

## DIRECTOR'S PERSPECTIVE

by David F. Hultsch, PhD



In March, the Centre will undergo a formal external review of its activities over the past 7 years. All research centres at the University undergo such periodic reviews in consideration of extension of their approved mandate by the Board. As part of this process, the Centre has prepared a report summarizing our accomplishments over the period, and identifying objectives, strengths, and weaknesses for our future development. You may access this report at <http://www.coag.uvic.ca/publications/pdfs/COAGreview04.pdf>.

My thanks to the research affiliates of the Centre and the staff of the Centre, particularly, Diane Allan, Lindsay Cassie, Lois Edgar, and Anita Jessop for their assistance in preparing this report. I believe the report documents the tremendous accomplishments of the Centre in recent years and anticipates the exceptional possibilities for its continued development in the future. The report is provided to the review panel in advance of their site visit to the Centre. The members of the review panel are Dr. Carol Ryff (Professor of Psychology and Director, Institute on Aging, University of Wisconsin), Dr. Margaret Denton (Professor of Sociology and Director, Centre for Gerontological Studies, McMaster University) and Dr. Mary Ellen Purkis (Professor of Nursing and Director, School of Nursing, University of Victoria). The review panel will visit the Centre on March 11th and

12th. We look forward to their visit and their recommendations for further development of the Centre.

In the Fall issue, I reported our success in obtaining an infrastructure award from the Michael Smith Foundation for Health Research. In the intervening months we have used these funds to build capacity to assist researchers affiliated with the Centre to pursue their research goals. Several new positions supported by the infrastructure grant have been filled. These include a Research Associate (Dr. Phyllis McGee), a Project Administrator (Kim Dranchuk), Project Secretary (Anita Jessop), and a Research Assistant (Shelly Waskiewich). In addition, a number of faculty have had part of their time released from other duties to concentrate on their research.

One of the goals of the infrastructure grant is to facilitate our collaboration with community research partners, and the research associate position is dedicated to this objective. During December and January, Dr. McGee met with individuals from Vancouver Island Health Authority (VIHA), BC Transit, Capital Regional District (CRD) Traffic Safety Commission and the Veterans Health Centre to discuss partnering with the Centre to conduct collaborative research in the area of aging and health. These meetings have been very productive. Several projects are in the discussion stages, while some are already moving forward. The development of a project to study factors (e.g., satisfaction levels, impact of interventions) associated with the relocation of patients from the Gorge Road Hospital to other care facilities is now underway. Agreement has also been reached on a research design for a collaborative study that will look at the impact of a public transit training program and bus pass on UVic Retirees' use of the public transit system, health, and stage of

transition toward driving cessation. Funding for this project is now being sought and work is expected to begin as soon as funding has been secured. Opportunities for other collaborative research projects are still under discussion. VIHA has invited researchers at the Centre to partner with them in a grant proposal for a 5-year project focused on overcoming communication barriers during end-of-life and palliative care transitions. We have also been invited to develop and conduct research related to a VIHA project designed to educate and encourage people to document their choices for the type of health care they want and do not want to receive, should they become incapable of making those decisions themselves. This project is a three-year initiative by VIHA, entitled "Let Me Decide Advance Directives Project." The psychosocial value of adult day care programs and methods of service delivery is another research project being discussed with people at VIHA and the Veterans Health Centre. Finally, Dr. McGee is also exploring the fascinating potential of collaborating with local community groups and the Fine Arts and Theatre Departments at UVic to conduct art-related research to study health and aging.

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## SURVEY RESEARCH CENTRE

by Tom Ackerley

The Survey Research Centre (SRC) is a "state-of-the-practice" facility with 24 workstations employing up to date computer assisted telephone interviewing (CATI) software. Samples can be raised through random digit dialing (RDD) methods, or by client-provided targeted lists. Twelve of the workstations at the SRC are notebook computers which can be used for face-to-face interviews or other field research.

**Survey Types** - health and social studies, satisfaction surveys, industrial or economic research, and program or performance evaluations.

**Services Offered** - survey design, data collection and processing, descriptive or complex analysis, results reporting and implication assessment, literature and policy reviews, database development.

### Computer Assisted Telephone Interviewing provides:

- Standardized sampling and call-back procedures - ensure uniformity of practice and more efficient calling routines.
- Computer-controlled skip patterns - permit far more complex interviews than are possible with paper forms.
- In-process data cleaning - many potential interviewer errors, such as missed questions or inappropriate skips, are virtually eliminated.
- Qualitative, open-ended questions - answers recorded directly into the system for review and coding without transcribing notes.
- Quotas can be enforced - ensuring specific variables meet confidence levels.
- Tabulations and data files are available sooner - most manual editing and data cleaning steps are eliminated.

All of these advantages save you, the researcher, time and money. How can we help? Our project manager would be happy to discuss your needs with you and define the services most appropriate to your survey project. Please contact:

Tom Ackerley  
Survey Research Centre Manager  
(250) 472-5250  
ackerley@uvic.ca



## FALLS BC INJURY & PREVENTION RESEARCH UNIT

*B.C. Injury Research*  
AND PREVENTION UNIT

For Canadians seniors, falls are the most frequent cause of injury-related hospitalization, and account for 78% of injury-related deaths. This is a growing problem, as the number of falls and fall-related injuries will increase as the proportion of those aged 80 years and over in Canada is expected to double over the next 20 years. The British Columbia Injury Research and Prevention Unit, in collaboration with the Ministry of Health Planning, Health Canada and Veterans Affairs Canada, is conducting an inventory on falls prevention programs for older adults in British Columbia. Drs. Elaine Gallagher and Vicky Scott are spearheading the project. The inventory will capture existing and new falls prevention programs taking place province-wide. The end result will be a practical insightful guide to use in developing and promoting falls prevention programs for older adults.

If you or someone you know is active in falls prevention here is how to be involved:

1. Go to <http://www.healthplanning.gov.bc.ca/pho/> and fill out our on-line form (effective January 30th, 2004)
2. To receive an inventory form by fax or by mail please contact:
  - a. Kristine Votova in Victoria at 250-952-1578 or [kristine.votova@gems8.gov.bc.ca](mailto:kristine.votova@gems8.gov.bc.ca)
  - b. Dorry Smith in Vancouver at 604-884-2000 (ext #6714) or [dbsmith@cw.bc.ca](mailto:dbsmith@cw.bc.ca)

To be included in the inventory, programs or initiatives must have as their primary purpose the prevention of falls and fall-related injuries among community or facility-dwelling older adults in British Columbia. Initiatives must be operating now or completed within the last two years and target adults primarily aged sixty-five and older. If there is a planning process in place you may also complete the inventory form.

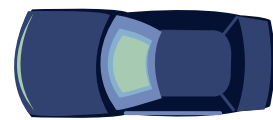
# OPWW

For a more exciting version of this newsletter  
*in colour and with photographs*  
check out our website at

# JL

[http://www.coag.uvic.ca/publications/bulletins/fall\\_2002/vol12no1.htm](http://www.coag.uvic.ca/publications/bulletins/fall_2002/vol12no1.htm)

# OLDER and WISER DRIVERS



**Dr. Holly Tuokko and Dr. Phyllis McGee are proud to share the outcome of their research with you.**

If you know a senior citizen who still enjoys their time behind the wheel, the Capital Region Traffic Safety Commission has a present for you to give them. And it's absolutely free.

The Commission today unveiled the first audio CD it has ever produced, entitled "Older and Wiser: Safer Driving For Seniors." The 75-minute CD, designed to make senior drivers as safe as possible, includes:

- A self-evaluation quiz for senior drivers to take in the privacy of their own homes.
- A summary of what happens to our vision and reflexes as we age, and tips from the University of Victoria's Centre on Aging on how to minimize the impact of these changes on our driving skills.
- Explanations of some of the rules of the road and safe driving strategies that may have changed since seniors first got behind the wheel, adapted from ICBC's "Safe Driving Guide."

"This is one of the largest projects ever undertaken by the CRD Traffic Safety Commission," said Commission co-chair Dr. Richard Stanwick, Chief Medical Health Officer for the Vancouver Island Health Authority. "It has been in the making for more than two years and has involved a study of crash data from the Sidney-North Saanich area as well as a series of focus groups with seniors, carried out in conjunction with the UVic Centre on Aging."

"The Commission always prides itself on the partnerships it has developed throughout the community," added Commission co-chair Chris Foord, Marketing Director for B.C. Transit. "But the number of partners that has come together on this project is truly outstanding. You can see from the sponsors listed on the CD case that more than a dozen businesses and groups have been involved in this — everything from providing the crash data, to printing the CD liners, to sponsoring the costs of actually making and duplicating the CD."

Foord paid special tribute to Barton's Insurance, who provided the funding for CD duplication and who has agreed to distribute the free CDs in all of their 50 offices across BC. In Greater Victoria, the CDs are available at:

- Barton's Insurance
  - 2535 Government
  - 1736A Old Island Highway in Colwood

- C-FAX 1070 Radio
- at local police departments and RCMP detachments
- the Centre on Aging

"This is a very exciting project," said RCMP Insp. Norm Gaumont, now head of the traffic section for the RCMP across BC. "As police officers, it's very inspiring to see an entire multi-disciplinary team, such as the CRD Traffic Safety Commission, coming together to undertake initiatives to increase road safety in a community." Insp. Gaumont presented a plaque from the RCMP to Foord and Dr. Stanwick to show the force's appreciation for the Commission's efforts.

Studies show that although senior drivers do not account for a high number of vehicle crashes in absolute numbers, they are very crash-prone based on the distance they drive.

The Traffic Safety Commission is planning other CDs this year, including one on "Alternatives to Driving" for seniors, looking at such issues as scooter safety, pedestrian safety and the use of bus service and taxicabs.



**VERA**

**The 2004**

**Valued Elder Recognition Award  
nomination packages are now available.  
If you know someone in our community  
who has made a difference,  
please consider nominating them  
for this award.**

**Details about the award and past recipients  
can be found at  
<http://www.coag.uvic.ca/VERA.htm>**

**The nomination package can be found at  
<http://www.coag.uvic.ca/VERA/2004.pdf>**

# It Takes a Village

by Sachi Tamura

On New Year's Day 2003, my 92 year old neighbour Rose did not answer her door or her phone. Rose's lawyer and I entered the house and found Rose lying naked, confused, and alone in a corner of her bedroom, unable to rise from a fall. During the seven-week hospital admission that followed, the geriatric assessment team recommended that due to extensive progressive dementia and general frailty, Rose be placed in an extended care facility.

Rose's lawyer and I knew that there had to be an alternative for this independent, kind woman, who wanted only to return home to her cat. After trying a number of unsatisfactory options to ensure that Rose had 24-hour a day in-home care, her Long Term Care case manager proposed that we consider a program called Choices In Support For Independent Living (CSIL) operated through the Vancouver Island Health Authority (VIHA). With some volunteerism and organisation, we might be able to ensure that Rose had consistent, quality care for the rest of her days in her own home, and deeply loving relationships with her caregivers.

The CSIL program required five volunteers to serve as a board of directors for, and to operate, a registered society created for the sole purpose of providing care for Rose. My husband and I, Rose's other next door neighbour, a friend of ours, and a trust officer from Rose's bank agreed to take on this role. Rose's lawyer, as power of attorney, remained aware of, but outside of board activities. As directors, we were now responsible for hiring, managing and supervising paid staff who would look after Rose on a day-to-day basis.

Prior to this, Rose had received 12 days per month of care through VIHA's appointed home support agency, with the remainder of each month covered through a combination of private agencies, privately hired workers and volunteers, all arranged through her lawyer and paid out of her personal funds. While Rose received the essential care she required, there was little continuity or control over those providing it. With the CSIL structure in place, the new Client Support



Group society received funding for approximately the same 12 days a month from VIHA, and from Rose for the rest of the month. These funds were then used to hire a core group of caregivers, plus backup workers as required. Rose still had access to VIHA's Health Care Nurses and other professional services. The key difference was that she now had consistent care throughout the month, with care providers that were selected and supervised with Rose's specific needs in mind.

The ongoing work of the society board was rewarded with improved health and well being for Rose. It was clear that between the volunteer board and the paid home support workers, a unique care community was emerging. Rose received her favourite home-cooked meals, amiable companionship, and gentle personal care. With care providers pushing her wheelchair, she made trips to local tourist sites, restaurants, parks, concerts, the library, shopping malls and neighbourhood events. The structure provided by her CSIL board allowed her to develop some new and deeply loving relationships with her caregivers.

In December 2003, Rose's need to sleep increased dramatically. With the support of Victoria Hospice and the VIHA Health Care Nurses, we began providing palliative care. Like family, the care providers learned the skills to manage Rose's changing needs. On December 29, Rose died comfortably and peacefully in her bedroom, close to the same corner where we found her alone on the floor, almost a year ago to the day. This time she was looking beautiful in a warm and comfortable bed, with her cat, surrounded by four of the people who provided her care and served on her board.

Caring for Rose in her final year stretched all of us in ways that we could not have imagined. Every one of us agrees that we have gained far more than we gave. No one of us as individuals could have done this on our own, whether it was as a neighbour, a volunteer, paid staff, or through professional health services. As a small focussed care community, we did not change the health care system, but our "village" had the privilege of making a difference for one.

## Third Age

by Sachi Tamura

If you are interested in more information about the process described in her article, please contact Carren Dujela at 721-6574 or email her at [learn@uvic.ca](mailto:learn@uvic.ca).



**Thursday, February 19, 2004 9:00 am — 4:00 pm**

The Centre on Aging is proud to present Community Forum 2004, entitled:

## **Living Long and Well: Reality vs Scams.**

Below you will find information about the event. If you are interested in registering for this event, go to <http://www.coag.uvic.ca/events/extras/CF2004.pdf> to download the form. Register by email: [senage@uvic.ca](mailto:senage@uvic.ca), by fax: 721-6499, by telephone: 721-6369, in person at the Centre, or by mail: Centre on Aging, Sedgewick A104, PO Box 1700, Victoria BC V8W 2Y2. Payment should accompany your registration.

Our keynote speaker, S. Jay Olshansky will give a talk entitled ***The Quest for Immortality***. Dr. Olshansky is a professor of epidemiology and biostatistics at the University of Illinois at Chicago. His research deals with longevity and the health and public policy implications associated with aging.

A more detailed biographic sketch can be obtained at [www.sagecrossroads.org/public/webcasts/bio/index.cfm?bio=olshansky&webcast=08](http://www.sagecrossroads.org/public/webcasts/bio/index.cfm?bio=olshansky&webcast=08).

The workshops being offered this year are as follows:

### **M O R N I N G**

#### ***Making the Healthy Choices the Easy Choices: Successful Aging in Communities***

– Laura M. Funk

This workshop starts with the assumption that aging increases our susceptibility to disease but that aging itself is not a disease. We will ask, "what is successful aging?" followed by a brief presentation on preventing age-related chronic conditions, such as diabetes and heart disease. While our lifestyle decisions and habits contribute to our risk for chronic disease in later life, effective prevention also targets broader social and economic factors. Both individual and social responsibility is important. How can we make the healthy choices the easy choices? Discussion and guided activities will be used to address these issues. The workshop facilitator will draw upon the experiences of a Victoria-based community health promotion project (PATH) funded by the Canadian Institutes of Health Research.

#### ***Mooring all the way to the bank: How your aging metabolism is becoming the pharmaceutical industry's biggest cash cow***

– Alan Cassels

Alan Cassels, a drug policy researcher with the School of Health Information Science at UVic, studies the creation and marketing of diseases, particularly as it relates to pharmaceutical products. The one aging myth that he finds most offensive is the one that says our "aging population will bankrupt us in terms of our health care bill." By contrast he believes that blame for the rising costs associated with treating symptoms of older people needs to be shifted away from the elderly, and onto those who are profiting from their ailments. In the last 20 years, many classical symptoms of aging were considered more or less part of normal life and growing older. These symptoms have been rapidly colonized by the pharmaceutical industry in a way that makes normal aging a transformation from being a person to being a patient. He will discuss a variety of new conditions or diseases, and the medical response which has been shaped

by the creation of profitable, patentable pills. He will demonstrate how high blood pressure, osteoporosis, menopause, (and its male counterpart Andropause), and the newest disease going, FSD or "Female Sexual Dysfunction," can be characterized as lucrative cash cows for the drug industry. He'll provide some healthy skepticism to prevent older people from being further milked.

#### ***Nutrition - Facts and Fallacies***

– Helen Dubas

Some topics that will be discussed:

- Food Myths - some common food myths will be destroyed. The marketplace is full of confusing messages about food and nutrition. Don't be swayed or misled to focus on the merits or shortcomings of one food or food supplement.
- Take Charge! Good Nutrition for a Lifetime - some nutrition tips for healthy aging.

#### ***So Many Chemical Scams: Which to Avoid***

– Reg Mitchell

This workshop will address the many "chemical additives," "remedies," "snake-oils".... that are constantly being advertised in simple terms so that you can decide whether to waste your money or not!

#### ***Solving Poverty Among Canada's Elderly: Social Policy Success or Scam?***

– Michael J. Prince

In this workshop you will be invited to discuss and examine the belief that poverty among seniors in Canada has been largely solved over recent decades, that this achievement is one of the big successes of Canadian social policy, and that the income status of seniors, therefore, is no longer a social priority for governments. What is the evidence on this? Is this a fair portrayal or is it more a scam and deception that misrepresents the income status and prospects of today's as well as tomorrow's seniors?

## AFTERNOON

### **Medical Care in Later Life: What works?**

– David Evans

Participants will collaborate in reviewing the more common afflictions suffered in late life, and estimating the effectiveness of health care technology in improving the lives of those affected. The results will be an appreciation of the benefit people receive from the most common or effective treatments, and an understanding of the core essentials of our health care system.

### **Motivating Older Adults for Regular Physical Activity**

– Ryan E. Rhodes

This presentation will highlight the benefits and barriers of regular physical activity for older adults, followed by strategies for initiating and maintaining regular physical activity.

Topics will include:

- 1) current physical activity rates in Canada,
- 2) physical activity and disease prevention,
- 3) physical activity and independent living,
- 4) steps for choosing the appropriate physical activity program, and
- 5) strategies for sticking with physical activity programs.

### **Self-Management Programs for Chronic Health Conditions**

– Patrick McGowan

This workshop will describe the Chronic Disease Self-Management Program that is currently being implemented throughout British Columbia. It will provide an explanation on “how” and “why” this program fits with the government’s philosophy in providing care for persons with chronic health conditions and will describe the theory and strategies used in the program. As well, participants will learn how to use two key strategies in managing their health problems.

### **The Balancing Act of Aging**

– Prue Cunningham and Elaine Gallagher

Have you ever either bounced a cheque or bounced your body on the floor or ground because of a trip, slip or fall? The emotions tend to be similar - shame, a sense of failure, feeling like you did not take enough care. Getting your bank account to balance can be quite hard at times but getting your body in balance, now there is a real challenge. While a bounced cheque may damage your pride and your credit rating, a fall can result in broken bones as well as major lifestyle change. In this workshop we will examine why one’s balance becomes unstable with age and we will look at the evidence that researchers are finding on ways of improving balance and preventing falls. The workshop will be interactive so bring your stories and tips for staying active.

### **Writing Your Personal Health History**

– Jessie Mantle

This workshop will focus on helping participants begin the writing of their own health histories using a format that was developed by the author. Participants should be prepared to recall significant events in their life, both personal (such as date of marriage) and medical (onset of diabetes). If they take medications of any type they should bring a list of these drugs with them. It will also be helpful to bring a list of health care professionals with whom they have contact along with their telephone numbers. By the end of the workshop participants should have begun a working health history which they can use in their daily life. Forms for completing the history will be provided. There will be no group sharing of information unless the participant wishes to do so.

## **PROGRAM**

8:30	Registration	10:15	Refreshments
9:00	Welcome & Opening: David F. Hultsch, Director	10:30	Workshops (5 topics)
9:15	Plenary Address: <b>“The Quest for Immortality”</b> S. Jay Olshansky, University of Illinois at Chicago	12:00	Lunch
10:00	Question Period	1:00	Workshops (5 topics)
		2:30	Closing Comments: David F. Hultsch, Director
		3:00	Networking

**Thursday, February 19, 2004 9:00 am — 4:00 pm**

**The Lobby, Room C103, David F. Strong Building, University of Victoria**

**Registration and coffee starts at 8:30**



# Living Long & Well: Reality vs Scams



## REGISTRATION

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to be included on the Centre on Aging email list for future events? Yes  No

**Registration Fee**  
 (including lunch and refreshments):

Please check the appropriate fee:

- \$15 Seniors & Students  \$35 All others \$ \_\_\_\_\_
- \$5 Parking permit (if required) \$ \_\_\_\_\_
- TOTAL enclosed: \$ \_\_\_\_\_

### Method of Payment: (please do not enclose cash)

Cheque Enclosed:  (make payable to "Centre on Aging")

Credit Card: Visa  MC

Credit card number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please indicate your first and second choices for both the morning and afternoon workshops. Every effort will be made to accommodate your first choice.

### MORNING

First Second

- Making the Healthy Choices the Easy Choices .....  .....
- Mooing all the way to the Bank .....  .....
- Nutrition – Facts and Fallacies .....  .....
- So Many Chemical Scams .....  .....
- Solving Poverty Among Canada's Elderly .....  .....

### AFTERNOON

- Medical Care in Later Life .....  .....
- Motivating Older Adults for Regular Physical Activity .....  .....
- Self-Management Programs for Chronic Health Conditions .....  .....
- The Balancing Act of Aging .....  .....
- Writing Your Personal Health History .....  .....

Note: It is possible to register by email: [senage@uvic.ca](mailto:senage@uvic.ca), by fax: 721-6499, by telephone: 721-6369, in person at the Centre, or by mail: Centre on Aging, Sedgewick A104, PO Box 1700, Victoria BC V8W 2Y2. Payment should accompany your registration.

**Registration Deadline: February 11, 2004**

## REQUEST FOR PARTICIPANTS

by Carren Dujela



Dr. Neena Chappell's research team for "**Caregivers: Why Some Cope Well**" is interested in talking with people who are providing unpaid support to a loved one (over 65 years of age) living in a facility.

With funding from the Social Sciences and Humanities Research Council of Canada, we are collecting valuable information about the demands and rewards of supporting a loved one. Our aim is to share the information with other caregivers and researchers.

Involvement is voluntary and everything you share with us is confidential. The commitment is minimal, approximately two hours, meeting face-to-face with a trained interviewer to complete a survey.

If you would like to participate or learn more about the project, please call Carren Dujela (Project Coordinator) at 721-6574 or check out our website at: [http://www.coag.uvic.ca/research/caregivers\\_why\\_cope\\_well.htm](http://www.coag.uvic.ca/research/caregivers_why_cope_well.htm)

## NEWS AT THE CENTRE

### Congratulations

Congratulations to **Rhonda Feldman** who has received her doctoral degree in psychology.

### Welcome

The Centre would like to welcome our new staff:

**Shelly Waskiewich** has joined the Centre as part of the infrastructure funding provided by the Michael Smith Foundation for Health Research. Shelly will be working closely with Dr. Phyllis McGee and Diane Allan as they develop new research questions.

**Yali Li** has joined the Centre working for Dr. Neena Chappell. Dr. Li has worked with Dr. Chappell in the past. They both have an interest in aging chinese populations.

CANADIAN ASSOCIATION  
ON GERONTOLOGY

## 33<sup>rd</sup> Annual Scientific and Educational Meeting

October 21 - 23, 2004  
Victoria Conference Centre  
Victoria, British Columbia  
[www.tourismvictoria.com](http://www.tourismvictoria.com)

## A Long Look at Later Life: Diverse Perspectives

Abstract submissions: late March 2004  
Updates available at [www.cagacg.ca](http://www.cagacg.ca)

### Inquiries:

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## CONTACT INFORMATION:



Articles and submissions by:

David F. Hultsch

Tom Ackerley

Sachi Tamara

Carren Dujela

Lois Edgar

We invite your submissions, comments and contributions.

The deadline for the Fall publication is January 7, 2004.

Forward all correspondence to: The Editor, Lois Edgar, Centre on Aging, University of Victoria, PO Box 1700 STN CSC, Victoria, BC V8W 2Y2 or email [ledgar@uvic.ca](mailto:ledgar@uvic.ca) or fax 250.721.6499