



ALBERTA ASSOCIATION ON GERONTOLOGY



AAGmag

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TABLE OF CONTENTS	PRESIDENT’S REPORT
Editor’s Reflections3	Welcome to the 2009/10 Winter Issue of <i>AAGmag</i> . We hope you have an opportunity to relax and enjoy our gerontological news, notices and information in a warm place, perhaps by a fire.
AAG Board Members4	In November 2009, AAG was invited to make a submission to the Minister’s Advisory Committee on Health. The AAG Board chose to provide comments on the suggested guiding principles and I would like to share those with all members, as follows:
Chapter Reports6	Principle 1: Publicly funded and consistent with the Canada Health Act, including the principles of public administration, comprehensiveness, universality, portability and accessibility
IAGG Report from Paris..7	AAG Comment: Most community based services to seniors in Alberta are not covered by the Canada Health Act – including Home Care, Supportive Living and Long-term Care (facilities covered by the current Nursing Home Act). It is essential to maintain public funding for these services to ensure seniors remain independent and in the community as long as possible. We recommend the principle be expanded to ensure that limiting services to those covered by the Canada Health Act is not intended.
Calendar of Events8	Principle 2: Committed to quality, including acceptability, accessibility, appropriateness, effectiveness, efficiency and safety.
Minister’s Column11	AAG Comment: We agree with this principle and the use of the Health Quality Council of Alberta quality framework.
Miscellaneous Reports.12	3. Focused on wellness and public health
Excerpts from Teaching Gerontology12	AAG Comment: We agree with the importance of a principle regarding wellness but recommend that it be separated from the equally important but different principle of public health. The wellness principle could be enhanced by incorporating the concept of independence and ensuring that this principle applies regardless of the presence of chronic disease or disability.
Recent Government/ University Reports13	
Funding Opportunity ...14	
Call for Publications14	
Book Review/New Books/DVDs15	
Elderwise Articles17	
Research.....19	
Journals/Best Practice Reports.....21	
Membership Registration Form22	

We endorse the principles and vision of the Alberta Health & Wellness Continuing Care Strategy:

“Aging in the 21st century in Alberta is in a society where all Albertans:

- *are treated with respect and dignity;*
- *have access to information which allows them to make responsible choices regarding their health and well-being; and*
- *can achieve quality living, supported by relatives, friends and community networks and by responsive services and settings.”*

Principle 4: Patient-centered across a full and integrated continuum of health services, from health to end of life.

AAG Comment: We believe the continuum stretches from birth to end of life and strongly support this important principle. Alberta’s seniors must experience smooth transitions along the continuum of care enabled by shared information. Access to personal choices that meet the health, social and psychological needs of the individual and the family are essential.

Principle 5: Protective of infirm and vulnerable Albertans.

AAG Comment: We disagree with the use of the concept of infirmity and would prefer a more positive focus on healthy aging and ability. The concept of protection of vulnerable individuals is important as long as it is person-centered.

Principle 6: Accessible to all Albertans regardless of ability to pay.

AAG Comment: We agree with the concept of providing access regardless of ability to pay but the concept of access could be better defined. For seniors, the provision of services as close as possible to their community is very important.

Principle 7: Decision-making based on the best evidence available that enables the right care, in the right place, at the right time and by the right provider.

AAG Comment: We believe this principle should be strengthened to acknowledge the importance of education, research and innovation. AAG supports partnerships between educators, researchers, service providers and seniors to enhance the creation of knowledge as well as its translation into practice.

Lynne Mansell, AAG President



EDITOR'S REFLECTIONS

At this time of the year how many of us say, "I don't know where the past year went". We are surprised with this quick passage of time, and at this time of the Holiday Season, we often reflect on what we have done, and what we still have to do. The President's Report, and the reports from our Chapter reps, as well as my Editorial notes in the past 3 issues of this year's newsletters convey some of our many accomplishments.

But there remains much work to do in the coming year. I would like to encourage you to submit a publication to our newsletter that describes a short story about how your agency or community group may be helping to address some of the topics inherent in the indicators of work to be done that is implicit in the Final Report of the Special Senate Committee, ***Canada's Aging Population: Seizing the Opportunity*** [Chair: The Honourable Sharon Carstairs, P.C]. According to a discussion of this topic in a recent newsletter (Centre on Aging, University of Manitoba), in their final report presented to the Canadian Senate in April 2009 "serious gaps for older Canadians were identified. The Committee concluded that Canada should be doing more to assist its aging population and brought forth 32 recommendations within five frameworks



I: Move immediately to take steps to promote active aging and healthy aging and to combat ageism.

II: Provide leadership and coordination through initiatives such as a National Integrated Care Initiative, a National Caregiver Strategy, a National Pharmacare Program, and a federal transfer to address the needs of provinces with the highest proportion of the aging population.

III: Ensure the financial security of Canadians by addressing the needs of older workers, pension reform and income security reform.

IV: Facilitate the desire of Canadians to age in their place of choice with adequate housing, transportation, and integrated health and social care services.

V: Act immediately to implement changes for those populations groups for which it has a specific direct service responsibility, and in relation to Canada's official language commitments" (See Centre on Aging University of Manitoba: <http://www.umanitoba.ca/centres/aging/pubs/626.htm> or <http://www.parl.gc.ca/40/2/parlbus/commbus/senate/com-e/agei-e/rep-e/AgingFinalReport-e.pdf>

In addition to addressing some of the above-mentioned topics, I would also like to invite you to reflect on the President's message in regard to the principles outlined in the Health Minister's Advisory Committee on Health. You will note that it is rather silent on the need for the research and educational programs. I would welcome submissions from you about your perspectives pertaining to one or more of these principles.

Send your submission, however long or short, by April 1, 2010 to me at: clenave@ucalgary.ca

Sleigh bells, vacation, snowflakes, being with family and friends, and holiday cheer. It's no wonder we call it the "most wonderful time of the year!" May your New Year be filled with good health, happiness, joy, and the sound of beautiful music.

Carole-Lynne Le Navenec, Editor
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CHAPTER REPORTS

Calgary Chapter Report

Ahhhhh the winter season has arrived! Winter for many of us means bundling up so that we don't freeze, putting on snow tires, and braving the mall! In many cases that may create feelings of stress and anger! But winter is also a time, where we go tobogganing, sit by a fire with friends, celebrate the holidays and bring in a new year! The CCAAG is pretty much in the same mode. We're busy getting things going and also resting and getting ourselves prepared for the New Year and events to come. The Outstanding Senior's Awards Committee planning has commenced and we are actively planning for this wonderful event. With a diverse and refreshingly energetic committee I'm sure that next year's awards are going to be as special for older adults as last year's was.

The Wind's of Grey is also actively planning our spring event. If you're involved with seniors in any capacity (work or volunteer), this gives you, the community member, an opportunity to learn more about gerontological issues that are at the forefront of today's profession. Not only a learning opportunity, The Wind's of Grey allows you to meet and network while enjoying wonderful eats! Our next Wind's of Grey will be in the spring and we'll get the word out to you at that time!

The CCAAG has also added a couple of new board members. Drew Brown and Mike Hilton are outstanding additions to our group here in Calgary and are sure to add a spark and energy that any board always requires!

From the CCAAG board I wish everyone a wonderful Holiday Season and hope the New Year brings wonderful things!

Kent Saga

Edmonton Chapter Report

January AAG/AGNA Networking Dinner

Tuesday, January 12th, 2010

Guest Speaker: Dr. Wendy Duggleby

"Reflections from the New Nursing Research Chair in Aging and Quality of Life".

Faculty Club Papachase Room, University of Alberta

5:30 PM Cocktails 6:00 PM Dinner 7:00 PM Speaker

The cost of the event is \$36 for seniors and students, \$38 for AAG members, \$40 for non-members.

October Networking Dinner At A Glance

On Wednesday, October 21st, the Edmonton Chapter of AAG was very pleased to host a networking dinner and an exciting presentation by our guest speaker, Dr. Lili Liu, Professor & Chair, Department of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta.



Dr. Liu discussed a unique multi-phase health innovation project called the “Smart Condo” that is an inter-professional initiative, supported by the Health Sciences Educational Research Common. It involves students and faculty in the Department of Occupational Therapy, Division of Industrial Design, Faculty of Pharmacy, Department of Computing Science and Department of Human Ecology. Now in its second year, the condo project integrates smart technology into a living space to support general disease and disability self-management and early intervention. This presentation discussed the various types of technology applications – such as sensors, videoconferencing and software – that are being developed to enhance care and independence among people living with chronic conditions in their homes.

Our sincere thanks to Dr. Liu for this thought provoking presentation. It is inspiring for those working in the field of gerontology in Edmonton to have such innovation in our midst. Thank you.

Edmonton Seniors’ Housing Forum

The Edmonton Chapter of AAG sponsored and participated in the planning of the 3rd Seniors Housing Forum held on September 26th, 2009. A full house of approximately 450 seniors, caregivers and professionals took in a series of information sessions presented by a distinguished group of speakers.

Topics of the sessions included a Housing Overview, Community Supports to Help you Stay in Your Home, Planning for the Future (financial and legal), Transitions (emotional and logistical factors involved with moving), Accessible Homes (home modification, technology), and Safety in the Home (fall prevention, elder abuse, adaptations). Participants had the opportunity to visit nearly 35 exhibitor booths by a variety of organizations and professionals related to seniors housing and related services.

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IAGG REPORT FROM PARIS

As reported at the Canadian Association of Gerontology AGM in Winnipeg in October 2009, the intention is to have AGM reports each year from the chair of the Legacy Fund Board and one of CAG's representatives to NARC (the North American Regional Committee) of the IAGG. The latter was not received in time so I promised to circulate it to the membership when it was received. Please click on link below to view:

<http://www.cagacg.ca/IAGGWorldCongressParis2009.pdf>

Administrators and Quality of Care in Long Term Care Facilities
(Paper Presentation at the IAGG World Congress in Paris, France)



This exploratory study investigated administrator and facility-related predictors of quality of care (QOC) in long term care facilities (LTC). Quality was measured using number of unmet standards of care identified in the last inspection report of the Ontario Ministry of Health and Long-Term Care.

Supplemental data were gathered from surveys mailed to all 602 LTC administrators in Ontario, Canada, 302 of who completed the questionnaire. Multiple regression analyses were conducted to test sets of hypotheses linking characteristics of administrators and those of the LTC facility to QOC. Education and experience as an administrator in current position had a moderate positive influence on QOC; however, negative associations were found between administrator salary and effort devoted to resident care problems, and QOC. In addition, smaller facilities, in less populated communities and administrators with a nursing background significantly affected QOC in a positive manner.

Keywords: Long Term Care Facility, Nursing Home, Administrator, Quality of Care, Quantitative Research, Built Environment

Authors: Keays, Sean; Wister, Andrew; and Gutman, Gloria

Submitted by:

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CALENDAR OF EVENTS

THE ALZHEIMER'S ASSOCIATION INTERNATIONAL CONFERENCE ON ALZHEIMER'S DISEASE 2010 (ICAD 2010) , July 10-15, Honolulu, Hawaii. | Info: see ICAD website at: <http://act.alz.org/site/R?i=07lj8fDseqJ4-efgpQS2Q>

UNIVERSITY OF ALBERTA FESTIVAL OF TEACHING
February 9, 2010 Edmonton, AB Abstract submission deadline is **November 9, 2009**
Details at <http://www.uofaweb.ualberta.ca/provost/festival.cfm>



—KNOWING YOUR ROOTS: INDIGENOUS MEDICINES, HEALTH KNOWLEDGES AND BEST PRACTICES. INTERNATIONAL NETWORK OF INDIGENOUS HEALTH KNOWLEDGE AND DEVELOPMENT
May 24-28, 2010 Poulsbo, Washington Abstract submission deadline is **November 15, 2009**
Details at <http://www.iwri.org/inihkd/>

2ND EUROPEAN CONFERENCE ON RELIGION, SPIRITUALITY AND HEALTH
May 13-15, 2010 Bern, Switzerland Abstract submission deadline is **November 30, 2009**
Details at <http://www.ecrsh.eu/>

WORLD CONFERENCE ON HEALTH PROMOTION

July 11th – 15th, 2010 Geneva Switzerland Submission deadline is **November 30, 2009**
More details at <http://www.iuhpeconference.net/index.php?lang=e>

2010 INTERNATIONAL FORUM ON QUALITY AND SAFETY IN HEALTH CARE

April 20-23, 2010 Nice, France. More details at <http://internationalforum.bmj.com/2010-forum>

2010 TRANSCULTURAL HEALTH CONFERENCE

May 2-4, 2010 Calgary, AB Call for proposals now open; submission deadline is **December 1, 2009**.
Details at <http://www.sacyhn.ca/2010transculturalconference/>

7TH WORLD CONFERENCE OF THE INTERNATIONAL SOCIETY OF GEROTECHNOLOGY

May 27-30, 2010, Vancouver, BC: CHECK <HTTP://WWW.SFU.CA/GRC/ISG2010/> FOR DETAILS. ABSTRACT SUBMISSION DEADLINE is January 15, 2010.

2ND CONFERENCE ON POSITIVE AGING: AN INTERDISCIPLINARY TEAM APPROACH FOR HEALTH PROFESSIONALS

November 26 & 27, 2010 Vancouver, BC Call for abstracts (posters only) closes **March 26, 2010**
More details at
http://www.interprofessional.ubc.ca/Brochures/AdvNot_PositiveAging%25202010.pdf?siteCode=1268

INTERNATIONAL FEDERATION ON AGEING 10TH GLOBAL CONFERENCE

May 3rd - 6th, 2010 Melbourne, Australia More details at <http://www.ifa2010.org/>

ASSOCIATION FOR GERONTOLOGY IN HIGHER EDUCATION ANNUAL MEETING AND EDUCATIONAL LEADERSHIP Conference, March 4-7, 2010, Reno, Nevada:

This annual meeting focuses on ideas and issues in gerontological and geriatric education, and brings together educators, clinicians, administrators, researchers, and students to share their experiences, expertise, and innovations regarding teaching and learning about aging and older persons. Click [here](#) for further information.

THE FRONTAL LOBES, 20TH ANNUAL ROTMAN RESEARCH INSTITUTE CONFERENCE,

March 22-26, 2010, Toronto: Click [here](#) for more details.

39TH ANNUAL CONFERENCE OF THE BRITISH SOCIETY OF GERONTOLOGY

July 6-8, 2010, Uxbridge, UK: Abstract submission deadline is January 29, 2010. For further information, go to [BSG website](#).

INTERNATIONAL SOCIOLOGICAL ASSOCIATION WORLD CONGRESS,

July 11-17, 2010, Gothenburg, Sweden: Research Committee 11, Sociology of Aging, invites abstract submissions for the 19 sessions it is organizing for the World Congress. For further information, go to the RC11 website (<http://www.rc11-sociology-of-aging.org/news>).

2010 IANA (INTERNATIONAL ACADEMY ON NUTRITION AND AGING),

July 26-27, 2010, Albuquerque: More information is available at

<http://www.healthandage.com/html/min/iananda>

Check the Alberta Centre on Aging website for additional events: www.aging.ualberta.ca

Marlene, please remove the telephone number and if you have a copy of the ad already, please use it because our copy is not as clear.



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MINISTERS COLUMN (Mary Anne Jablonski, Minister of Alberta Seniors and Community Supports)



November 6, 2009

Corrine Schalm
 Alberta Association on Gerontology
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Dear Corrine Schalm:

As the Minister of Alberta Seniors and Community Supports, I am pleased to enclose a Minister's column for you to use in your organization's newsletter.

The column provides details on the new Adult Guardianship and Trusteeship Act, which came into force on October 30, 2009. It replaces the 30-year old Dependant Adults Act, and provides more choices and safeguards for Albertans who need help making decisions.

If you would like to include my photo with the column, or if you would like to receive the column in electronic format, please contact this department's communications office at 780-415-9950. If your address has changed or if you would like to update the name of the person this column is sent to, please also call 780-415-9950. To call toll-free, dial 310-0000 first.

Thank you for your consideration. I appreciate your assistance in keeping Alberta's seniors informed about our programs and services.

Sincerely,

Mary Anne Jablonski
Minister

Enclosure

MISCELLANEOUS REPORTS

The October edition of the [Alberta] *Health Express* newsletter is now available online at www.health.alberta.ca/about/Health-Express-news.html

This issue includes an update on improvements being made to the health care system, the appointment of two new senior provincial medical officers of health and information on proper hand washing to prevent H1N1.

If you have story suggestions or questions you would like answered, please send them to healthexpress@gov.ab.ca. Subscribing to *Health Express* is simple and easy. Go online to the Alberta Health and Wellness website at health.alberta.ca/about/Health-Express-news.html.

Once you subscribe, you will receive an email notification when a new issue of *Health Express* is released.

Sincerely,

Ron Liepert

Minister of Health and Wellness



EXCERPTS FROM TEACHING GERONTOLOGY

October 15, 2009 issue Edited by: H.R. Moody

SPEAKING FREELY

How often do you encourage students in class to voice opinions that contradict "gerontological correctness?" For example, how often do students eagerly put forward their belief that Social Security should be privatized? Or that aging Boomers are holding on to jobs that could go to young people? Or that America won't be able to afford an aging society?

NEW PAPERS FROM RETIREMENT RESEARCH

The Center for Retirement Research at Boston College has released new working papers:

"Determinants and Consequences of Moving Decisions for Older Homeowners," by Esteban Calvo, Kelly Haverstick, and Natalia A. Zhivan

"The Implications of Declining Retiree Health Insurance," by Courtney Monk and Alicia H. Munnell

To get these papers, visit:

http://crr.bc.edu/working_papers/index.php

OLDER WORKERS

The U.S. Census Bureau has valuable publications on this subject: "Work Status of People 65 Years and Older: 2008 American Community Survey," American Community Survey Reports
Available at: <http://www.census.gov/prod/2009pubs/acsbr08-10.pdf>

See also "Labor Force Participation Rate of People 65 Years and Older: 2008. Available at:
<http://www.census.gov/prod/2009pubs/acsbr08-9.pdf>

The Congressional Research Service has a report on "Older Workers: Employment and Retirement Trends" by Patrick Purcell
Available at: <http://opencrs.com/document/RL30629/>

HIGHER EDUCATION FOR OLDER ADULTS

"Mapping New Directions: Higher Education for Older Adults" is a new report from the American Council on Education, offering innovative approaches to broadening access to lifelong learning.

This second report from ACE's Reinvesting in the Third Age project, funded by MetLife Foundation, also shares insights of older adults, college and university presidents, and community leaders.

To order free copies of this report, email reinvestinginthethirdage@ace.nche.edu or call (202) 375-7540.

RECENT GOVERNMENT/UNIVERSITY REPORTS

A thank you to Alberta Centre on Aging for submitting the following list of reports:

[The Long-Term Care Workforce: Overview and Strategies to Adapt Supply to a Growing Demand, OECD HEALTH WORKING PAPERS NO. 44 - October 2009, Organisation for Economic Co-operation and Development:](#) Written by Rie Fujisawa and Francesca Colombo, this working paper offers an overview of the LTC workforce and reviews country responses to a growing demand for LTC workers. It is available at:

[http://www.oalis.oecd.org/oalis/2009doc.nsf/ENGDATCORPLOOK/NT00006876/\\$FILE/JT03271301.PDF](http://www.oalis.oecd.org/oalis/2009doc.nsf/ENGDATCORPLOOK/NT00006876/$FILE/JT03271301.PDF)

[Crane Library Web Pick of the Week for October 21: Understanding Pain and Dementia,](#) www.painanddementia.ualberta.ca. This website was developed by Dr. Cary Brown, University of Alberta and Agnes Mitchell, Grant MacEwan College, to help family members learn about pain in someone with dementia. The website contains a narrated presentation about pain and dementia, a downloadable resource pack for family members, a downloadable pain-log and the PAINAD assessment tool, and a facilitator's toolkit. If you wish to subscribe to the Web Pick of the Week, go to: <http://lists.umanitoba.ca/mailman/listinfo/info-ltc>

Crane Library Web Pick of the Week for October 28: Seniors Policy Handbook: A Guide for Developing and Evaluating Policies and Programs for Seniors,

<http://www.seniors.gov.ab.ca/seniors/docs/SeniorsPolicyHandbook.pdf>. Prepared by the Federal/Provincial/Territorial Committee of Officials for the Federal/Provincial/Territorial Ministers Responsible for Seniors (Canada) and published in June 2009, the purpose of this handbook is to help policy analysts and program planners consider the perspective of seniors, the diversity of the seniors' population, and the needs and issues facing seniors today and in the future.

New Directions for Facility-based Long Term Care: This report prepared by the Canadian Healthcare Association is available [here](#).

Law Commission of Ontario (LCO): In late 2008, the LCO issued a Call for Papers on issues relevant to its project on the Law as it Affects Older Adults. Two research papers (1) *The Advocacy Centre for the Elderly (ACE): Design of Effective Mechanisms for Enforcing the Rights of Persons Living in Institutional Settings* and (2) *Margaret Hall: Legal Responses To Elder Abuse And Legal Decision-Making Frameworks* are now [available here](#).

2009 World Alzheimer's Report, Alzheimer's Disease International (ADI): This report provides prevalence estimates of dementia worldwide, highlights the financial and societal costs of caring for individuals with dementia, and outlines eight recommendations intended to provide a global framework for action on dementia. It is available at <http://www.alz.co.uk/research/worldreport/>

FUNDING OPPORTUNITY

CIHR Age Plus Award: The Canadian Institutes of Health Research (CIHR) Institute of Aging *Age Plus Award* recognizes excellence in research on aging carried out in Canada. It is awarded monthly to the author of a published, scientific article on aging. Age Plus Award is primarily aimed at graduate and postdoctoral students and residents from all disciplines, working in the field of aging. Articles may cover any of the Institute's [priority research topics](#). The next deadline is January 15, 2010. For further information: go to the Institute on Aging (IA) website <http://www.cihr-irsc.gc.ca/e/8671.html>, click on the Students and Trainees button on the right panel, <http://www.cihr-irsc.gc.ca/e/30793.html>, and look under Prizes > Age Plus Prize <http://www.cihr-irsc.gc.ca/e/26987.html>

CALL FOR PUBLICATIONS

“Multiple dimensions of social exclusion in old age and how to overcome them”

In many countries around the world, old age means an increased risk of experiencing social exclusion and poverty. This Special Issue of the *Canadian Journal on Aging* will address multiple dimensions of social exclusion (poor education, poor health or frailty, insufficient income, lack of social contacts/support, etc.) as experienced by older people in various cultural contexts around the world and will discuss strategies of how to overcome multiple disadvantages in their circumstances. The first part of this volume is dedicated to a thorough analysis of the various facets of life as an older person in deprived and isolated circumstances. Exclusion from opportunities, resources, and activities will be addressed. However, lack of access to resources and opportunities cannot be explained by individual

characteristics alone – to a significant extent they are a function of contextual, societal, and environmental factors. The papers will thus deal with individual and societal determinants of social exclusion and barriers and facilitators of social engagement. This collection of papers will contribute to a better understanding of a central problem of social science analysis – the interaction between social structures (macro level) and human agency (micro level) that is applied to participation in meaningful activities in later life. The focus of the second part of this special issue will be on strategies for overcoming social exclusion. Thereby, social engagement is seen as a key strategy to better integrate senior citizens into their local communities. Other strategies include informal strategies at local level, as well as formal policies at national and regional level. In the end, we are hoping to contribute to explaining the dynamics of social exclusion/social engagement processes in old age and how they could be overcome.

The deadline for submission of manuscripts is November 30, 2009. The manuscript must be submitted electronically using the online submission system <http://mc.manuscriptcentral.com/cja-rcv> When submitting your paper, please indicate “For the Special Issue on Social Exclusion/Engagement” in the Cover Letter to Editor-in-Chief Dr. Mark Rosenberg. As soon as you have submitted your paper, please notify Andreas Hoff, Susan McDaniel, and myself that you have done so by sending us an email at Julia_Rozanova@brown.edu<mailto:Julia_Rozanova@brown.edu>; andreas.hoff@ageing.ox.ac.uk<<mailto:andreas.hoff@ageing.ox.ac.uk>>; and susan.mcdaniel@uleth.ca<<mailto:susan.mcdaniel@uleth.ca>>

BOOK REVIEWS/NEW BOOKS/DVDs

Your Aging Parents: How to Prepare How to Cope

Maureen Osis, Judy Worrell, & Dianne McDermid

Second Edition (2009)

ElderWise Publishing

Here is a book that provides practical solutions and helpful Canadian resources.

Are you worried about your parents as they grow older?

Are you concerned about doing the right thing as you take on new roles as their caregiver?

Read to -

Understand Aging

Avoid ageism; promote adaptive aging

Build Relationships

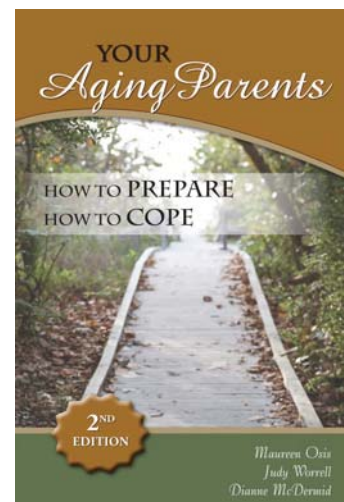
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Judith Hanson, RN, MN
Adjunct Assistant Professor of Nursing, University of Calgary

HOW TO ORDER

Available from Self Connection Bookstore. Order online www.selfconnection.ca
More information, contact Maureen Osis maureen@maureenosis.com

Buzzel, E.M. (2009). DVD entitled *Promoting the Concept of Personhood in Practice*
Information: McMaster Centre for Gerontological Studies
Website: <http://www.socsci.mcmaster.ca/gerontology>
Email: gercntr@univmail.cis.mcmaster.ca



ELDERWISE ARTICLES

MOVING BY CHOICE, KNOWING YOUR OPTIONS Source: Vol. 5, No. 9, © ElderWise Publishing 2009.
<http://elderwise.ca/>

When aging parents experience health or mobility changes, it doesn't take long before family discussions turn to the topic of staying at home or looking for alternative living arrangements.

Parents may want to retain "independence". Adult children may worry about parents' isolation, safety, or the amount of support they are able to offer.

These are seldom easy discussions. Strong emotions can bring out the worst in families that have poor communication skills and less-than-ideal relationships. Even in families who get along well, discussing such a major life change can be tough to handle.

What is often overlooked are the assumptions we make, based on the limited knowledge that both elders and adult children may bring to these conversations.

"You're not putting me in a nursing home!"

"I wish people knew more about the wide range of living options out there," says Marilyn Moldowan, a Calgary realtor with 20 years specific experience in helping seniors find their next home. She encounters many people who believe - incorrectly - that it's a direct, non-stop trip between the family home and an institutional setting. "We can start de-mystifying the perception of what's out there, so people aren't making knee-jerk decisions out of fear," she says.

One example Moldowan gives is condominium ownership. Condos are often equated only with high-rise apartment living. In fact, there are age-restricted condo projects of many types, specifically built for mature buyers. They include no-maintenance options such as villa-style homes, with single attached or detached houses and indoor and outdoor common areas.

When the concerns are more about health care than home maintenance, options still abound.

Initially, extra care and support can be brought into the family home and into other independent retirement living situations. "Assisted living" options typically provide an even higher level of care, including meal preparation, medication management, and personal care.

"Many people balk at the monthly cost of these options," says Moldowan, "but when I ask them to look at their current total living costs - including food, utilities, repairs and taxes - it starts to look more reasonable. Plus, someone else is doing the work behind the scenes. That frees up the family to be family again - and allows the senior more time and energy for social and leisure opportunities."

"Ninety- to ninety-five per cent of the senior moves I'm involved in are due to a health crisis," says Moldowan. That's why it's always a good idea to plan ahead.

The main thing is to realize that options exist. These can include moving to a smaller, newer home (i.e., fewer repairs, smaller yard). It can mean renting in a retirement residence or exploring the many condo

ownership options designed for the older demographic. And it means being aware of housing that offers greater support when it's needed in the future.

Independent living can truly take many forms.

UNDERSTANDING REHABILITATION THERAPY (Source: Vol. 5, No. 10, © ElderWise Publishing 2009)
Adapted from "Enhancing Rehab After A Stroke: Families Can Help"

What is rehabilitation therapy?

After injury or disease strikes, a structured program of rehabilitation therapy can restore a part of the body or a person to normal or near-normal function. The goal of a rehabilitation program is to help someone become as independent as possible and to function despite a disability.

Rehabilitation may focus either on multiple areas or be very specific. Physical rehabilitation activities and treatments may include:

- Exercise
- Electrical stimulation
- Massage
- Repetition and practice of daily activities; e.g., walking, climbing stairs

These rehab activities can help the individual regain co-ordination, endurance, flexibility, mobility, and strength.

Who needs it?

Some of the circumstances that call for rehabilitation therapy are:

- Acquired brain injury, including stroke and head injury
- Amputation
- Bone fracture
- Heart conditions
- Joint replacement

Often, more than one type of rehabilitation therapy may be needed, meaning a team effort is called for.

Who delivers it?

Several professionals, trained in specific areas, may work together in the rehabilitation process. Their common goal is to help individuals to regain skills, learn new ones, and make the best use of remaining abilities.

Occupational Therapist (OT): The OT will focus on everyday tasks, such as dressing and preparing meals. An OT sometimes recommends changes to the environment (e.g., bathroom grab bars) that encourage safety and independence.

Physiotherapist: The "physio" teaches special exercises to help the individual improve balance, muscle control and strength, and to practice tasks such as walking and managing stairs.

Recreational Therapist: This professional can help an individual to plan new hobbies and interests, or to learn new or different ways to resume old ones.

Speech-Language Therapist: This professional is trained in assessment of swallowing, and in assessing and treating speech and language problems. Some people regain the ability to speak within a few months. Early speech therapy can help the person make the most of the remaining language skills.

Psychologist, social worker, or family therapist:

These professionals specialize in assessing and treating emotional health issues. Counseling may assist the individual and the family to adapt to the changes that occur following the stroke.

Families play an important role in enhancing the work of professional teams. Particularly in the case of stroke, early rehabilitation can dramatically improve recovery. Understanding the recovery process and knowing [how to support a stroke patient](#) while in hospital, and after discharge, can make a huge difference.

Related Reading:

[Geriatric specialists in hospital and in the community](#)

[Older women in intensive care](#)

RESEARCH

IAGG 2009 CONFERENCE ABSTRACTS AND SELECTED ARTICLES from International Congress of Geriatrics and Gerontology Conference in PARIS, France, July 5-9, 2009 see *Journal of Nutrition, Health and Aging* (JNHA):

<http://www.springerlink.com/content/k8g572305474/?p=15566496cb334168a8a90d5f255a35ab&pi=7>

GOOD JOKES CURE BAD MOODS:

http://www.webmd.com/balance/news/20090820/good-jokes-cure-bad-moods?ecd=wnl_emw_112509

AGING AND THE LIFE COURSE: The World Health Organization (WHO) has a list of helpful publications on aging and the life-course available at:

<http://www.who.int/ageing/publications/en/>



CANADIAN LONGITUDINAL STUDY ON AGING (CLSA): A BRIEF OVERVIEW by Carole-Lynne Le Navenec (cllenave@ucalgary.ca)

In order to be sure that we all know about the Canadian Longitudinal Study on Aging (CLSA), let me quote a few excerpts from Abstracts in the September 2009 special issue of *The Canadian Journal on Aging*, which included a range of articles on this topic

“Canadians are living longer, and older persons are making up a larger share of the population (14% in 2006, and projected to rise to 20% by 2021).

The CLSA is a national longitudinal study of adult development and aging that will recruit 50,000 people aged 45 to 85, and follow them for at least 20 years

All participants will be provided a common set of information concerning many aspects of health and aging, and 30,000 will undergo an additional in-depth examination coupled with the donation of biological specimens (blood and urine).

The CLSA will become a rich data source for the study of the complex interrelationships among the biological, physical, psychosocial, and societal factors that affect health aging” . (Raina et al., p. 221)

The CLSA research team is led by three co-principal investigators:

- Susan A. Kirkland: is with the Department of Community Health & Epidemiology and Department of Medicine at Montreal’s McGill University
- Parminda S. Raina : is with (Hamilton)Ontario’s McMaster University, Evidence-Based Practice Center division, and holds a Labarge Chair in Research and Knowledge and Application for Optimal Aging at McMaster
- Christina Wolfson is with the Division of Clinical Epidemiology at McGill University Health Centre, and the Department of Clinical Epidemiology and Biostatistics and Occupational Health in the Department of Medicine at this same Montreal university.
- There are 12 co-investigators from across Canada

Two articles that may be especially interesting to some of our members include:

- Ascertainment of chronic diseases in the CLSA by C.M. Balion et al. (pp. 275-285)
- Accessing health care utilization databases for health research by the three (principal co-investigators) (pp. 287-294)

FOR FURTHER INFO SEE: *Canadian Journal on Aging*, 28 (3), September 2009



NEWS FROM THE INTERNATIONAL FEDERATION OF AGING (Nov 23/09)

See: [IFA Website](#)

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[Senior Officials Meeting 2010](#)

[Key IFA Statements at the UN](#)

[Distinguished Senior Citizens of the World - Essay on Bridging the Culture Gap](#)

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[The SENIOR Report on E-inclusion for Older People](#)

[Update on Global Ageing - New Edition Available Soon](#)

[Australia Leading World in Diagnosing Chronic Medial Conditions Among Older People](#)

[IFA 10th Global Conference on Ageing - Australia - May 2010](#)

JOURNALS/BEST PRACTICE REPORTS

European Review of Physical Activity and Aging:

<http://www.springerlink.com/content/q6j546x7313p/?sortorder=asc&Article+Category=Editorial>

Journal of Nutrition, Health and Aging (JNHA, which is the official journal for the International Congress of Geriatrics and Gerontology): <http://www.serdi-fr.com/jnha/index.php>

National Guidelines for Seniors Mental Health. The Assessment and Treatment of Mental Health Issues in Long Term Care Homes

<http://www.ccsmh.ca/en/natlGuidelines/ltc.cfm>



BENEFITS OF MEMBERSHIP

- Networking with people from a variety of disciplines who work with/for older adults
- Opportunities to dialogue on common problems, exchange ideas and share expertise
- Increased knowledge of local resources
- Increased awareness of employment opportunities
- Opportunities to work through either the provincial organization or local chapters to influence policy in Alberta related to older adults.
- Access to information about scholarships to continue learning
- Reduced registration at AAG sponsored educational events
- Subscription to AAGmag, which profiles provincial activities. Published 3-4 times a year.

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3 month period - \$60 plus GST (does not include any free changes)

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