



at the UNIVERSITY OF REGINA

## The Newsletter

# Canadian Association on Gerontology 2022 in Regina: A Huge Success

The Centre on Aging and Health (CAH) was the local host the 51st Annual Scientific Meeting for the Canadian Association on Gerontology (CAG), Canada's premiere association of those who work, research or have an interest in the field of aging. The conference took place on Treaty 4 territory of the nêhiyawak, Anihšīnāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation. As announced in our previous newsletter, the conference took place October 20-22nd, 2022 at the Delta Hotel in Regina,

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Conference delegates attending the convention

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Saskatchewan and included well over 500 delegates. The CAH director, Dr. Thomas Hadjistavropoulos, acted as the Scientific Chair of the conference with the conference theme, “Closing the Research-Practice Gap: Knowledge Mobilization and Implementation Science”. The three-day event was filled with outstanding content including keynote speakers, oral presentations, symposia, workshops, and poster sessions, which kept audiences engaged. Three keynote speakers from around the world delivered addresses related to implementation science and aging. The keynote speakers were: Dr. Moriah Ellen, Dr. Kim Delbaere, and Dr. Alex Mihailidis.

Dr. Moriah Ellen is currently a faculty member at Ben-Gurion University's Department of Health Systems Management in Israel as well as at the Institute of Health Policy, Management and Evaluation at the University of Toronto. Dr. Ellen's primary research interests are health systems and policy, knowledge transfer and exchange, implementation science, addressing the use of unnecessary health care services, and aging. More specifically, some of her projects have addressed infrastructure needed to support evidence-informed policy-making at the organizational level, health system initiatives to reduce the unnecessary overuse of tests, treatments and procedures, the perceptions surrounding antimicrobial resistance within the public and health care providers, and transitions of care among older adults. The title of Dr. Ellen's keynote was, “A bridge over troubled waters: Can we really bridge the research-policy gap in aging and health?”.

Dr. Kim Delbaere is Principal Research Scientist at Neuroscience Research Australia, and Professor at the University of New South Wales, Sydney. Her research has contributed to the understanding of physical, psychological and cognitive factors causing falls. Her multidisciplinary approach incorporates elements from physiotherapy, psychology, brain imaging and software engineering towards preventing falls and promoting healthy aging. Dr. Delbaere delivered a keynote entitled, “Hallmarks and new frontiers in falls research: Translating findings into widespread application.”

Dr. Alex Mihailidis is the Associate Vice President for International Partnerships at the University of Toronto. He is also the Scientific Director of the AGE-WELL Network of Centres of Excellence, which focuses on the development of new technologies and services for older adults. He is a Professor in the Department of Occupational Science and Occupational Therapy and in the Institute of Biomaterials and Biomedical Engineering, with a cross appointment in the Department of Computer Science, University of Toronto. He has been conducting research in the field

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Dr. Kim Delbaere presenting her keynote address

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of pervasive computing and intelligent systems in health for the past 15 years. His research has specifically focused on the development of intelligent home systems for elder care and wellness, and adaptive tools for nurses and clinical applications. The title of Dr. Mihailidis' keynote was "Staying Relevant in the Technology and Aging Landscape: The Role of Networks, Knowledge Translation, and Partnerships".

The conference workshops, symposia, and oral paper sessions covered a variety of topics including, but not limited to: implementation of interventions, knowledge mobilization, ageism and stigma, social isolation and loneliness, aging in place, experiences and needs of caregivers, aging and cannabis, dementia-inclusive communities, and promoting health equity. The vast range of topics covered ensured diverse interests in the field of aging were captured. Poster sessions also highlighted research from diverse areas related to aging. The Institute of Aging of the Canadian Institutes of Health Research was well-represented with Dr. Jane Rylett, its Scientific Director, having presented her remarks to the delegates during the opening ceremonies. Dr. Christopher Yost, Vice President (Research) at the University of Regina also participated in the opening ceremonies. The exhibition hall comprised many booths with exhibitors from educational institutions (including the Centre on Aging and Health), government, small businesses, and non-profit organizations.

A number of pre-conference events also took place, which included the following:

- "Developing International Collaborations in Healthy Aging Research",
- "Strengthening family-centred care within a palliative approach to long-term care",
- "The Intersections between Sensory, Cognitive and Motor Functioning: Closing the Gap between Research, Practice, and Person-centered Care".

The conference was supported by a variety of organizations. The CIHR Institute of Aging is a supporting partner of the conference. The University of Regina and Saskatchewan Health Authority are gold sponsors for the conference. Moreover, a grant from the Social Sciences and Humanities Research Council of Canada also supported the conference. Sponsors for the pre-conference events include: the Canadian Consortium of Neurodegeneration in Aging, Trent University Centre for Aging & Society, SPALTC (Strengthening a Palliative Approach in Long-Term Care), and UKRI's Healthy Aging Challenge. The CAG Legacy Fund sponsored student travel grants and Cambridge University Press provided delegate bags

We are grateful to all delegates who registered and who maximized safety and inclusiveness by masking. To read more about CAG 2022, or view the conference schedule, please visit the CAG 2022 website: [www.cag2022.ca](http://www.cag2022.ca)

# CAH Researchers Involved with New National Training Platform for Accelerating Digital Health Solutions for Older Adults

Researchers affiliated with the Centre on Aging and Health (CAH) are partners in a new Canada-wide initiative that will prepare trainees and early career researchers to be future leaders in digital health solutions for older adults. The CAH director, Dr. Thomas Hadjistavropoulos, and CAH member Dr. Natasha Gallant are involved in this new national training platform that will equip trainees and early career researchers with the skills to accelerate the delivery of digital health solutions for older Canadians with complex health needs and their caregivers. The platform is called The Early Professionals, Inspired Careers in AgeTech (EPIC-AT) Health Research Training Platform, and is powered by AGE-WELL, a Canadian technology and aging network. The national training platform is federally-funded and led by researchers from 11 universities and research hospitals across six Canadian provinces.

EPIC-AT is a competency-based, experiential learning platform, which is an extension of AGE-WELL's globally-leading EPIC training program. The training platform will provide one-year fellowships to at least 127 graduate students, postdoctoral fellows and early

career researchers at Canadian institutions from 2022-2027.

Dr. Hadjistavropoulos is a principal applicant for the training program and Dr. Gallant is working as an early career researcher. Four University of Regina trainees have also been successful in their applications to the program.

The focus of EPIC-AT is on digital health solutions for seniors with complex health needs. Participants will be equipped to develop, implement and evaluate digital technology solutions across areas such as information and communication technologies (ICT), telemedicine, artificial intelligence, sensors, smart environments and wearables. These solutions will help older Canadians age safely, independently and with dignity in the setting of their choice.

The training program is funded by the Canadian Institutes of Health Research (CIHR) at \$2.4 million over six years. The Strategy for Patient Oriented Research is also providing funding to empower and enable stakeholder engagement in platform programs. In addition, more than \$6.1 million in cash and almost \$4.5 million of in-kind support is being provided by 41 collaborating organizations from across Canada. These include public, not-for-profit and private sector organizations who are supporting participant salaries, sharing their expertise, serving as mentors, hosting interns, developing online courses and more. The total investment including in-kind contributions comes to more than \$13 million over 6 years.

To learn more about EPIC-AT, visit: [www.agewell-epic.ca](http://www.agewell-epic.ca).

# Changes in the CAH Administrator Position

By Thomas Hadjistavropoulos

After 4.5 years of exemplary service to the CAH, our administrator, Janine Beahm has moved to Calgary in order to start a new chapter in her life. As such, she left the CAH at the end of October. Janine had big shoes to fill after the departure of previous administrator, Scott Wilson, who had served the Centre for 9 years. The transition from Scott to Janine was seamless. Janine Beahm brought her energy and personal style to the job and, over her years at the CAH, strengthened our relations with community groups and supported research and training; she redefined the position and expanded the role of the CAH Administrator in very positive ways.

Consistent with her conscientious work style, she kindly agreed to stay in her position for an extra month in order to help the incoming administrator, Kathryn Smart, familiarize herself with the responsibilities of the job. Ms. Smart completed her undergraduate studies in geography and was recognized as the “most outstanding U of R student graduating in geography” in 2007. She is the recipient of several prestigious awards and distinctions for the quality of her writing and academic achievement. Kathryn Smart has held research positions at both the University of Regina and the local health region, has co-authored a successful funding proposal and has been a consultant and data analyst for a local non-profit organization.



Janine Beahm  
University of Regina Photography



Kathryn Smart

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Applying is quick and easy.

Apply on our website: <http://www2.uregina.ca/cah/>  
and click on “**Become a Member.**”

# Are currently available apps meeting the needs of family members caring for people living with dementia?

## A review of mobile apps for caregivers

By Louise Castillo

Family members caring for people living with dementia experience significant stress that can negatively affect their health and well-being. Various mobile apps have been developed to support caregivers and increase access to interventions. Although apps for family caregivers are available, information about these apps are limited. As part of a larger study for my Master's thesis, our goal was to provide a comprehensive review of available apps for family members caring for people living with dementia.

We identified sixteen apps meeting criteria in our study. We found that many of the features present in the apps focused on strategies to care for the care recipient while only a few related to strategies to support the psychological well-being of the caregiver. None of the apps identified in our search had been systematically tested before our study.

As such, currently available apps may not be adequately addressing the different needs of family caregivers of people living with dementia.

***We found that many of the features present in the apps focused on strategies to care for the care recipient while only a few related to strategies to support the psychological well-being of the caregiver.***

The results of our study can help inform and guide caregivers in choosing currently available apps that meet their needs. We will be sharing the rest of our findings through publications and conference presentations. This study was supported by the Saskatchewan Health Research Foundation and the Centre on Aging and Brain Health.



Louise Castillo, PhD Candidate, University of Regina

# Changes to the CAH Innovation in Healthcare Delivery Award

Since 2015, the Centre on Aging and Health (CAH) has awarded the Innovation in Healthcare Delivery Award to deserving individuals, groups, or organizations in Regina who have provided services or conducted research related to improving healthcare for older adults. Recent award winners include the Alzheimer Society of Saskatchewan's First Link Program and Eden Care's Memory Lane. Based on recommendations by the awards adjudication committee, which consists entirely of older adults from the community, the name of the award was recently updated to the CAH Innovation in Health and Wellness Award. The changes were made to make the award more inclusive of innovations that can improve the lives of older adults in the areas of health and wellness. The award now recognizes those who have introduced an innovative approach to

Services may be related to:

- healthcare and healthcare delivery,
- mental health,
- exercise
- nutrition,
- social participation and inclusion, and/or
- community support.

Due to restrictions related to COVID-19 and the cancellation of CAH in-person events, the previous two awards have been given out virtually. The CAH plans to return to in-person events this upcoming winter. Award winners will be recognized during the CAH Annual Distinguished Lecture event, will be featured in the CAH newsletter and will be offered formal affiliation with the CAH. The award does not have monetary value. Please note that nominees cannot be full-time University of Regina employees. The awards committee is currently accepting applications for the 2022/2023 award. For more information on the award, eligibility criteria, and nomination forms please visit the CAH website:

<https://www2.uregina.ca/cah/about-cah/innovation-in-health-wellness-award>

## NOMINATIONS ARE OPEN FOR 2020/2021 INNOVATION IN HEALTH CARE DELIVERY AWARD

The Centre on Aging and Health Award for Innovation in Health Care Delivery recognizes Regina-based individuals, groups, or organizations, offering health care to older adults. Award recipients must have introduced an innovative approach to service provision or must have conducted field research to evaluate services or programs for older persons. If you know of someone that would be deserving of this award, nominations (of no more than 8 pages) may be submitted at any time up until November 30, 2022 for the 2022-2023 Award.

**For more information on eligibility, adjudication, or about how to apply, please visit <http://www2.uregina.ca/cah/about-cah/innovation-in-health-care-delivery-award> or contact Kathryn Smart, CAH Administrator, at [kathryn.smart@uregina.ca](mailto:kathryn.smart@uregina.ca)**

# APPLY FOR THE M.A./M.SC. AGING STUDIES PROGRAM

**“Seniors make up the fastest growing age group...  
By 2051, about one in four Canadians is expected to  
be 65 or over.”**

**– *Statistics Canada***

- Exciting inter-disciplinary, research-oriented graduate degree program.
- Provides research training and specialized gerontology knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- The collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work and coordinated by the University of Regina’s Centre on Aging and Health.

## **Admission Requirements:**

4-year undergraduate degree in areas such as, nursing, kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree.

**Applications Due: March 31st, 2023**  
**(for Fall 2023 Admissions)**

## **For More Information:**

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# Apply now for the 2022/2023 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline:  
December 15, 2022

This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: <http://www2.uregina.ca/cah/>  
or [cah@uregina.ca](mailto:cah@uregina.ca) or 306.337.8477

## Advertise in the CAH Newsletter

University of Regina Unit & Researcher Rates (per page):

Full: \$100 Half: \$50 Quarter: \$35

Corporate Rates (per page):

Full: \$150 Half: \$100 Quarter: \$85

Contact CAH Administrator at: 306.337.8477  
or [cah@uregina.ca](mailto:cah@uregina.ca) for more information.

## STAY CONNECTED WITH THE CAH



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