for the B.C. Ministry of Health. Her community service includes the presidency of the Luther Court Society, and memberships on the Vancouver Island Regional Ethics Committee and the Mount Saint Mary's Ethics Committee. Currently, she is a member of a team conducting a Pan-Canadian study of safety in home care. The presentation will include the impact of cutbacks and related changes to health care, and concerns with regard to patient safety.

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

New Students at the Centre on Aging

My name is Katie Bills and I am a first year Master of Arts student in the Department of Geography. My supervisor is Dr. Denise Cloutier-Fisher, a faculty member in both the Department of Geography and the Centre on Aging. I am originally from Connecticut and completed my undergraduate degree in May 2010 from Keene State College in Keene, New Hampshire. Immediately following graduation I moved to Victoria to begin my Master's work with Dr. Cloutier-Fisher. My project will explore the barriers and facilitators to the use of Senior Community Parks (SCPs) by older adults living in small communities on Vancouver Island. The BC government, through its ActNow office established 18 SCPs throughout the province in 2008-09. My goal is to evaluate how these parks are being used or not used by older adults. I will focus on two parks on Vancouver Island, one in Sidney and one in Courtenay.

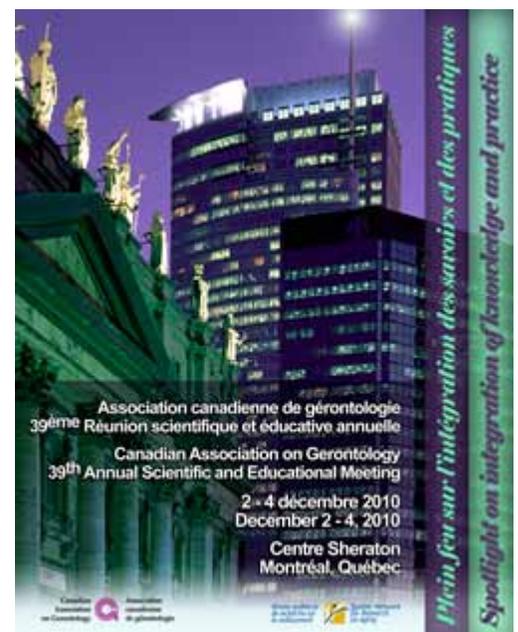
The goal of this study is to examine the experiences of older adults in the neighborhoods that surround SCPs to analyze barriers and facilitators to usage. Emphasis will be given to how the SCPs are currently being utilized (frequency) and in what ways (physical, social, communal). Examination of the surrounding neighborhood contexts will be necessary to determine how the community in which the park is located may inhibit or promote utilization of the parks. This project has relevance to older adults as well as recreation and wellness planners interested in promoting successful aging among older adults. At the moment, there is no Canadian research that explores the utilization patterns and meaningfulness of these parks for older adults. The SCPs also fit nicely within the aims of the age-friendly community initiatives and will be important for future community development plans throughout Canada. I am excited to be pursuing such a worthwhile project in an extremely encouraging and supportive academic environment!

Presentations

Maneesha Deckha presented her paper titled "Reason, Aging and Dignity: The Challenge Presented by Law's Premium on Reason in Developing an Anti-Ageist Approach to the Law" at the Canadian Conference on Elder Law in Toronto, ON October 29-30, 2010.

My name is Kyle Plumb and I am in the first year of a MA program in the Geography Department. My supervisor is Dr. Denise Cloutier-Fisher who is associated with both the Geography Department and the Centre on Aging. I finished my undergraduate work in May 2009 at Queens University where I majored in Philosophy and Geography. My Masters work concerns older adults living with Alzheimer's Disease (AD). I will be conducting a discourse analysis using data from three sources: academic literature, grey literature (i.e., government reports, stories from persons living with AD) and in depth interviews with persons living with AD or their caretakers.

The chief goal of this research is to better understand the experiences and the environmental context of persons living with AD. To this end, the research project will critically examine and deconstruct the language used to describe individuals living with AD. Of greatest importance is the social construction of 'disabled' and other discursive structures that act to naturalize the marginalization of groups categorized as disabled. The cognitively impaired are marginalized and labeled as a disabled group as well as being silenced through the nature of their disability. This provides a rationale for giving greater voice to this group. This project is an emancipatory, social justice-oriented project with the ultimate goal of helping to break down barriers created through language that continue to marginalize certain groups in society.



The Arts are an important part of our lives!

1. *Metamorphic* (by Laurel Parry)

So the guy standing in front of the class happens to be my dad
A guest speaker in science class telling us about metamorphic rocks
Imagine making a pot of soup, he says, and establishes a huge soup pot in front of him
You add in the ingredients, he says. Carrots, onions, potatoes, celery, meat, lard, cabbage. You
throw it all in - it heats up, it boils, things are moving around, bubbling, spinning, turning to
mush. Breaking down.
Then you turn off the heat and leave it to cool. The next day you come back, what does the soup
look like now? Exactly! A lot different than yesterday. But has anything else changed? No, the
ingredients are the same. Just like minerals and elements in metamorphic rocks, things have
changed, but they are the same.
Great, I think (my neck is hot under my hair). Now the whole class thinks we eat lard soup.

2. Winnipeg

Dad is on a nickel merry-go-round ride
This is during the Depression
He watches his dog, Blackie, get killed by a car
He cries when the ride faces the road
But he laughs when the machine twirls him to the other side
Cries, laughs, cries,
What's with you anyway? says the man
My dog just got killed over there, he says, but I don't want to spoil my ride.

3. Art for Art's Sake

Dit dah dah dah, dah dah dah, dit dit dit dit, dah dit, dah dah dah.
That is how you say John O. in Morse code.
Dit dah, dit dah dit dit, dit dah, dah dit. That is for Alan, my other brother.
Can't remember my name, but it starts with dit dah dit dit (the dog did it)
Mom was dab dab, dab dab dab, dab dah
We all learned Morse code. He bought flash cards too.
For emphasis, he pounded out all our names on the horn while mom smoked cigarettes and
worked on a crossword puzzle.
We learned Morse code til we could sing it.

4. International Incident

What the hell shoot the works you only live once he says on a street corner in Stratford
And peels off three 50 pound notes to hand to each of us. I'll see you three tomorrow.

Is this the same guy who took the chandelier apart to clean it? Lined us up. Battle stations. Gave
us hot water, soap, clean linen towels. And stationed a child on the dining room table to squint at
the fixture and hang the crystal drops back up one by one, arms aching, fingers cramping.

The guy who blew up the vacuum cleaner with soot from the furnace when Mum was at bridge.
The newspaper on the pale green couch made a perfect stencil.

The dad who looked after all three of us when Mum had to go back to the hospital when the youngest was days old. Who set up a Christmas tree, and fell asleep. The four year-old woke him up and told him that the one year-old was lurching around the apartment with an axe. Laurie's got the chopper, he said. A lady neighbour came by to help. She said that tying bows on my dresses was not as important as cleaning up the pee.

I found his old field clothes in the basement when I was 20.
I tried on the khaki pants, the plaid Viyella shirt and liked the look.
Hey, he said, for a minute I thought that was me walking by.

5. Neil Armstrong

The other night we are having dinner.
I tell a story that touches on Neil Armstrong and the moon landing.
This causes us to remember that day, in Cassiar, when we saw the footage.
I say something about the whole world being in tune,
watching the landing, thinking the big thoughts.
Mum reminds me that we actually watched the moon landing three weeks later than everybody else.

In Cassiar they had all the television programs broadcast from tapes that came up by truck.
Dad pipes up. Something about Neil flubbing his famous line.
He is adamant, but he can't remember what the mistake was.
One word different, he insists, and the whole meaning changed.

We are not so sure. Dad's memory is going. First the names of people went, then places, then nouns altogether. It's been 6 years since the morning he pivoted on his right foot, turning in circles as he looked for his car keys.

He was a geologist, he didn't like sports, he read a lot of Shakespeare, he worked out the plots on graph paper, he remembered life in the Navy, being in Panama, the storytelling of Saki and Somerset Maugham, he believed that a gal could really make something of herself in the federal government, he read Greek philosophy to a three week old baby. He named a mountain in Kluane. He arranged his record collection chronologically by birth dates of the composers. He drove across all three Prairie Provinces in one day with kids.

Then there was the heat - the pressure - the collisions - the disturbance, the build up,
the breakdown. Lard Soup.

When I go home that night, I think what the hell, I've got time and look it up.
Well, Neil Armstrong was supposed to say "one small step for A man,
One giant leap for mankind",
But guess what,
He forgot to say "A".

Events

Holly Tuokko was the keynote speaker at the Aging Well Conference, Whitehorse, Yukon. She also gave a number of presentations on March 3, 2010. Her talks included: Older drivers, The Dementia Journey, Care for the Caregiver and a Measure of Awareness of Financial Skills Workshop. All were well received and generated media attention in the Yukon and here in BC.



David Chuenyan Lai had a successful book launch for *Chinese Community Leadership: Case Study of Victoria in Canada*. The launch was held at the University Club, University of Victoria (UVic) on May 11, 2010. The launch was hosted by the Faculty of Humanities, Faculty of Social Sciences, University of Victoria Libraries, the Centre on Aging, and the UVic Bookstore.



Congratulations!

Congratulations to Drs. Kelli Stajduhar and Laura Funk for receiving the 2010 Anselm Strauss Award from the US National Council on Family Relations. The Anselm Strauss award recognizes outstanding contributions to qualitative family research and is given annually to the authors of an article published in the previous calendar year. The award committee reviews top journals that publish qualitative family research to identify potential award recipients; they deliberate over the articles and select one to receive the award. Funk and Stajduhar's article, *Interviewing family caregivers: implications of the caregiving context for the research interview* was published in *Qualitative Health Research* in 2009 and it is this article for which they are receiving the award. The award was presented at the annual conference of the National Council on Family Relations in November 2010 which was attended by Dr. Funk.

Dr. Funk also received the Canadian Institute of Health Research Institute of Aging's AgePlus for 201 for her article published in the *Journal of Aging Studies* (24, p 57-64) entitled *Prioritizing parental autonomy: adult children's accounts of feeling responsible and supporting aging parents*.

Welcome

We would like to welcome:

Cara Blanchard to the Centre staff. Cara is with the administrative staff in a temporary position. She comes to us from Engineering with a keen interest in public health.

Challayne Kenney, while working with our Self Management Program which is based in our Ladner office, has joined the UVic office and will be coordinating the Northern Health Region.

Congratulations!

Congratulations to Myriam Gerber Hedge and Guiping Lui. These two Centre on Aging staff became Canadian citizens earlier this year.

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
of Victoria
Centre on Aging

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



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



2011 VALUED ELDER RECOGNITION AWARD POTENTIAL RECIPIENTS

We will be contacting interested agencies in early 2011

Please call 250-721-6369 for details

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

Are you over the age of 60?

Are you interested in learning more about how memory changes with increasing age, as well as what factors influence such memory change?

We are currently seeking volunteers interested in participating in research on memory, health, and physical activity.

If you would like to volunteer, or have a member of our research team visit your Community Centre to present information on successful aging,

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

**or
email janets@uvic.ca**



**University
of Victoria**

Centre
on Aging

Initiated in 2002, the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive) is an interdisciplinary health related research program dedicated to improving the safety of older drivers. Health, safety, and quality of life of Canada's older drivers is the vision behind the establishment of this multidisciplinary collaborative research project.

The Candrive Common Cohort Study is a seven site study involving nearly 1,000 older Canadian drivers aged 70 and older. Recruitment of study participants closed November 30, 2010 just shy of the 1,000 participant goal. At the time this article was written, 931 study participants have been recruited. Most sites have reached the recruitment goal of 125 enrolled participants and Research Associates are busy managing annual and follow up appointments. Participants undergo annual 3-hour assessments and are followed for 5 years. Data collected will be used to develop a tool to assist clinicians with assessing fitness to drive. At the University of Victoria site, 125 older adults, 71 men and 54 women are enrolled.

At enrollment, Victoria participants ranged in age from 70 to 89, with a mean age of 76. Victoria participants received their driving license between 14 to 40 years of age, with a mean of 20 years. However, 33% of the participants received their license at 16. All participants hold a Class 5 driver's license which is the standard license required to drive a car, van, or small truck. In addition to a Class 5 license, 17% of the participants have had, or currently hold, a higher class of driver's license. For example, 8% of the participants hold, or have held, a Class 4 license that is required to drive vehicles like taxi cabs and 4% hold, or have held, a Class 1 license that are required to operate transport trailers.

About 58 percent of study participants are married, 22 percent are widowed, 12 percent are separated or divorced, and less than 5 percent are common-law or have never married. In terms of living situation, 85

percent of participants live in an urban area. 65% live in a house and 27.2% live in a condo.

The most common levels of education attained are 24% with undergraduate degrees, 21% with post-graduate degrees, 19% with high school, and 18% with diplomas. The majority of participants, 90%, are currently retired or unemployed, while about half of participants hold volunteer positions.

The most popular make of car driven by participants in this sample was Toyota (24 %), followed by Ford (11.2 %), Honda (9.6%), Nissan (8%) and Mazda (7.2 %).



Dr. Phyllis McGee installing an in-car-recording device.

Selected Publications

Stajduhar, K.I., Funk, L.M., Toye, C., Aoun, S., Grande, G. & Todd, C. (2010). Part 1: Home-based family caregiving at the end of life: A comprehensive review of published quantitative research (1998-2008). *Palliative Medicine*, 24(6), 573-593. doi:10.1177/0269216310371412

Funk, L.M., Stajduhar, K.I., Toye, C., Grande, G., Aoun, S. & Todd, C. (2010). Part 2: Home-based family caregiving at the end of life: A comprehensive review of published qualitative research (1998-2008). *Palliative Medicine*, 24(6), 594-607. doi:10.1177/0269216310371411

Stajduhar, K., Funk, L.M., Öhlén, J. & Jakobsson, E. (2010). A critical analysis of health promotion and 'empowerment' in the context of palliative family caregiving. *Nursing Inquiry*, 17(3), 221-230.

Chappell, N. & Funk, L.M. (2010). Social capital: does it add to the health inequalities debate? *Social Indicators Research*, 99(3), 357-373.

Kobayashi, K. & Funk, L.M. (2010). Of the family tree: congruence on filial obligation between older parents and adult children in Japanese Canadian families. *Canadian Journal on Aging*, 29 (Special Issue 01), 85-96.

Funk, L.M. (2010). The interpretive dynamics of filial and collective responsibility for aging parents. *Canadian Review of Sociology*, 47(1), 71-92.

Congratulations!

Mary Jo Mitchell, a valued Self-Management Program Leader for the last eight years is an employee of the Royal Bank of Canada (RBC). In 2010 RBC initiated a "Community Spirit Award" program recognising employees who make a difference. Mary Jo is one of the recipients this year and received a \$1,000 cheque to support the agency of her choice. Mary Jo presented the cheque to Dr. Patrick McGowan because "I really believe in this program and just know it makes a big difference in the lives of those who take the programs."

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UPCOMING SELF-MANAGEMENT PROGRAMS IN THE VANCOUVER ISLAND HEALTH REGION

CAMPBELL RIVER, BC

Sunshine Wellness Centre (Quadra Room)
(Chronic Pain)
Campbell Room, 375 - 2 Avenue, Campbell River, BC
Fridays, 1:00 pm to 3:30 pm
January 7 to February 11, 2011

VICTORIA, BC

Yakimovich Wellness/Hillside Seniors Centre
(Chronic Pain)
1454 Hillside Avenue, Victoria, BC
Thursdays, 10:00 am to 12:30 pm
January 13 to February 17, 2011

SAANICHTON, BC

Peninsula Health Unit
(Chronic Disease)
2170 Mount Newton X Road, Saanichton, BC
Wednesdays, 1:00 pm to 3:30 pm
February 2 to March 16, 2011

VICTORIA, BC

YMCA-YWCA of Greater Victoria
(Chronic Pain)
851 Broughton Street, Victoria, BC (Room A)
Mondays, 1:00 pm to 3:30 pm
February 28 to April 4, 2011

VICTORIA, BC

Yakimovich Wellness/Hillside Seniors Centre
(Diabetes)
1454 Hillside Avenue, Victoria, BC
Wednesdays, 1:00 pm to 3:30 pm
March 23 to April 27, 2011

VICTORIA, BC

YMCA-YWCA of Greater Victoria
(Diabetes)
851 Broughton Street, Victoria, BC (Room A)
Fridays, 9:30 am to 12:00 pm
April 29 to June 3, 2011

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



University
of Victoria

Centre
on Aging

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