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GRC NEWS

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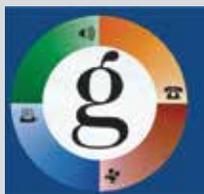
GERONTOLOGY
RESEARCH CENTRE

COAST TO COAST SEMINAR (C2C) SERIES

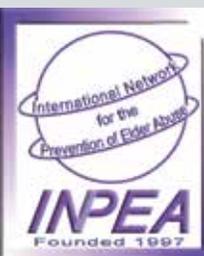
SENIORS' HOUSING UPDATE

INSIDE THIS ISSUE: EUROPEAN RESEARCH ODYSSEY

The focus of this issue of the GRC News is the Spring 2014 Coast to Coast (C2C) seminar series – “Technology for Aging Well” that is built around a pan-Canadian project titled AGE-WELL (<http://age-well.info/>). The focus of the series will be a discussion on how to use technology in helping support the Canadian aging population to ensure that all Canadians can grow older with dignity and grace. Coordinators of the series are **Dr. Andrew Sixsmith** (Director of the SFU Gerontology Research Centre and a Deputy Director of the IRMACS Centre) and **Dr. Alex Mihailidis** (Barbara G. Stymiest Research Chair in Rehabilitation Technology at the University of Toronto and Toronto Rehab Institute).



The GRC is the Secretariat of the International Society for Gerontechnology North American chapter with President Andrew Sixsmith, Ph.D.



The GRC is the Secretariat of the International Network for Prevention of Elder Abuse with President Gloria M. Gutman, Ph.D.





MESSAGE FROM THE DIRECTOR

by Andrew Sixsmith

It is with a great deal of pleasure and pride that I introduce this issue of our *GRC News/SHUP* newsletters. An academic Centre or Department is only as good as the faculty, researchers, and students that comprise them – people do the work and research, not the institution.

The impressive contributions made to our university in particular and our society as a whole by our graduates and students is amply illustrated here. **A Glance** – that describes **Annette Wertman** (MA Gerontology, SFU) who has established her own company – Ageless Yoga. **Laura Kadowaki** (MA Student, SFU Gerontology) participated in the **SFU Student Delegation to Taiwan** sponsored by the Taiwanese government as a part of their viable diplomacy strategy. The collaboration of SFU Gerontology graduate students **Katherine Coatta**, **Laura Kadowaki**, and **Monita Sundar** with SFU Gerontology MA graduate **Ravin Kahlon**, to produce **RESEARCH TO REALITY** – a public information brochure created for the Vancouver Cross Cultural Senior's Network. The quality of our students is further evidenced through the effort of our Gerontology Graduate Caucus hosting the **16th Annual Careers Night and Networking Wine and Cheese** as well as the **2014 Spring Gerontology Student Awards Ceremony**.

This issue also demonstrates the contributions of our faculty and researchers. SHUP spotlights **Drs. Habib Chaudhury** and **Atiya Mahmood** who are on study leave engaged in research activities and academic presentations in Europe – **EUROPEAN RESEARCH ODYSSEY**. SHUP's **SPOTLIGHT ON GRC/DEPT RESEARCH** highlights two new exciting research initiatives: **PLACE-MAKING WITH SENIORS: TOWARDS MEANINGFUL AFFORDABLE HOUSING** and **BAPTIST HOUSING EVALUATION**. In the GRC News, we profile the research and academic activities of **Drs. Gloria Gutman**, **Sharon Koehn**, and **Susan Crawford** as well as welcoming newly appointed SFU Gerontology Adjunct Professor – **Dr. Brian de Vries** – **SPOT LIGHT ON GRC/DEPT RESEARCH, INITIATIVES, AND PEOPLE**.

I have recently been appointed as Deputy Director, IRMACS - the Interdisciplinary Research in the Mathematical and Computational Sciences. Established in 2004, the IRMACS Centre is a unique, interdisciplinary research facility that enables collaborative interaction – intellectually, physically and virtually. Whether on-site or around the world, IRMACS Centre researchers enjoy innovative, expert technical support and state-of-the-art computational, visualization and communication resources. Case-in-point is the **Coast to Coast Seminar (C2C)** Series featured in this issue, coordinated by **Dr. Alex Mihailidis** and myself. With this series, we are using the power of technology to bring instantaneous academic collaboration / engagement between researchers spread across the breadth of this nation.

I would like to close my MESSAGE by inviting you to join us at the John K. Friesen conference May 28-29 at the SFU Vancouver Segal Centre. The conference places the spotlight on housing exploring current and future developments to meet the needs of today's and tomorrow's seniors; please see our registration announcement on the last page of this issue of SHUP.

The Coast to Coast (C2C) Seminar is an hour-long presentation given on a scientific topic and is made accessible to audiences at a number of remote sites across Canada through collaboration technology. Drs. Peter Borwein (founding Project Leader and Executive Co-Director of the IRMACS Centre; Burnaby Mountain Chair at Simon Fraser University and professor, SFU Mathematics Department) and Jonathan Borwein (Shrum Professor of Science (1993-2003) and Canada Research Chair in Information Technology (2001-2008) at Simon Fraser University, and founding Director of the Centre for Experimental and Constructive Mathematics) created the Coast to Coast Seminar Series with the intention of providing an opportunity to scientific communities from various Canadian universities to collaborate and share their interests. The secondary goal was to set the standard for these types of events and to explore further the possibilities of the use of the available technology. As the series has grown in the number of collaborators, presenters, and audience members, so has the number of goals. (For more information on C2C see: <http://c2c.irmacs.sfu.ca/>)

[EDITOR'S NOTE: The following descriptions constitute mostly brief SNAPSHOTS of the presentations in this C2C series interspersed with in-depth CLOSEUP descriptions.]

COLLABORATION ACROSS DISCIPLINES IN THE DESIGN OF EFFECTIVE TECHNOLOGIES TO SUPPORT OLDER ADULTS

Presented November 26, 2013 by:

Dr. Alex Mihailidis (Barbara G. Stymiest Research Chair in Rehabilitation Technology at the University of Toronto and Toronto Rehab Institute)

SNAPSHOT

Dr. Mihailidis discussed that as the complexity in the needs of older adults continues to increase, so do the requirements from the technologies that we are designing.

No longer can we take a 'uni-dimensional' approach in the design approach that has often been used in the past, but research and development in this field requires input from a multitude of stakeholders, who must all play a greater role in our traditional design methodologies

The talk discussed how collaboration across different technical and clinical disciplines is



Collaboration across disciplines in the design of effective technologies to support older adults – lab image 1



Collaboration across disciplines in the design of effective technologies to support older adults – lab image 2



needed to design technologies that can effectively support and help older adults. Dr. Mihailidis described different approaches that are currently being used to include end users in the design process, and presented examples of technologies that have been developed. (For more information see: <http://www.irmacs.sfu.ca/event/11686>).

UNDERSTANDING THE END-USER AND THEIR NEEDS

Presented January 14, 2014 by:

Dr. Arlene Astell (Community Management of Dementia Chair and Associate Professor, University of Toronto)

Dr. Uwe Glaesser (Professor of Computing Science and Associate Dean of Applied Science, Simon Fraser University)

SNAPSHOT

Working in partnership with end-users is the key to developing successful

interventions for any population. With an ageing population it is particularly important to understand how people make decisions about purchase and adoption of novel technologies and the key factors that influence these decisions.

This C2C seminar discussed techniques developed to encourage seniors to share their views about novel technologies and how their needs influence their decision-making. Also explored were examples of how user needs can be modelled to improve understanding of accessibility and scalability. In collaboration with users, caregivers, industry partners and other stakeholder groups a reference model specifying the principal user requirements and needs in terms of a service model to be defined in abstract computational terms was devised. This service model is intended as the starting point for building a flexibly extensible framework for developing an ensemble of software services utilizing cloud computing and distributed communication networks.



AGING IN A TECHNOLOGICAL WORLD OR TECHNOLOGY IN AN AGING WORLD?

Presented January 28, 2014 by:

Dr. Judith Sixsmith (Professor of Health and Well-being, University of Northampton, UK)

Dr. Scott Lear (Professor, Faculty of Health Sciences, Simon Fraser University)

CLOSEUP

Participatory Working with Older People in the Development of the Smart Distress Monitor

Dr. Sixsmith presented her collaborative work on the Smart Distress Monitor Project (SDM). The SDM project (2009-2011) was funded by the Technology Strategy Board in the UK involving a partnership between a UK academic institution (represented by a research team of psychologists and sociologists), an industrial partner, (represented by a team of engineers), and an advisory group of older people. The project aimed to design a reliable infrared activity/inactivity sensor to enable an affordable, accessible and user centred intelligent monitoring and alarm system to detect and locate 'vulnerable' people when in need of assistance – in real time and without positive action on their part.

The technology comprised an intelligent home hub to interpret inputs from optical sensors, calculate patterns of usual behaviour in order to detect unusual activity/inactivity and communicate an informative alarm to a carer who can take the appropriate action based on behaviour that deviates



Figure 3: Advisory group team members (Dr. Judith Sixsmith, center-right)

from the usual pattern. The system uses thermal, infrared technology to detect the movements of older adults, requiring passive environmental sensors within the home but obviating the need for body worn sensors, for example, pendants, smart watches etc. The technology can detect: activity/inactivity, other people, where the person is, posture (e.g., sitting, lying, etc.) (see figures 1-2).

The research was underpinned by a user-driven, participatory approach involving older adults in the design, development and application of the SDM technology. The aim of the participatory approach was to identify the technological, psychological and social needs of older and disabled people for home care; define user requirements of a 'smart distress monitoring system' for use in private homes; explore the ways in which an activity monitoring system impacts on

the everyday lives of older and disabled people in different settings; and ensure that older/disabled people are central to the development of the monitoring system. To this end, older adults were involved as co-researchers in the project as well as adopting the role of advisory group members (see figure 3), in order to provide systematic input into the research design and development, including data collection, analysis and dissemination.

To establish the user requirements, 24 Interviews were conducted with older/frail people together with 4 focus groups (N=2 older people, N=2 carers). Additionally, 18 interviews were undertaken with professional stakeholders. The advisory group members were active in conducting interviews (N=10), facilitating focus groups and analyzing data within data analysis workshops. Visits to smart home set-ups were orchestrated to

help the advisory group envision the possibilities of technologies not yet designed.

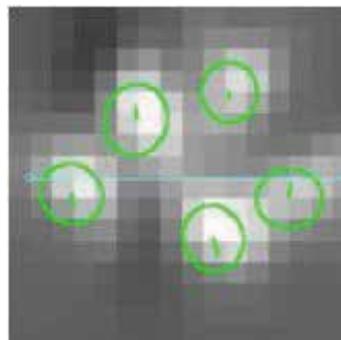
To establish how smart distress technology could best support the everyday lives of older adults, a total of 10 interviews were undertaken with frail older people and six use case scenarios were developed. Four multi-stakeholder workshops were then conducted and the use case scenarios and visualization techniques (art boards and storytelling) were used to enable older people, carers and professional stakeholders to imagine how a smart distress monitor would work in their own situation.

Once user requirements had been mapped and notions of everyday fit explored, insights from this data were input to the design process. These covered issues of system control, extent of home coverage, aesthetics, capability of the system to detect multiple people and differentiate between people and pets. Older people were concerned that the system would not detract from their sense of independence as well as supporting the psychological and social functions of the home such as safety, belonging and security.

The initial system design was tested in laboratory trials over a 6 month period. The final iteration of the technology design was then trialed over a 6 month period in five homes of older adults. Interviews were conducted pre- and post-installation with older people and carers, event diaries were maintained and pre- and post-evaluation

Figures 1-2: Graphical representation of the sensors field of view and imaging

These figures show the pyramidal field of view of a thermal detector looking at a scene through a down-looking optic on the left, and the corresponding thermal image on the right. As people move towards the edge of the optic footprint, less and less of their body will be in the pyramidal field of view, until only their feet will be visible as they leave the footprint.



questionnaires completed.

Trial findings suggest that the technology reduced personal fears for the older adult, improved levels of security and safety and brought peace of mind for carers. Older adults reported improved quality of life and self-efficacy, and improved independence. The project demonstrated that care related technologies can create/expand opportunities for older people's empowerment, safety, independence, well-being and quality of life. However, in the design of the technology, attention needs to be given to issues concerning intimacy, privacy, power, control and reflection on the psychological, emotional, social and cultural perspectives of the diverse target population.

This participatory research with older people/carers in the development of the smart distress monitor highlights the importance of comprehensive and multi-modal participation in the design of care-related technologies. This is essential to ensure that developing technologies are fit-for-purpose. Yet this requires the effective inclusion of motivations, perspectives, ideas, values and thoughts of older adults which is often complex and difficult to incorporate.

Moreover, engaging in partnership between academics, technologists and older adults can be challenging and a bridging of different worlds is required in terms of managing differing expectations (of people and technology), evolving effective and frequent communication and feedback strategies, ensuring comfort and allowance for disabilities and ill-health and avoiding discipline-based language. In conclusion, the development of care-related technologies such as the smart distress system must be viewed less as a technological challenge and more as the creation of an integrated socio-technical system in which technology is meaningful and purposeful for all people and organisations involved.

SNAPSHOT

Dr. Lear focused on the Canadian experience. Approximately 2 in 5

Canadian adults have a chronic disease and this number nearly doubles in people over 65 years.

With the ageing population and the coincident increases in chronic disease, there have been numerous calls for the 'transformation of health care' as our current model is likely to be unsustainable in the future. The use of technology in health care has been touted as a necessity in this transformation. However, despite the ubiquitous nature of a variety of low cost technologies (home computers/Internet, mobile phones, plain old telephone), the uptake into mainstream health care has been slow.

The British Columbia Alliance on Telehealth Policy and Research has been working on models of care using low cost technology to support patient self-management and transitions of care. These current and proposed models have been designed to align with current health care practices and have the promise of ready uptake.

PROMOTING SOCIAL CONNECTEDNESS AMONG OLDER ADULTS (CONNECT)

Presented February 25, 2014 by:

Dr. Ron Baecker (Emeritus Bell Chair in Human-Computer Interaction and founder and director of the Technologies for Aging Gracefully Lab (TAGlab) at the University of Toronto)

Dr. Ben Mortenson (Assistant Professor, Department of Occupational Science and Occupational Therapy, UBC)

SNAPSHOT

Social interaction and support are consistently identified as key aspects of older adults' quality of life. Lack of communication has been shown to lead to isolation/loneliness, which can result in problems such as depression and cognitive decline for older adults.

Declining social capacities are linked with declines in physical, cognitive and emotional functions and their associated implications for disease, dependence, and poorer life quality.

Researchers have begun to show that social interaction technologies



offer both cognitive stimulation and social connection. The limits of current research and commercial products provide a compelling argument to find a way to reach seniors by increasing their social connectedness, reducing their isolation, loneliness and depression and improving their cognitive functioning and overall health.

This presentation outlined three areas in which new communication technologies and associated activities can promote social connectedness among older adults: (1) new communication tools – InTouch, Second Life, Facebook; (2) collaborating and playing – digital social games, collaborative webquests; and (3) knowledge building and sharing – digital storytelling (life histories; family histories), collaborative online information seeking, reading and writing.

Drs. Baecker and Mortenson also provided several examples of research to be conducted around these areas.

TECHNOLOGIES FOR AGEING WELL: RESEARCH TO INNOVATION

Presented March 11, 2014 by:

Dr. Andrew Sixsmith (Director, SFU Gerontology Research Centre and Professor, SFU Department of Gerontology)

Ms. Rowena Rizzotti (Vice President of Operations, Retirement Concepts)

CLOSEUP

The ageing of the population presents many challenges, not least how services can be improved in order to enhance the health and quality of life of older



Dr. Andrew Sixsmith and Ms. Rowena Rizzotti

people in the context of limited financial resources. In this context, ‘information and communication technologies’ (ICTs) have a huge potential to improve services and enhance the well-being and social participation of older people. ICTs for older people have emerged as a major component of R&D programmes worldwide (1). For example, the EU’s AAL-JP, has invested significantly in this area as part of an inclusion social agenda to improve access and take-up of ICT-based products and services by disadvantaged groups, such as older people, and exploit the opportunities this brings for industry (2). There is also growing evidence that technological supports can bring about significant benefits for older people, while at the same time improving the cost-effectiveness of health and social services (3, 4, 5, 6).

However, the research in this area has so far been limited in terms of real-world products and services (7). While technical challenges remain important, future research must focus on innovation as the key goal and respond to a number of non-technical factors if the benefits of ICTs are to be realised.

Most research in the area has had a ‘technology-push’ approach that has typically failed to appreciate the significant challenges to creating viable

service processes and business models that include technological innovation.

Making technology solutions a reality in terms of real-world products and services requires addressing these challenges in a way that creates positive outcomes for all the stakeholders involved. Indeed, our ideas of knowledge translation must go beyond the typical end-of-project dissemination approach to one that includes stakeholder participation and business modelling as fundamental to the whole R&D cycle, so that technologies are congruent with the real-world opportunities and constraints.

Research by Meyer and colleagues (8) explore the international markets for the different generations of telecare systems and highlighted international differences in penetration. They argue that barriers to the creation of effective markets remain considerable worldwide, with factors such as funding and reimbursement systems, and organizational issues within care services constraining service innovation.

Despite this, the case for ICTs being part of the spectrum of care is increasingly compelling, but there is a need for a more holistic approach to technology development and deployment that includes key activities-user requirement analysis, care process design, business case modelling- to ensure that systems and devices are

aligned with the all the key stakeholders involved in the consumption and delivery of technology-based services.

The key challenge is how to achieve user-centred product development alongside greater penetration of the market. This route to market is not straightforward and, indeed, some of the considerations outlined above suggest that there are contradictory factors at play.

Providers of health and social services are often highly conservative institutions that are resistive to innovation and the ongoing failure to translate research into viable products and services points to structural weaknesses within service delivery systems as much as weaknesses in the viability of new systems and devices. ICTs offer avenues for developing innovative solutions for older people that go well beyond existing concepts of elder care and it is beholden on those working within the field of technology and aging to adopt a more proactive approach to transform research into innovation.

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SENSOR TECHNOLOGIES FOR MANAGING DISEASE AND DISABILITY

Presented March 25, 2014:

Dr. Rafik A. Goubran (Professor and Dean, Faculty of Engineering and Design, Carleton University)

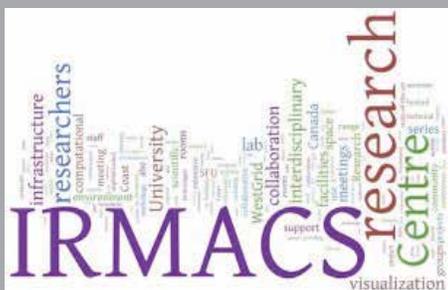
Dr. Frank Knoefel (Assistant Professor, Department of Family Medicine, University of Ottawa)

SNAPSHOT

Technology has been proposed as part of the solution to the challenges of a population that is getting increasingly frail, but prefers to “age in place.” A number of different sensors and sensor types have been proposed to monitor health conditions and overall functioning of older adults in their homes.

This C2C seminar reviewed a number of unobtrusive sensors that have been used in both laboratory and community settings. One device described was a pressure sensitive mat that can distinguish between healthy and impaired transfers from bed. The same mat has also been used to monitor breathing at the end of life.

Other sensors include ones as simple as magnetic switches on the fridge door and as complicated as electronic noses and microphone arrays. Ultimately, these technologies will be able to monitor older adults in their homes and detect changes that can lead to early intervention, thus preventing health or functional deterioration and more significant morbidity, and hence supporting “aging in place.”



The IRMACS Centre promotes collaboration between research groups that make intensive use of information technology to conduct their research. IRMACS provides a one stop shop for research support at SFU. The IRMACS infrastructure is available to all IRMACS researchers and consists of:

- 25,000 sq. ft. of computer laboratory and meeting room space

- 90+ computer workstations (shared among the IRMACS researchers)
- scientific gateway, web portals, servers and secure storage facilities to support its research community
- dedicated IRMACS and Compute Canada HPC computation
- advanced remote collaboration (video conferencing) technologies
- state-of-the-art scientific visualization software and hardware
- advanced networking that links IRMACS directly to the CANARIE network and WestGrid/Compute Canada High-Performance Computing (HPC) facilities

This infrastructure is supported by a highly skilled set of technical support staff.



GERONTOLOGY RESEARCH CENTRE

SUPPORT

The SFU Gerontology Research Centre and the SFU Department of Gerontology are seeking your taxdeductible donations to support our research, teaching, and public awareness efforts in the area of seniors' issues. Please visit the GRC website homepage and select the DONOR LINK to download a PDF version of our DONOR SUPPORT FORM. (http://www.sfu.ca/uploads/page/02/GRC_DONATION_FORM.pdf). Thank you!

THE GERONTOLOGY RESEARCH CENTRE

The Gerontology Research Centre (GRC) is committed to high quality research and knowledge transfer in the field of aging.

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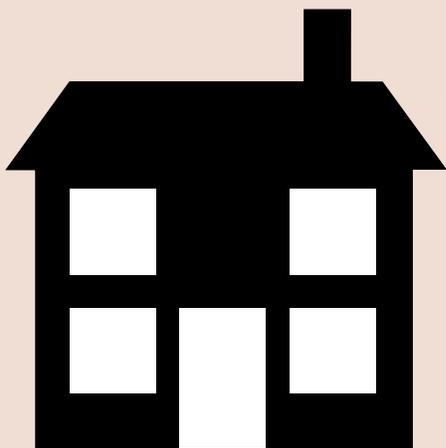
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This newsletter aims to provide accurate information. Although the information presented and the opinions expressed are gathered from sources thought to be reliable, their accuracy and correct interpretation cannot be guaranteed.





GERONTOLOGY
RESEARCH CENTRE

SENIORS' HOUSING UPDATE

VOLUME 23 NO.1 2014 SIMON FRASER UNIVERSITY, VANCOUVER, CANADA

IN THIS ISSUE OF SHUP

1. European Research Odyssey
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6. Research Centre Activities



Gerontology Research Centre activities in the area of HOUSING and the BUILT ENVIRONMENT are supported in part by endowment funds provided by the Real Estate Foundation of British Columbia.



GERONTOLOGY
RESEARCH CENTRE

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EUROPEAN RESEARCH ODYSSEY

Welcome to the latest edition of SHUP. In this issue, we are pleased to present ongoing research from Habib Chaudhury and Atiya Mahmood who are on study leave from SFU and engaged in research activities in Europe (including: University of Bradford, Bradford, UK; Lund University, Lund, Sweden; INNO4AGEING Conference, Barcelona, Spain; German Centre for Neurodegenerative Diseases, Witten, Germany; Goethe University, Frankfurt, Germany). Habib's and Atiya's research involves the application and development of tools, resources and frameworks for evaluating environmental supports that enable seniors to positively participate and age well across all settings. They have been presenting their work at a number of conferences and engaged in multi-stakeholder dialogues across Europe. The following is a brief description of those activities. Well done Habib and Atiya!

In this issue I am also excited to present two research projects that the Gerontology Research Centre will be engaged in over the next two years. The first project funded by the Vancouver Foundation will investigate the impact of affordable housing developments on the sense of place and well-being of older adults. The second project is funded by Baptist Housing to evaluate the impact of 'home-like' care environments on the health and well-being of residents, care givers and family members. Andrew Sixsmith (as P-I) and Ryan Woolrych (as Co-I) will publish updates and ongoing developments from both projects in future issues of SHUP!

Enjoy the issue.

Ryan Woolrych, PhD (Post-Doctoral Research Fellow, SFU Gerontology Research Centre)



Habib Chaudhury (Professor, SFU Department of Gerontology)

Dr. Chaudhury giving a talk at the Centre for Ageing and Supportive Environments (CASE), Department of Health Sciences, Faculty of Medicine, Lund University, Lund, Sweden.



Dr. Atiya Mahmood (Associate Professor, SFU Department of Gerontology)

Dr. Mahmood (standing) and older adult participants in a training session of the project -- "Assessment of Neighbourhood Districts for Physical Activity in Older Adults" in Frankfurt, Germany

DEVELOPMENT OF A USER-LED BUILT ENVIRONMENTAL AUDIT TOOL

“Seniors’ Walkability Audit In Neighborhoods” (Swan): Assessment Of Neighbourhood Districts For Physical Activity In Older Adults

Research Teams:

Simon Fraser University: Atiya Mahmood, Habib Chaudhury and Sarah Stott

Goethe University in Frankfurt: Frank Oswald, Tina Pfeiffer, Nadine Konopik, Innes Himmelsbach and Roman Kaspar

Engaging in regular physical activity has been found to positively impact cardiovascular health, well-being, and other health variables for older adults. Understanding the barriers and facilitators in the built environment by the older adults themselves can help them vocalize and advocate their needs for the appropriate neighbourhood built environment elements that will support physical activity and mobility.

Our presentation provided highlights of a study on the development of a user-led neighbourhood environmental audit tools for older adults named, “Seniors Walkability Audit in Neighbourhoods” (SWAN). This tool has been adapted from the SWEAT-R (Seniors Walking Environmental Audit Tool – Revised) tool developed for the CIHR funded Neighbourhood and Physical Activity study (H. Chaudhury, PI and team).

The SWAN tool has been developed to collect objective data on the built environmental setting as they relate to mobility, functionality, access and services for older adults across five domains: functionality, safety, destinations, aesthetics and social quality. This is a micro-level neighbourhood built environment audit tool appropriate for use by non-academic end-users or knowledge users (e.g., older adults, seniors’ service providers, stakeholders in communities) as a method to systematically evaluate the walkability of neighbourhoods and districts to become informed

partners in neighbourhood/district physical planning and decision-making processes.

The objectives of this pilot project are: a) to develop a user-led neighbourhood environmental audit tool; b) to pilot test this audit tool with older adults living in three specific districts (Bockenheim, Schwanheim and Nordweststadt) in Frankfurt am Main, Germany to gauge the usability and relevance of the tool; and c) to generate pilot data collected by older adults on micro-environmental features (e.g., width of sidewalk, street lighting, furniture) that are supportive or deterrent of physical activities in older adults living in those districts.

A study with older adults about social, physical and environmental variables has recently been completed by Prof. Dr. Frank Oswald of Interdisciplinary Aging Research, Goethe University, Frankfurt.

The German research project, “This is my place: On the meaning of ageing in place in neighbourhood for healthy ageing” was a mixed-method multi-year project. The researchers of the German team selected these districts based on high density of older adults living in these areas, as well as their variability in environmental characteristics.

Dr. Mahmood is working closely with her German host, Dr. Oswald and his research team to conduct this study. This collaboration has allowed her to draw upon established connections with the residents and service providers in these districts as part of the German study.

This project will provide policy makers and citizens with an easy-to-use built environmental audit tool that will allow community based organizations to systematically audit their neighbourhood/district built environment and gather evidence to initiate environmental change in their communities. This user-led audit tool is a usable product outcome of this study that can facilitate identification of neighbourhood/district areas that require micro-environmental interventions. A participatory process engaging older adults can provide an avenue for civic engagement, resulting in improving their communities to foster

age in place and improve their health outcomes.

Selected Invited Presentations and Research Activities by Habib Chaudhury:

ENVIRONMENT-SPECIFIC ASPECTS OF SELF-DETERMINATION AND QUALITY OF LIFE OF PEOPLE WITH DEMENTIA IN INSTITUTIONS FOR OLDER ADULTS

Presentation at the Fourth Annual Meeting of Care Strategies for People with Dementia to Self-determination and Quality of Life, German Centre for Neurodegenerative Diseases (DZNE), October 9, 2013, Witten, Germany.

This session discussed the importance of physical and social-psychological aspects of the environment for quality of life (QoL) and self-determination of people with dementia. Experiences from participants to successful implementation of environmental aspects were collected. Questions and issues that guided the discussion session: What is the physical environment? Conceptual understanding of person-environment interaction in dementia; Therapeutic goals in design for dementia; Key design principles; Environment from the perspective of persons with dementia; Things staff can do to modify the environment.

UNIVERSITY-COMMUNITY PARTNERSHIP IN STAFF EDUCATION ON PERSON-CENTRED CARE IN RESIDENTIAL CARE SETTINGS

Presentation at the INNO4AGEING Conference, December 12-13, 2013, Barcelona, Spain.

Person-centred care is focused on maintaining, supporting, and/or restoring the independence of persons living with or without dementia in residential care homes. The Physical Environment of the care setting has



Dr. Habib Chaudhury delivering a workshop on Environmental Design for People with Dementia at the University of Bradford, Bradford, UK, February, 2014.

a critical role in supporting person-centred care. It is important to develop meaningful partnerships between universities, policy-makers and health care providers in planning, developing and providing evidence-based staff training.

Simon Fraser University (Canada) has partnered with the Fraser Health Authority in Vancouver, Canada to develop a successful educational program to increase staff knowledge of the physical environment in quality of life for residents in residential care. This program will be briefly discussed along with challenges of implementation in person-centred care.

NEIGHBORHOOD BUILT AND SOCIAL ENVIRONMENTAL INFLUENCES ON PHYSICAL ACTIVITY IN OLDER ADULTS IN TWO METROPOLITAN AREAS: A MIXED METHODS APPROACH

Presentation at the Centre for Ageing and Supportive Environments (CASE), Department of Health Sciences, Faculty of Medicine, Lund University, Lund, Sweden, November, 13, 2013

“Walkers are ‘practitioners of the city,’ for the city is made to be walked. A city is a language, a repository of possibilities, and walking is the act of speaking that language, of selecting from those possibilities. Just as language limits what can be said, architecture limits where one can walk, but the walker invents other ways to go.”
/ Rebecca Solnit, *Wanderlust: A History*

of Walking

The neighborhood environment becomes increasingly salient to older adults faced with multiple physical, cognitive and social changes. This multidisciplinary international study explored this issue by utilizing mixed methods that included development of

a neighborhood built environmental audit tool, photovoice engagement of older adults, and a telephone survey. The study was conducted in eight neighborhoods in Vancouver, British Columbia and Portland, Oregon.

ENVIRONMENTAL DESIGN FOR PEOPLE WITH DEMENTIA: AN EDUCATIONAL WORKSHOP

Presentation at the Bradford Dementia Group, University of Bradford, Bradford, UK, February 13, 2014

The goal of this full day workshop was to equip long-term care facility administrators, care managers, care staff, facility planners and design professionals (e.g., architects, interior designers) with the knowledge base to understand and appreciate the importance of a responsive physical environment for people with dementia. The key objectives were to:

- a) identify typical problems in the physical environment of typical care homes for people with dementia;
- b) understand the facility development process;
- c) understand and appreciate the role of therapeutic goals and environmental design principles in dementia care;
- d) make informed decisions in planning and design for renovations in existing care facilities or planning and design of new care facilities.

The workshop was a combination of substantive lectures and hands-on-exercises in small groups. Substantive and process-oriented topics that

were covered included: key concepts in environmental design for people with dementia, facility development processes, therapeutic goals and design principles for dementia care settings. In the afternoon small group exercises, the participants applied environmental design concepts and principles in the context of a case study care facility. They developed a functional program and a schematic design of a dementia care environment. This workshop was well attended by a diverse group of healthcare professionals, architects, care providers and educators.

PROPOSED RESEARCH PROJECT:

Dr. Chaudhury is in the process of development of a grant application based on replication of selected research objectives and methods of the well-known study – Enabling Autonomy, Participation, and Well-Being in Old Age: The Home Environment as a Determinant for Healthy Aging-ENABLE-AGE Project conducted in Europe.

This major cross-national project was conducted in five European countries (Sweden, Germany, United Kingdom, Hungary and Latvia). It generated ground-breaking research findings in our understanding of the relation between the home environment (both objective characteristics and subjective evaluation) and older adults’ independence, participation and well-being.

The goal is to secure funding in Canada to conduct a similar study in North America. In this initiative, Dr. Chaudhury is collaborating with the following international researchers: Dr. Susanne Iwarsson, Lund University, Sweden; Dr. Frank Oswald, Goethe University, Germany; Dr. Keith Diaz-Moore, University of Kansas, USA, Dr. Laura Gitlin, Johns Hopkins University, USA; and Dr. Laura Lien, University of Buffalo, USA.



Participants and Tina Pfeiffer (Research Assistant) doing a trial neighbourhood environmental audit using the Seniors' Walkability Audit in Neighborhoods (SWAN) Tool in Frankfurt, Germany

Dr. Habib Chaudhury has a Ph.D. in Architecture/Environment-Behaviour Studies from the University of Wisconsin-Milwaukee with a concentration in Environmental Gerontology. His prior degrees are from Texas A&M University and Bangladesh University of Engineering and Technology. He is also affiliated with the Centre for Research on Personhood in Dementia Care at the University of British Columbia and Department of Geography at the University of Victoria. He has been Principal Investigator on several research projects on the role of built environment on health and aging. Funding received from various organizations including Canadian Institutes of Health Research (CIHR), Canada Mortgage and Housing Corporation (CMHC) and Coalition of Health Environments Research.

Dr. Atiya Mahmood is an Associate Professor at the Department of Gerontology at Simon Fraser University. She has a Ph.D. in Architecture/Environment-Behaviour Studies from the University of Wisconsin-Milwaukee. Dr. Mahmood has served on the Boards of Environment Design Research Association (EDRA) and Housing Education Research Association (HERA). She is also on the editorial board of the Journal of Housing for the Elderly and Housing and Society. Her research interests are in health and built environment with focus on housing for older adults, neighbourhood environment, mobility and active living, socio-cultural factors in homecare and gerontechnology.

She is an Alexander Von Humboldt Foundation Fellow in the Experienced Researcher Category. She has been PI and co-I on several grants related to aging, health, caregiving and socio-spatial environment. Funders include Canadian Institutes of Health Research (CIHR), Vancouver Foundation, Canada Mortgage and Housing Corporation (CMHC), Human Resources and Social Development Canada (HRSDC), Capital Care Foundation and Coalition of Health Environments Research (CHER).

SPOTLIGHT ON GRC/ DEPT RESEARCH

PLACE-MAKING WITH SENIORS: TOWARDS MEANINGFUL AFFORDABLE HOUSING

**Ryan Woolrych, PhD (Post-Doctoral Research Fellow,
SFU Gerontology Research Centre)**

Sixsmith, A., Woolrych, R., Sixsmith, J. PLACE-MAKING WITH SENIORS: TOWARDS MEANINGFUL AFFORDABLE HOUSING. Vancouver Foundation, 2014-2016 (\$106,200).

Housing that is not only affordable but also supportive of the psycho-social needs of seniors is fundamental to the well-being of our ageing population. Metro Vancouver is experiencing a significant increase in the size of its older adult population coincident with a period of rapidly rising market rents. This situation threatens housing adequacy of our older citizens 

CHNET WORKS! FIRESIDE CHATS WEBINAR:

**ISLANDS OF ISOLATION - EXPLORING
SOCIAL ISOLATION AND MISTREATMENT
OF OLDER ADULTS. / Charmaine Spencer
(LLM, Adjunct Professor & Research
Associate - Vulnerable Populations)**

<http://www.chnet-works.ca/>

Social isolation is considered one of the more robust risk factors for abuse and neglect later in life. But how does it function, and why? Equally important, how are we addressing it? About one in four seniors in Canada live alone, a proportion that is expected to grow. Trends of smaller, more geographically dispersed families converge with higher divorce rates, creating smaller and less stable family networks for aging Canadians than historically recorded. Socially isolated persons lack meaningful social contacts, social roles and mutually rewarding relationships that close family and community ties often provide.

This webinar discusses the complex relationships between social isolation and abuse or neglect of older adults. Topics include: social isolation myths, isolation-mistreatment as a socially constructed phenomenon, the effectiveness of current responses at the community and institutional level, and the role of policy as a mediator between social isolation and elder mistreatment.

SPOTLIGHT ON GRC/DEPT RESEARCH (cont'd)

and also puts them at risk for isolation, disconnection and retrenchment from community life. In the City of Richmond, 19% of senior-led economic family renter households are spending 50% of their monthly income on housing and are considered hidden homeless due to their risk of 'economic eviction.' Local and regional policy has advocated for affordable housing as a potential solution to provide stable, secure housing for those older people who are at risk of eviction. Yet the provision of affordable housing in its built form overlooks the notion of sense of place, defined as the social, psychological and emotional bonds that people have with their environment. A strong sense of place is articulated through access to supports for active participation, opportunities to build and sustain social networks, and assuming a meaningful role in the community. In contrast a feeling of displacement, or 'placelessness,' is associated with alienation, isolation and loneliness, often resulting in adverse health outcomes, especially amongst seniors.

Andrew Sixsmith (P-I) and Ryan Woolrych (Co-I) have received funding from the Vancouver Foundation to undertake a community-based participatory research project with seniors transitioning into an affordable housing development in the City of Richmond, 'Kiwaniis Towers.' Kiwanis Towers is a subsidized rental development for seniors with 296 one-bedroom units and associated resident service and amenity space. The research will capture the 'sense of place needs' of seniors moving into Kiwanis Towers, map those needs to service and amenity space in the affordable housing development and evaluate impact on local residents over 18 months. The project will involve multiple stakeholders from across the region including the City of Richmond, local planners and developers, senior's organizations and Richmond Kiwanis Senior Citizens Housing Society. The project will include the application of innovative methodologies including photography and video diaries, participatory mapping and training residents as co-researchers. The research will enable narratives to emerge of the experiences of older residents making the transition into affordable housing and inform the creation of community resources aimed at integrating sense of place in future affordable housing developments.

BAPTIST HOUSING EVALUATION

Ryan Woolrych, PhD (Post-Doctoral Research Fellow, SFU Gerontology Research Centre)

Sixsmith, A., Woolrych, R., Sixsmith, J. BAPTIST HOUSING EVALUATION. Baptist Housing, 2014-2016 (\$100,000).

The transition into long-term care facilities is associated with negative outcomes for older adults including a higher incidence of falls and poorer mental health. These negative outcomes result from maladjustment to moving from the familiar space of the home to an unfamiliar institutional setting. Research has shown that the built environment is important in creating a sense of home and belonging in long-term care facilities. To this end, the 'housing model' represents a shift away from the care facility as a medical or institutional setting to a therapeutic environment which integrates the everyday supports for normalised living. Here, the creation of small, homelike settings (described as the 'housing model') can have positive health and well-being outcomes for older adults, particularly those living with cognitive difficulties including dementia. The objective of the 'housing model' is to sustain high levels of independence, autonomy and well-being for the resident in a supportive and familiar environment.

Baptist Housing, a non-profit, charitable organization is working in partnership with: the Province of British Columbia; Vancouver Island Health Authority; and the Capital Regional Hospital District to develop a \$60.5 million, 260-bed residential care centre called 'The Heights at Mt. View' (HMV) in Greater Victoria. The care centre has integrated a number of innovative design approaches based upon principles of the 'housing model.' HMV aims to create a 'home' for residents through integrating key design features that support independence and quality of life in old age. The new facility at HMV has two key objectives: (i) to improve resident mobility in and around the home, encourage social interaction and ensure the safety and security of residents; and (ii) to improve the quality of care that care facility staff can deliver to residents through a care environment that is conducive to a person-centred approach.

Baptist Housing have commissioned the Gerontology Research Centre to undertake an evaluation of HMV. The purpose of the evaluation is to determine if and how a 'housing model' of care can contribute to positive outcomes for residents, family members and care staff. The evaluation aims to observe the effect of the change in built environment on residents, team members and families over the course of 18 months as they transition into a housing model of care (HMV). The evaluation will comprise a mixed methods approach including: analysis of care centre performance data; participant observations; interviews and focus groups with care centre staff, residents and family members; and photo elicitation with residents and staff. The evaluation will involve three key stages: evaluation protocol development (March-May 2014); pre-move research (May-October 2014); and post-move research (October 2014-March 2016). The key deliverables from the project will include: an evaluation report; a lay summary; and design guidelines to share at a local level. Updates will be provided in SHUP as the evaluation progresses.

The project will commence on March 1, 2013 through to the end of August 2016

RECENT CENTRE ACTIVITIES

AWARDS & HONOURS

Congratulations to **Dr. Habib Chaudhury** – recipient of a 2014 SFU Excellence in Teaching Award.

CONFERENCE PRESENTATIONS

Chaudhury, H. – RE: Plans for a North American ENABLE-AGE – “NEIGHBORHOOD ENVIRONMENT AND ACTIVE AGING.” Presentation to CASE, Faculty of Medicine, Lund University, Lund, Sweden. November 14, 2013.

Chaudhury, H. (2013, December). University-community partnership in staff education on person-centred care in residential care settings. Presentation at the INNO4AGEING 2013 – Innovations in Ageing Conference, 12-13 December, 2013, Vic, Spain.

Koehn, S., Mahmood, A., & Stott, S. (2013, October). Understanding quality of life in assisted living: Influence of the built and organizational environment. Invited speaker at CHÉOS Work in Progress seminar, Providence Health Care, October 23, 2013, Vancouver, BC.

Mahmood, A., Koehn, S., & Stott, S. (2013, November). Exploring the role of built environment on walkability and social interaction of ethnically diverse older adults in assisted living facilities. Poster session presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, November 20-24, 2013, New Orleans, LA.

Woolrych, R., Gibson, N., & Pratt, J. (2013, November). Housing seniors who have faced homelessness: A housing framework for aging-in-place. BC Non-Profit Housing Association Conference, November 18-20, 2013, Richmond, BC.

PUBLICATIONS

Cooke, H., & **Chaudhury, H.** (2013). An examination of the psychometric

properties and efficacy of dementia care mapping. *Dementia: The International Journal of Social Research and Practice*, 12(6), 790–805.

Chaudhury, H., Cooke, H., & Frazee, K. (2013). Developing a physical environmental evaluation component of the Dementia Care Mapping (DCM) Tool. In G. Rowles & M. Bernard (Eds.), *Environmental gerontology: Making meaningful places in old age*. (pp.153-174). New York: Springer.

Chaudhury, H., Hung, L., & Badger, M. (2013). The role of physical environment in supporting person-centered dining in long-term care: A review of the literature. *American Journal of Alzheimer's Disease and Other Dementias*, 28(5), 491-500.

Hay, K., & **Chaudhury, H.** (2013). Exploring the quality of life of younger residents living in long term care facilities. *Journal of Applied Gerontology*.

Mortenson, W.B., Sixsmith, A., & Woolrych, R. (2013). The power(s) of observation: Theoretical perspectives on surveillance technologies and older people. *Ageing & Society / FirstView*.

Pratesi, A., Sixsmith, J., & **Woolrych,**

R. (2013). Genuine partnership and equitable research: working “with” older people for the development of a smart activity monitoring system. *The Innovation Journal: The Public Sector Innovation Journal*, 18(3).

Sixsmith, J., **Sixsmith, A.,** Fänge, A.M., Naumann, D., Kucsera, C., Tomson, S., ... & **Woolrych, R.** (2014). Healthy ageing and home: The perspectives of very old people in five European countries. *Social Science & Medicine*. doi: 10.1017/S0144686X13000846.

IN THE NEWS / ON THE WEB

(Editor's Note: to access interviews please visit our website: http://www.sfu.ca/grc/news_items/faculty/)

Atiya Mahmood – VON ARCHITEKTUR ZU ALTERS FORSCHUNG
GASTFORSCHERIN PROF. ATIYA MAHMOOD IST FÜR EIN SEMESTER AN DER GOETHE-UNIVERSITÄT TÄTIG [RE: FROM ARCHITECTURE TO AGE RESEARCH – GUEST RESEARCHER PROFESSOR ATIYA MAHMOOD IS FOR ONE TERM AT THE GOETHE UNIVERSITY ACTIVE]. UniReport, Goethe-Universität Frankfurt am Main, FEB 2014, p18.

23rd John K. Friesen Conference
In collaboration with SFU's Lifelong Learning Adult 55+ Program

Housing Alternatives for an Aging Population

May 28-29, 2014
Segal Centre, SFU Vancouver Campus | 515 West Hastings Street
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Hosted by: Simon Fraser University | Gerontology Research Centre
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RESEARCH CENTRE

RECENT CENTRE ACTIVITIES

GRC FREE PUBLIC LECTURES & SPONSORED EVENTS

Catherine Bigonnesse, (PhD candidate, SFU Gerontology) – GRC Seminar Series: HOUSING ISSUES AND AGING-IN-PLACE: WHAT CAN WE LEARN FROM AGE-FRIENDLY CITIES, MEANING OF HOME AND INNOVATIVE HOUSING MODELS? December 3, 2013.

Andrew Wister and **Katherine Coatta**, (MA candidate, SFU Gerontology) – 2013 LiVWELL Monthly Seminar Series: TOWARDS A RESEARCH AGENDA ON LIVING WELL WITH MULTIPLE CHRONIC CONDITIONS: A RESILIENCE MODEL AND MULTI-LEVEL PROFILE. December 4, 2013.

CONFERENCE PRESENTATIONS

Kadowaki, L., Wister, A., & Chappell, N. (2012, November). Home care needs and their influence on life satisfaction, perceived life stress, and loneliness. Poster session presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, November 20-24, 2013, New Orleans, LA.

Koehn, S., Badger, M., Garcia, L., McCleary, L., Dalziel, W., Cohen, C., Silvius, J., & Drummond, N. (2013, November). Negotiating access to dementia care: Cross-cultural considerations for Canada's aging population. Poster session presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, November 20-24, 2013, New Orleans, LA.

Koehn, S., & Gill-Badesha, D. (2013, September). Evaluating the seniors support services for South Asian Community project. Presentation to the United Way Seniors' Planning Table Coordinators, September 19, 2013, Burnaby, BC.

Woolrych, R., Sixsmith, A., Robinovitch, S., Feldman, F., Chaudhury, H., & Symes, B. (2013, November). Understanding falls in long-term care: A video-based case study approach. Poster

session presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, November 20-24, 2013, New Orleans, LA.

PUBLICATIONS

Giabbanelli, P.J., **Jackson, P.J.**, & Finegood, D.T. (2014). Modelling the joint effect of social determinants and peers on obesity among Canadian adults. *Theories and Simulations of Complex Social Systems*. Springer Berlin Heidelberg, 145-160.

Jackson, P.J. (2014). Software solutions for computational modelling in the social sciences. *Theories and Simulations of Complex Social Systems*. Springer Berlin Heidelberg, 5-17.

McCleary, L., Persaud, M., Hum, S., Pimlott, N.J.G., Cohen, C.A., **Koehn, S.**, et al. (2013). Pathways to Dementia Diagnosis among South Asian Canadians. *Dementia*, 12(6), 769-789.

Matsuoka, A., Guruge, S., **Koehn, S.**, Beaulieu, M., Ploeg, J., et al. (2013). Prevention of abuse of older women in the post-migration context in Canada. *Canadian Review of Social Policy (Special Issue on Aging)*, 68/69, 107-120.

Paris, M., Beaulieu, M., Garon, S., & **Bigonnesse, C.** (2013). "Selon le temps, la manière" ou en quoi Villes amies des aînés se distinguent des autres documents internationaux sur le vieillissement. *Canadian Review of Social Policy*, 2(68-69), 10-23.

Wister, A.V., & McPherson, B. (2014). *Aging as a social process: Canadian perspectives*, 6th Edition. Don Mills, ON: Oxford University Press.

Worsfold, B. (2013). [Review of the book, T.R. Prohaska, L.A. Anderson, & R.H. Binstock (Eds.), *Public Health for an Aging Society*]. *Canadian Journal on Aging*, 32(2), 221-222.

Yon, Y., Wister, A.V., Mitchell, B.A., & Gutman, G. (2014). A national comparison of spousal abuse in mid- and old age. *Journal of Elder Abuse and Neglect*, 26(1) 80-105.

IN THE NEWS / ON THE WEB

(Editor's Note: to access interviews please visit our website: http://www.sfu.ca/grc/news_items/faculty/)

Gloria Gutman – SENIOR'S DEATH IN NORTH VANCOUVER HIGHLIGHTS DANGER OF WANDERING PATIENTS. *The Globe and Mail*, Wendy Stueck interviewer, December 9, 2013.

Gloria Gutman – GAY & GREY. CBC Radio One, moderated by Stephen Quinn, MAR 12, 2014.

Gloria Gutman – OLD AND DANGEROUS: SENIOR VIOLENCE IS GETTING WORSE. *Macleans*, Ken MacQueen interviewer, January 17, 2014.

Gloria Gutman – BOOMERANGST: TURNING DILEMMAS INTO DISCOVERIES – CARING FOR CAREGIVERS. | *Everything Zoomer.com*, Diane Sewell interviewer, FEB 20, 2014.

Gloria Gutman – RE: WHAT SHOULD THE FIRST PRIORITY BE OF BC'S NEW SENIORS ADVOCATE?: BC Almanac; CBC Radio 1, March 19, 2014.

Andrew Sixsmith – RE: COMMENTED ON A CONFERENCE HE IS ATTENDING IN LONDON, ENGLAND ON THE ADVANCEMENT OF DEMENTIA RESEARCH: CKNW [podcast], DEC 2013.

Andrew Sixsmith – DEFEATING STIGMA OF DEMENTIA. *Maple Ridge News*, Neil Corbett interviewer, January 17, 2014.

Andrew Sixsmith – RE: L'Isle-Verte fire: CBC Radio, "On the Coast", JAN 2014.

Brian de Vries: CBC Radio One, Gay and Grey: Alan Herbert's story, and the challenges facing LGBT seniors MAR 2014

Andrew Wister – RE: CANADA POST'S DECISION TO ELIMINATE HOME MAIL DELIVERY: *Now News*, DEC 2013.

SPOTLIGHT ON GRC/DEPT RESEARCH, INITIATIVES, AND PEOPLE



Dr. Gloria M. Gutman (Professor/ Director Emerita, Simon Fraser University Gerontology Dept. & Gerontology Research Centre)

HER RESEARCH

The National Initiative for the Care of the Elderly (NICE) has developed and digitized sets of evidence-based pocket-tools for eight interdisciplinary areas: mental health, caregiving, legal, dementia, ethnicity, financial literacy, elder abuse, and end of life. As with paper versions, key challenges include determining best strategies to promote uptake by relevant stakeholders (seniors and caregivers, healthcare professionals, policymakers, etc.) and to determine the impact of tool acquisition on practice and behaviours. Using the *Conceptual Model of Knowledge Exchange* (Meagher et al, 2008) as a guiding framework, a multi-phase KT initiative is being implemented. Phase 1, currently in progress, involves promotion of the PTs through academic (conference presentations) and non-academic channels (social media, media campaign). Subsequent phases will: assess stakeholders' current knowledge and use of PTs; assess impact of tool acquisition on practice and behaviors; compare digital vs. paper versions; and identify strategies to facilitate PT acquisition.

McDonald, L., Marzali, E., Kryzanowski,

L., Wideman, G., Donahue, P., Gutman, G., Beaulieu, M., Lowenstein, A., McKenzie, C. Baecker, R., Fuller-Thomas, E., & Kobayashi, K. **ENGAGED SCHOLARSHIP: EVALUATION OF KNOWLEDGE MOBILIZATION FOR OLDER ADULTS IN THE COMMUNITY.** SSHRC Partnership Grant, 2012-2018 (\$2,190,000).



Dr. Sharon Koehn (Assistant Professor, Department of Gerontology, Simon Fraser University)

Sharon Koehn (PI). **SELF-MANAGEMENT SUPPORTS FOR IMMIGRANT SENIORS.** Funded by SFU Community Trust Endowment Fund -LivWELL group: catalyst grant, 2012-2013 (\$2500).

HER RESEARCH

The LiVWELL group has awarded Dr. Sharon Koehn an additional \$2500 to support dissemination of her findings from the Self-Management Supports for Immigrant Seniors project. LiVWELL is an SFU Community Trust Endowment funded group that seeks to “understand the complexity of chronic diseases and identify effective solutions from individuals and systems that are ‘living well’ in society.” Dr. Koehn’s team examined (a) whether or not an ethnically-targeted exercise program, delivered jointly by the City of Surrey and a multicultural settlement agency (DIVERSEcity), supports the capacity

of immigrant South Asian senior participants to ‘self-manage’ their chronic conditions, and (b) if it can form the basis of a model for supporting the self-management of chronic conditions among barriered immigrant older adults. She has reported on preliminary findings in the GRC News 32(1), 4 [http://www.sfu.ca/uploads/page/26/GRCNv32n1_SHUPv22n1_2013_FINALr.pdf] and at the LiVWELL Seminar Series, Simon Fraser University, Vancouver, BC. May 29, 2013 [<http://livwellresearch.ca/events/event-3/>]. A plain-language summary of her findings is available in English and Punjabi at http://livwellresearch.ca/seniors_support_sa_community/. The additional funding will support the production of peer-reviewed publications and a GRC News update.

HER GERO STUDENTS IN THE COMMUNITY

Students in Dr. Sharon Koehn’s Gero 412 course, “Culture, Aging and Migration,” are preparing to get out and about in the community to witness programs aimed at supporting immigrant older adults in action. The Experiential Learning Project component of the course requires students to visit a community agency for up to 3 hours during which time they are also committed to giving back to the seniors involved. Dr. Koehn explains, “if we want students to be welcomed at these agencies year after year, we need to establish a win-win relationship – the well will dry up quickly if all we do is draw from it!” For example, Gerontology PBD student, Christine Holmquist is offering a session on quilting to a multicultural ‘Coffee and crafts’ group that meets regularly at Collingwood Neighbourhood House. Students will chat to program organizers and the seniors involved and by sharing their experiences with fellow students will learn about the breadth of programs offered in Greater Vancouver. These opportunities also provide students with experience and contacts that may be valuable in their

efforts to find work when they graduate. Our thanks are extended to the participating agencies: South Granville Seniors Centre (Hispanic Seniors program), PICS (Punjabi Seniors Computer program), SUCCESS – Adult day Care and Chinatown Seniors Services, MOSAIC, Collingwood Neighbourhood House, South Vancouver Neighbourhood House, and the Free Vietnamese Association in BC.

Dr. Susan Crawford, (GRC Research Associate)



HER ROLE

The National Initiative for the Care of the Elderly (NICE) has developed and digitized sets of evidence-based pocket-tools for eight interdisciplinary areas: mental health, caregiving, legal, dementia, ethnicity, financial literacy, elder abuse, and end of life. As with paper versions, key challenges include determining best strategies to promote uptake by relevant stakeholders (seniors and caregivers, healthcare professionals, policymakers, etc.) and to determine the impact of tool acquisition on practice and behaviours. Using the *Conceptual Model of Knowledge Exchange* (Meagher et al, 2008) as a guiding framework, a multi-phase KT initiative is being implemented. Phase1, currently in progress, involves promotion of the PTs through academic (conference presentations) and non-academic channels (social media, media campaign). Subsequent phases will: assess stakeholders' current knowledge and use of PTs; assess impact of tool acquisition on practice and behaviors; compare digital vs. paper versions; and identify strategies to facilitate PT acquisition.

Dr. Crawford's responsibilities on the GRC research team include supporting grant applications and program management. She is also an Adjunct Professor in the Gerontology Program, overseeing courses in Research Methods, Program Evaluation, and Nutrition in Aging. Trained as a clinical dietitian, Susan holds a Master's degree in Human Nutrition (U. London) and a Ph.D. in Kinesiology (SFU). She has held a wide variety of positions in public health, industry, communications and academia, most recently serving 10 years as Assistant Director for the CIHR Institute of Nutrition, Metabolism and Diabetes, and the Institute of Aging.

THE GRC AND SFU DEPARTMENT OF GERONTOLOGY WELCOME DR. BRIAN DE VRIES (Adjunct Professor, Department of Gerontology, Simon Fraser University)



December 2013 – **Gloria Gutman** (C) and **Andrew Wister** (R) welcomed newly appointed SFU Adjunct Professor, **Brian de Vries** (Professor, former Director, Gerontology Program, San Francisco State University) to the Centre.

Brian de Vries, Ph.D., is professor of gerontology at San Francisco State University. He received his doctorate in life-span developmental psychology from the University of British Columbia in 1988 and was a post-doctoral fellow at both the University of Southern California and Simon Fraser University. His recent appointment as adjunct professor at Simon Fraser University is a return home of sorts – as a colleague of his post-doc mentor, Dr. Gloria Gutman. Dr. de Vries is a fellow of the Gerontological Society of America (GSA) and past Board member of the American Society on Aging (ASA) and co-Chair of the LGBT Aging Issues Network constituent group. Dr. de Vries was appointed to the Institute of Medicine's Board on the Health of Select Populations Committee authoring the recently released acclaimed book: *The Health of Lesbian, Gay, Bisexual and Transgender People: Building a Foundation for Better Understanding*. Dr. de Vries is Associate Editor of *LGBT Health*, and former editor, associate editor or guest editor of five other key journals in the field. In addition, he has edited four books, authored or co-authored approximately 100 journal articles and book chapters, and he has given over 150 presentations to local, national and international professional audiences on the social and psychological well-being of midlife and older LGBT persons, among other topics.

RECENTLY COMPLETED THESES & PROJECTS

Claudine Matlo (2013). THE EFFECT OF SOCIAL AND BUILT ENVIRONMENT FACTORS ON AGING IN PLACE (AIP): A CRITICAL SYNTHESIS. M.A. Project, SFU Department of Gerontology (Supervisor: A. Mahmood).

This capstone project presents a critical synthesis of recent literature (2000-2013) related to aging in place in the urban environment. Definitions across multiple disciplines including geography, gerontology, sociology, and psychology are reviewed and inform the development of a proposed holistic definition of optimal aging in place. The literature is then reviewed and synthesised for social and built environment barriers and facilitators to aging in place, along with two key theoretical models and the World Health Organization's Age Friendly Cities framework leading to a conceptual framework for optimal aging in place. It is proposed that this theoretically grounded framework of optimal aging in place will help guide future work in the area of aging in place in the urban neighbourhood. It was found that the intersectionality of multiple factors affects each individual differently depending on their current level of competence leading to a unique combination of factors involved in optimal aging in place.

Annette Wertman (2013). AN EXPLORATION INTO PATHWAYS, BARRIERS AND EXPERIENCES OF YOGA AMONG YOUNGER AND OLDER ADULTS. M.A. Thesis, SFU Department of Gerontology (Supervisor: A. Wister).

The aim of this thesis was to explore potential differences in yoga practices between middle-aged (40 to 54) and older adult yoga students (55+). A social learning/health belief model was used to frame this research. A mixed methods approach was used. For the quantitative analyses, a convenience sample, of 452 participants, was collected through an on-line questionnaire. For the qualitative analyses, face-to-face interviews were conducted with 20 of the participants. Results of the mixed methods approach showed several unique differences between the age groups in terms of barriers and experiences, but not pathways. Implications for health promotion programs that target older adults were discussed.

A GLANCE - Annette Wertman, M.A. Gerontology, SFU

A Glance highlights the success of our Gerontology graduates. Annette Wertman graduated from the Master of Arts program in 2013.

Annette has established her own company – Ageless Yoga with Annette Wertman.



Returning to university was not an easy decision after a 35 year hiatus, but working as a music therapist with older adults for many years, I felt the need to explore and expand. The Department of Gerontology at the Simon Fraser University downtown campus was just right for me. Taking advantage of the new Canada Line for easy transportation, and support from family and friends, I enrolled in the diploma program. After doing well in the first few courses I transferred into the master's program. I think back now, having finished the requirements for

the M.A., to my first multiple-choice exam for Gerontology 300. I feel pride and relief. Those initial courses created a great deal of anxiety, as I slowly began to acquire the necessary computer skills, not to mention learning how to write a proper essay and design a PowerPoint presentation.

During this time my personal life led me to the practice of yoga. As a baby boomer, I am passionate about growing older in the healthiest way possible. I believe the practice of yoga provides the opportunity to age gracefully. After a few years of intense practice, I took a variety of Teacher Training courses. I am now a certified Yoga Instructor (E-RYT 500 hour), specializing in Yoga for Older Adults. My students range in ability and age, but all are dedicated yogis who are inspired by the health benefits of a regular yoga practice. I am honoured to work with wise and experienced souls. I often wonder who is actually teaching who? You can find me leading classes at various community centres and neighbourhood houses throughout the Lower Mainland, and teaching yoga in Jamaica during our rainy winter holiday weeks.

The Gerontology Master's program at SFU has encouraged me to embrace later life. I am grateful for this. My thesis was an exploratory study of yoga and the older adult. We know little about how older adults' transition into yoga, their motivations, perceived benefits, barriers and experiences. The results of my thesis suggest that yoga is a beneficial and enjoyable activity for all ages, that most people could benefit from the opportunity to experience the health benefits of a regular yoga practice and that health professionals and health promotion programs should endorse and support yoga. Please visit my website at: www.agelessyoga.ca

[Editor's Note: Annette presented a complimentary class, YOGA WITH CHAIR at VanDusen Botanical Garden November 26, 2013.]

SFU STUDENT DELEGATION TO TAIWAN

by Laura Kadowaki (MA Student, SFU Gerontology)



SFU Student Delegation to Taiwan – Laura Kadowaki fourth from right

Over the winter break I had the privilege of being a part of a SFU student delegation to Taiwan (officially known as the Republic of China). The Republic of China was founded in 1912 on mainland China, but relocated to Taiwan after being defeated in the Chinese Civil War. Taiwan was ruled as an authoritarian state, and it was not until 1992 that central government elections were first held, and 1996 when presidential elections were held.

Since then, Taiwan has been able to make considerable progress in the areas of democracy and human rights with the goal of making themselves into a model Chinese democracy. Taiwan has also undergone significant economic development and in 2011 was the 17th largest exporter and 18th largest importer in the world.

Despite the considerable progress Taiwan has made, Taiwan is still not a full member of the international community. Taiwan is officially recognized as a state by only 23 countries; Canada is not one of them, but does maintain a trade office in Taiwan.

The reason for Taiwan's ambiguous position in the international community is because mainland China (officially known as the People's Republic of China) asserts that Taiwan is a part of China, while Taiwan asserts that they are an independent sovereign state. Improving their relationship with mainland China has been a major political goal for Taiwan, and since 2008 institutionalized talks have been held between China and Taiwan and a number of formal Cross-Strait Agreements have been signed.

While most Taiwanese people are content with the current status quo of neither official independence nor unification with mainland China, the time will come eventually when a resolution will need to be reached on this issue. Taiwan is aware of their precarious position in the international community and the asymmetry of their situation, and this

is why they have begun to engage in a strategy of 'viable diplomacy.' This strategy involves working to strengthen their international ties through trade, education, cultural exchange, and the promotion of democracy and human rights.

The SFU delegation I was a part of was sponsored by the Taiwanese government as a part of their viable diplomacy strategy. Some of the highlights of our trip included: having the opportunity to meet with members of the political party in power and the opposition party; visiting the Foundation for Women's Rights Promotion and Development and learning that Taiwan is ranked number four in the world for gender equality; enjoying the natural beauty of Taiwan at Taroko National Park; going to Hsinchu Science Park, which is an industrial park the size of a city that the government has developed to support high-tech industries; seeing the control room of the Taipei Rapid Transportation Corporation and riding the metro; and of course, eating a lot of delicious Taiwanese food!

During our trip we were able to see firsthand all that Taiwan has to offer to the world, and hopefully through Taiwan's commitment to dialogue and diplomacy other people will be able to see this too



RESEARCH TO REALITY:

This public information brochure was created for the Vancouver Cross Cultural Senior's Network by:

Katherine Coatta
(MA Candidate SFU Gerontology);

Laura Kadowaki
(MA student SFU Gerontology);

Ravin Kahlon
(MA, SFU Gerontology);

Monita Sundar
(MA Candidate SFU Gerontology)

The brochure can be accessed on our GRC Links webpage – http://www.sfu.ca/uploads/page/04/VCCSN_2013_brochure.pdf



GERONTOLOGY GRADUATE CAUCUS UPDATE

by Sarah Stott (M.A. Candidate & Outgoing GGC Vice Chair)

The Gerontology Graduate Caucus had the pleasure of hosting our **16th Annual Careers Night and Networking Wine and Cheese** on Friday, March 7, 2014 at SFU's Vancouver campus. We express sincere gratitude to all those who attended and helped make this event a success. Attendees included graduate, post baccalaureate, and minor students; in addition to gerontology department staff, faculty members, and working professionals. This year we had the privilege of hosting three speakers from a variety of educational backgrounds: **Charisse Bobrovitskiy**, PBD (Executive Assistant to the President & CEO, Baptist Housing), **Claudine Matlo**, MA (Better at Home Program Coordinator, Mount Pleasant Neighbourhood House), and **Ann Sarte**, MA (Team Leader, North Shore Chronic Disease Services, Vancouver Coastal Health). Each presentation provided attendees with an entertaining and enlightening story of the path taken to their career, their experiences working with older adults, and practical advice for current students and new grads looking for professional development opportunities. The speaker series was followed by two networking sessions where attendees had the opportunity to discuss their research and working interests while facilitating 'short but sweet' connections. This session was followed by an unstructured networking session where attendees were free to mingle, providing

a forum to discuss current projects, interests, and forge potential working relationships.

The GGC would like to extend a heartfelt 'thank you' to **Dr. Andrew Wister** for speaking on behalf of the Gerontology Department and the Gerontology Research Centre, and to **Roslyn McKoen** and **Anne Marie Barrett** for their exceptional assistance and support in organizing this event. We would also like to thank our sponsors: SFU Graduate Student Society; Department of Gerontology; the Dean of Arts and Social Sciences and the Dean of Graduate Studies. Lastly, I would personally like to recognize my fellow executive members of the GGC for their hard work in the organization and hosting of this year's event: **Catherine Bigonnesse** (Chair), **Stephanie Buchert** (Treasurer), **Laura Kadowaki** (Secretary), **Melissa Badger** (GSS Representative), **Sarah Wu** (Social Coordinator), and **Heather Cowie** (Member at Large). For those who may be interested, the position of Vice Chair for the GGC is currently available.

Please contact our Chair, Catherine Bigonnesse at cbigonne@sfu.ca for more information about this position and how you can get involved. GGC executive committee elections for the 2014-2015 academic year will be held in Fall 2014.



Speakers left-right: **Charisse Bobrovitskiy**, **Claudine Matlo**, **Ann Sarte**

2014 SPRING GERONTOLOGY STUDENT AWARDS CEREMONY

THE CEREMONY, held on January 15, 2014 at SFU Vancouver campus, featured presentations by the Royal Canadian Legion and the Old Age Pensioners of BC. The Legion's Geriatric Nursing Bursary of \$2000 was presented to MA candidate Melissa Badger by Shaun Francis (member, Provincial Youth Committee – British Columbia/Yukon Command). Although well known as Canada's preeminent non-profit veterans' support organizations, relatively few Canadians realize the Legion is also active in many other areas or that its programs benefit people throughout society. At one end of the age spectrum is the Legion's seniors programs. The Legion's commitment to seniors dates back more than 50 years to when branches first got involved in building low-rent apartment units for elderly veterans, widows and their dependents. Today, most branches conduct seniors' programs or provide services focused on health care, home support and housing. At the national level, the Legion engages in advocacy for seniors' rights and their well-being. Awards of \$1000 each were presented to MA candidates Melissa Badger and Tasha Lorenzen by Betty Bolton (President, Old Age Pensioners of BC Scholarship Society). Established in 1983, the goal of the Society is to assist worthy students of gerontology in British Columbia, especially those involved in research and practice-oriented work with seniors. Annual funding is mainly from donations by Society branches and members.

RECIPIENTS OF OTHER GERONTOLOGY AWARDS IN WERE ALSO RECOGNIZED AT THE CEREMONY:

Brooke Astles – Graduate Fellowship (full – Fall 2013): \$6250; Graduate Fellowship (half – Spring 2014): \$3125

Melissa Badger – Graduate Fellowship (half – Fall 2013): \$3125; Royal Canadian Legion Geriatric Nursing Bursary: \$2000; Old Age Pensioners of BC Scholarship Society Award: \$1000; Marie Magrega Memorial Graduate Award in Gerontology: \$1000; Travel and Minor Research Award – GSA: \$400

Valerie Baiton – Al Eisenring Award \$2200; Special Graduate Entrance Scholarship (Fall 2013): \$2000

Denise Beaton – Province of BC Graduate Research Fellowship: \$15,000; Graduate Fellowship (half – Fall 2013): \$3125

Catherine Bigonnesse – Travel and Minor Research Award – CAG: \$400

Stephanie Blackman – Graduate Fellowship (half – Fall 2013): \$3125; Fung Chan Yee Shan Memorial Scholarship in Gerontology: \$1100

Laura Booi – Mark Nussbaum Graduate Research Fellowship in Gerontology: \$5000; Graduate Fellowship (half – Spring 2014): \$3125; David & Rachelle Chertkow Essay Prize: \$1000

Michael Campo – Travel and Minor Research Award – CAG: \$400

Heather Cowie – Special Graduate Entrance Scholarship (Spring 2014): \$2500

Joanne Franko – GABC Chuck Bayley Memorial Scholarship: \$1000; Isabel Dawson Memorial Scholarship in Gerontology: \$650

Laura Kadowaki – CIHR Graduate Masters Scholarship: \$17,500; Travel and Minor Research Award – GSA: \$400
Tasha Lorenzen – Graduate Fellowship (half – Fall 2013): \$3125; Graduate Fellowship (half – Spring 2014): \$3125; Old Age Pensioners of BC Scholarship Society Award: \$1000; Lillian Zimmerman Graduate Scholarship in Gerontology: \$500
Charisse Pagarigan – Israel Chertkow Memorial Scholarship: \$580

Sarah Stott – Graduate Fellowship (half – Fall 2013): \$3125; Keith Gilbert Loughlin Bursary: \$975; Gloria Gutman Endowment Fund: \$850; German Canadian Benevolent Society of BC Aulinger Award in Gerontology: \$600; Travel and Minor Research Award – GSA: \$400

Sarah Wu – Graduate Fellowship (half – Fall 2013): \$3125; Graduate Fellowship (half – Spring 2014): \$3125; GABC Chuck Bayley Memorial Scholarship: \$1000

Congratulations to all!



Betty Bolton (Old Age Pensioners of BC Scholarship Society) and MA Candidates Melissa Badger (left) and Tasha Lorenzen (right)



MA Candidate Melissa Badger and Shaun Francis (member, Provincial Youth Committee – British Columbia/Yukon Command)