

Aging Research in Atlantic Canada

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OUTLINE

- Facts about Atlantic Canada
- Research Areas
- Atlantic Canada Highlights
- Research Opportunities



Population Aging

Proportion of older people relative to younger people increases

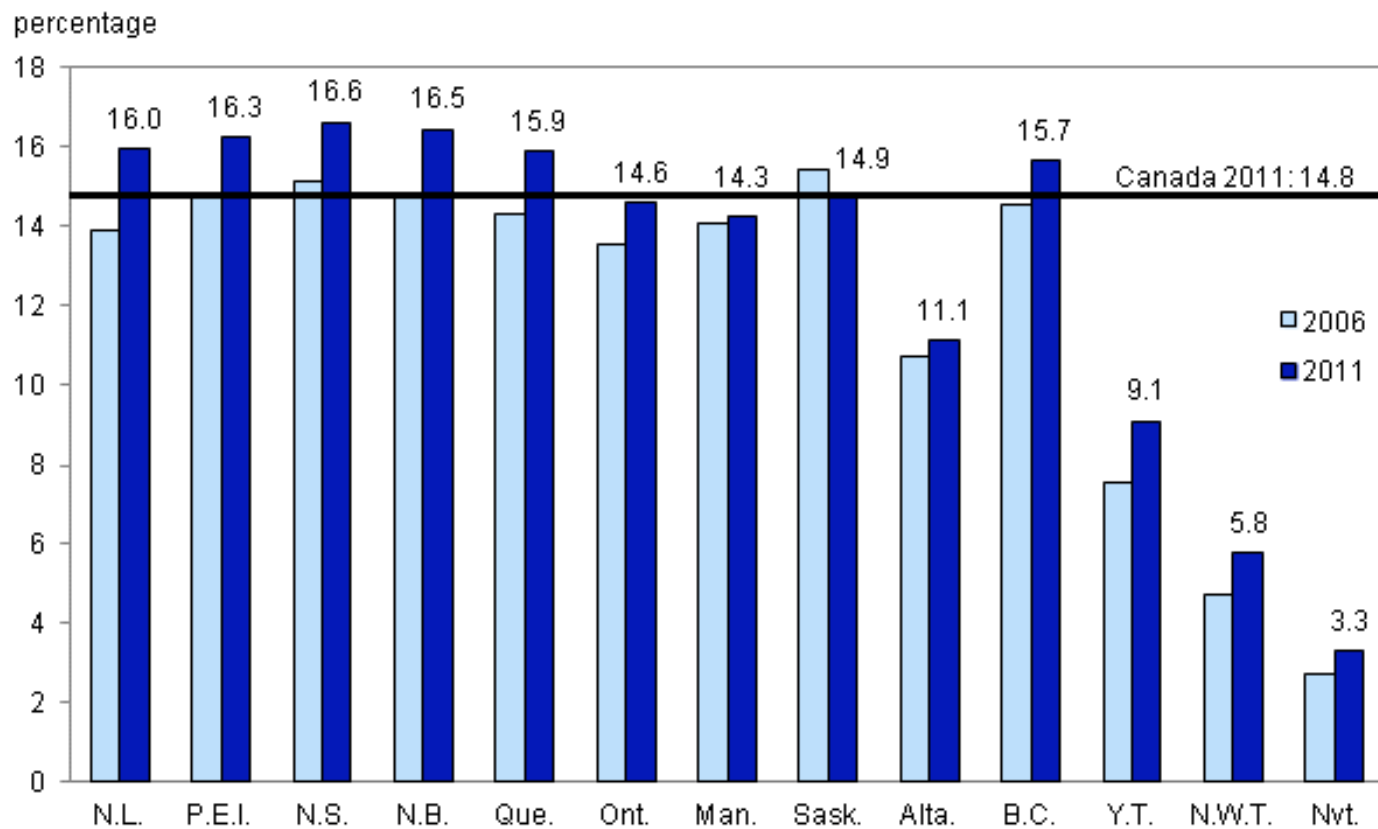
- Baby boom 1946-1964
- Greater longevity
- Bean-pole families (Decrease in fertility)

Atlantic Canada unique because

- Out-migration of youth
- Returning retirees
- Increased Chronic disease
- Increase proportion in rural



Population Aging – Provincial Comparison percentage of population 65+ in 2006 and 2011

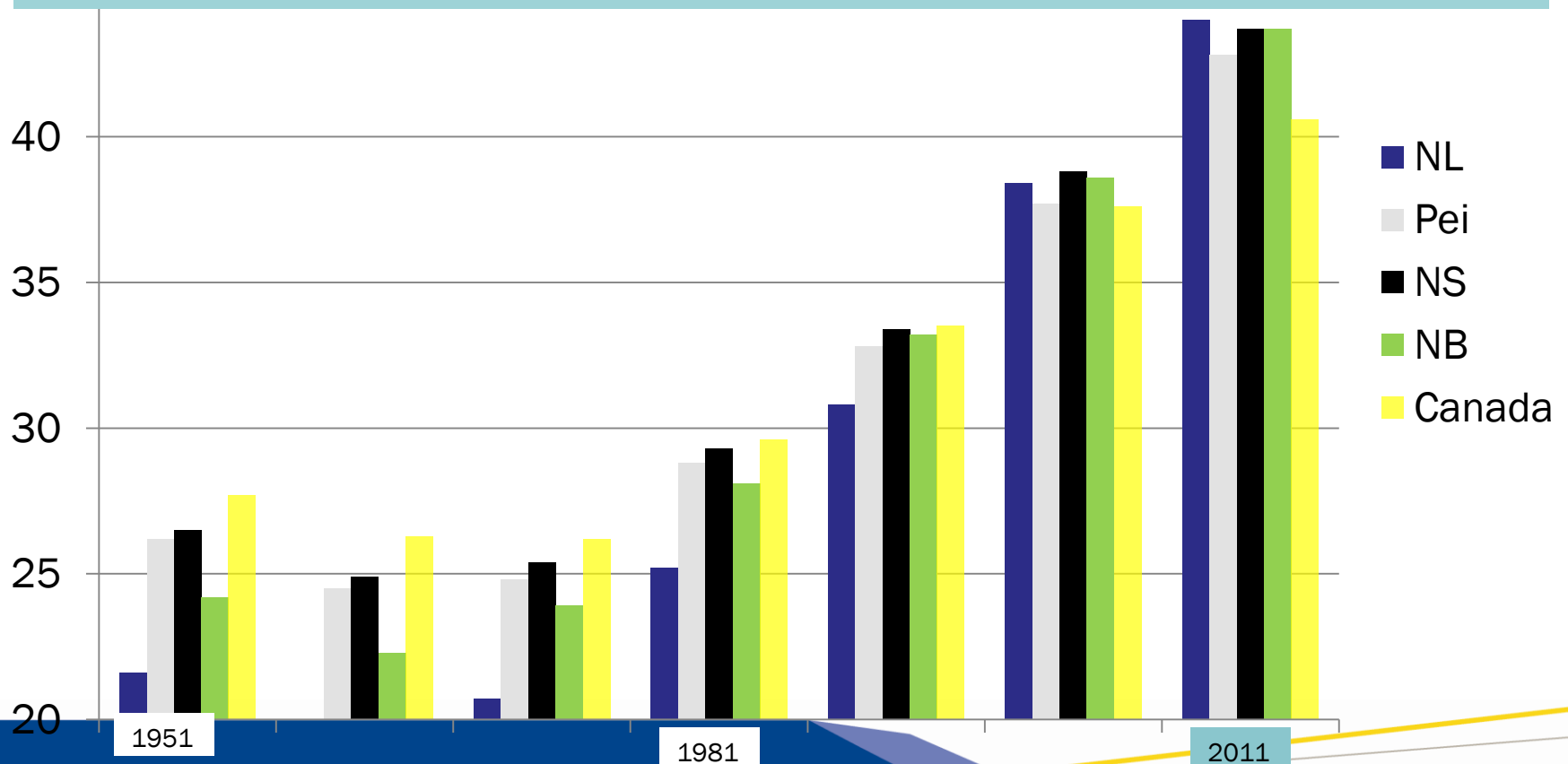


Sources: Statistics Canada, censuses of population, 2006 and 2011

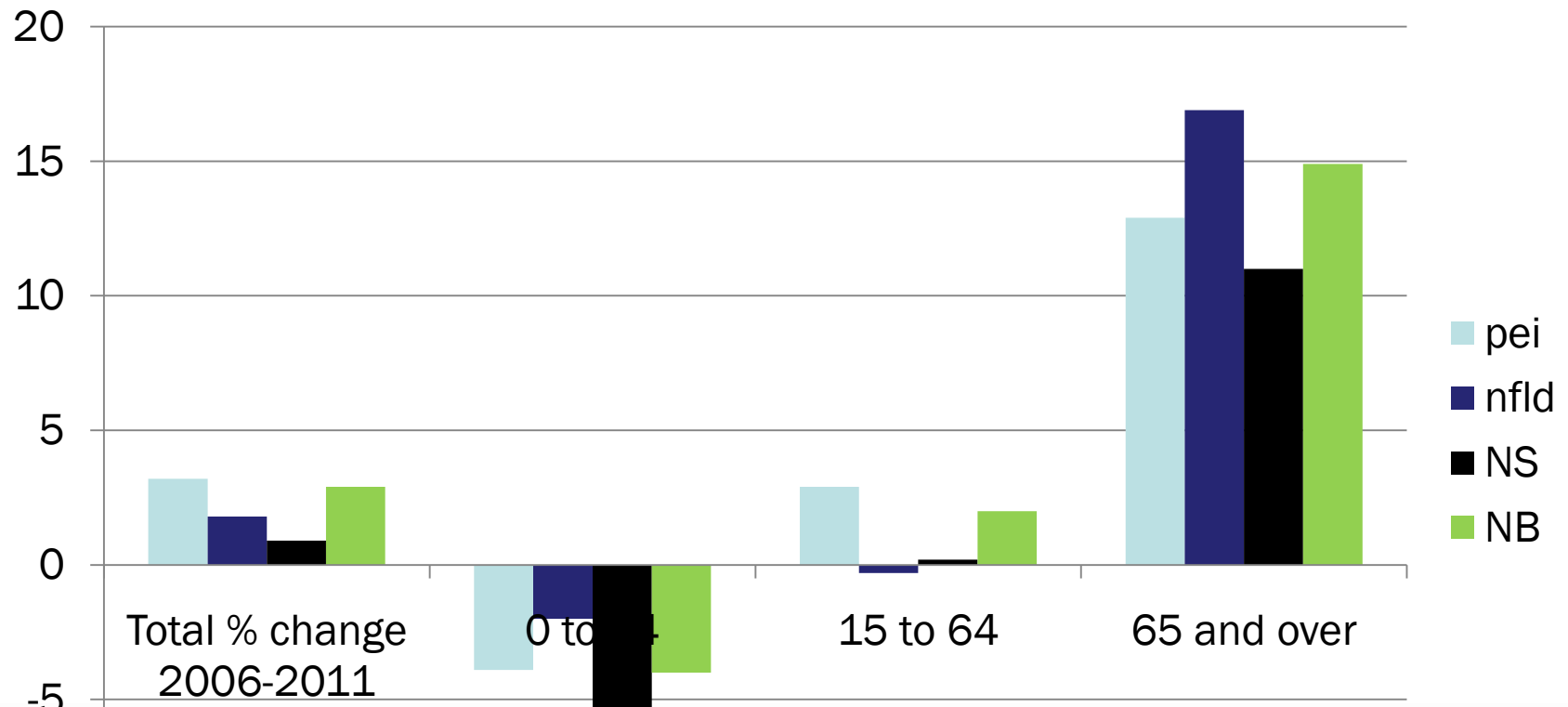
Median Age by Atlantic Province and Canada 1951-2011

50

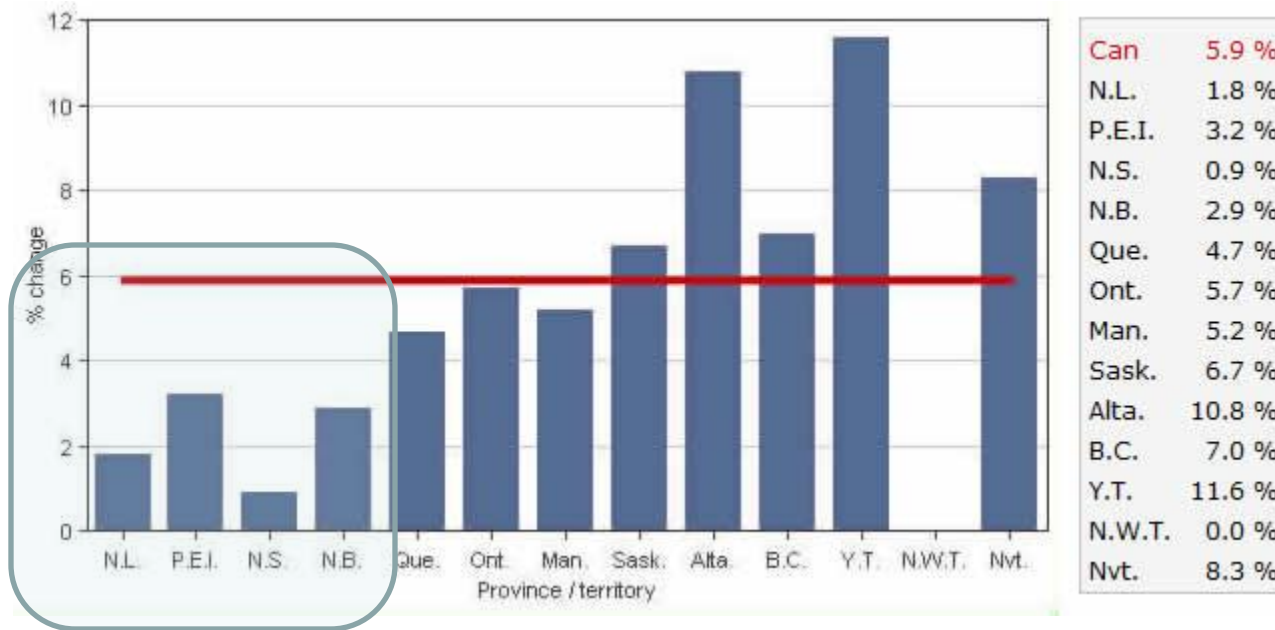
Between 1991 and 2011 NL median age increased by 42% In contrast NB/NS/PEI were 30-31% and Canada 21%)



Percentage change in population 2006-2011 by main age categories



Canada, provinces and territories – Population, percentage change between 2006 and 2011 (Statistics Canada , Census 2006-2011)



Atlantic Canada's population growth lower than average

Prevalence of Chronic Conditions Increase with Age

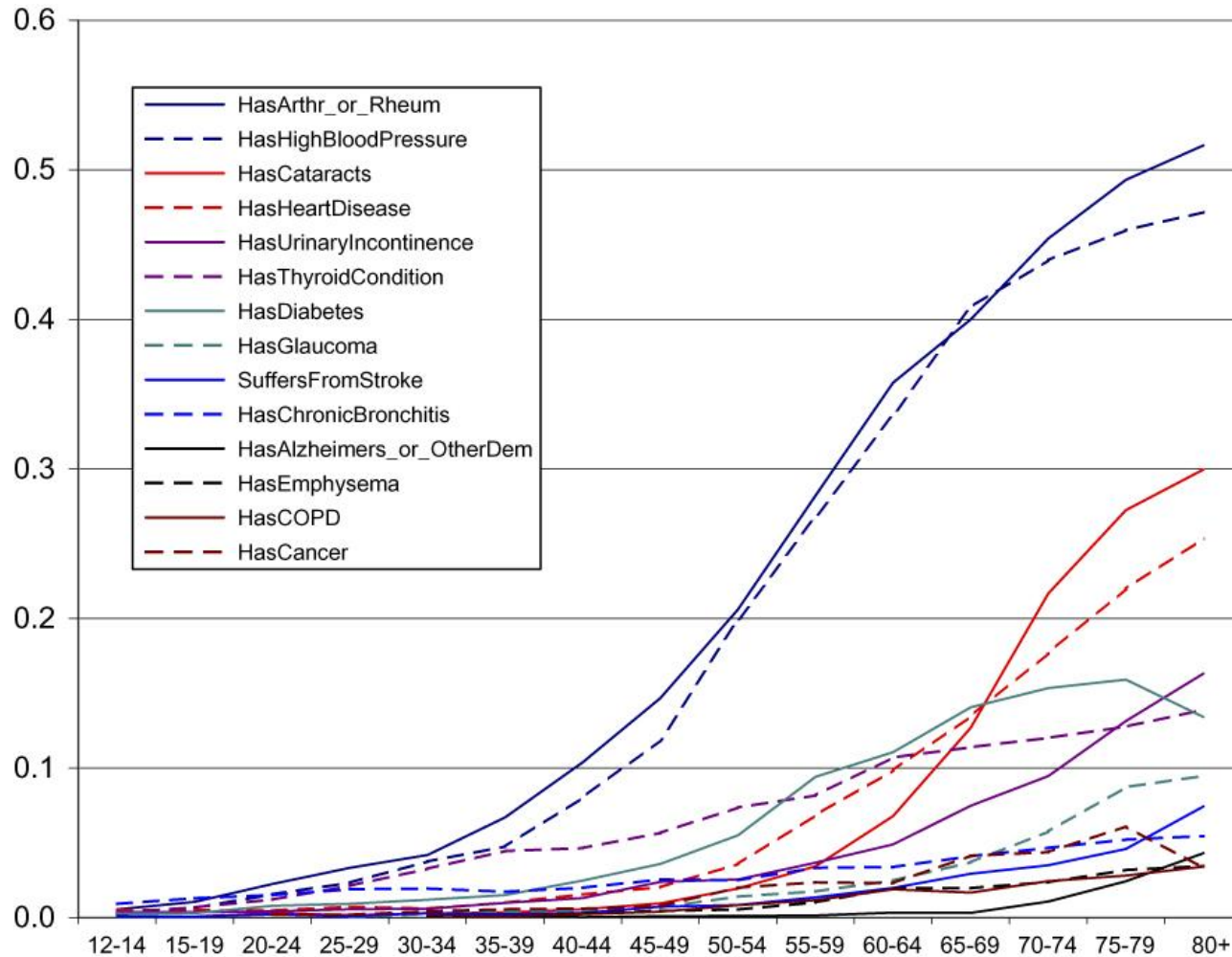
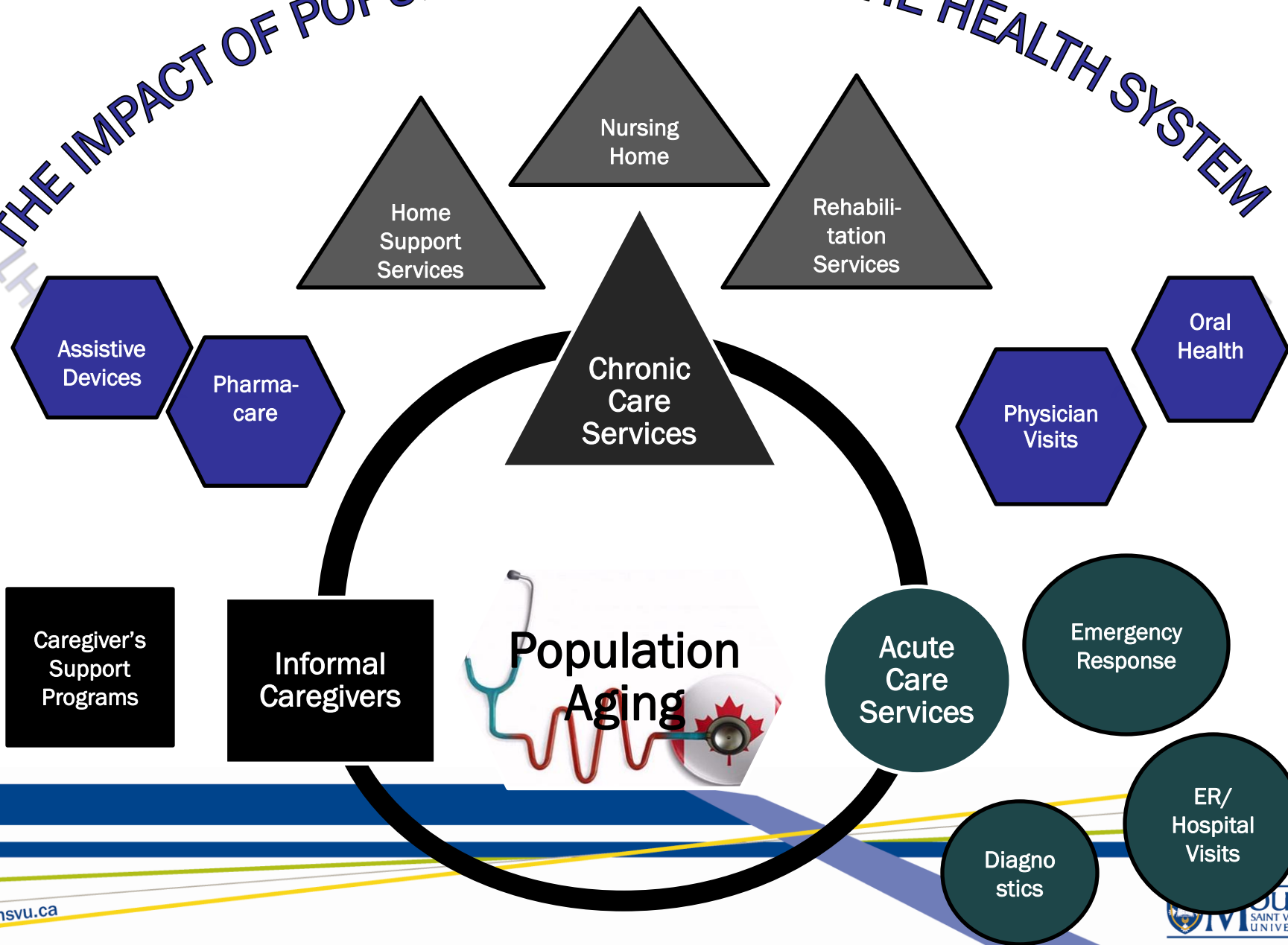


Figure 1: Prevalence rates for chronic conditions associated with old age, 2005 (Denton & Spencer, 2010)

THE IMPACT OF POPULATION AGING ON THE HEALTH SYSTEM



Atlantic Canada – Rural Access to Health

- Access to services (geography)
- Transportation
- Affordability (physiotherapy/occupational therapy)
- Literacy rates
- Signage
- Use of Nurse Practitioners/Pharmacists to address shortage of Physicians
- Expanded home care: Ability to receive services in one's home
- Expectation that family/friends continue to be available



My sister in the city has three doctors, a chiroprapist, a physiotherapist, a home care worker and meals on wheels. Out here, all I've got is a can opener and a box of band-aids



Source: *Women on Home Care*, Published by the Canadian Women's Health Network

Where is research happening?



Newfoundland

Memorial University of Newfoundland (St. John's and Grenfell Campus)

Nova Scotia

Nova Scotia Centre on Aging (MSVU), Healthcare of the Elderly (DAL), Health Law Institute (DAL), Faculty of Health Professions (DAL), Atlantic Health Promotion Research Centre (DAL), MSVU Department of Family Studies & Gerontology

PEI

Prince Edward Island Centre on Health & Aging

New Brunswick

Third Age Centre, (STU), Atlantic Institute on Aging, Centre of Aging (Moncton), UNB Medicine and Nursing, Saint Thomas University Department of Gerontology

Who is doing research?

Select Research Chairs in Atlantic Canada focused on aging :

- Dr. Don Weaver, CRC Pharmacology for Alzheimer's and Dementia, DAL
- Dr. Wendy Young, CRC Healthy Aging, MUN
- Dr. Janice M. Keefe, CRC Aging and Caregiving Policy, (Lena Jodrey Chair in Gerontology), MSVU
- Dr. Jocelyn Downie, CRC Health Law, Assisted Death, DAL
- Dr. Kenneth Rockwood, (Kathryn Allen Weldon Professor of Alzheimer's Research) , DAL
- Dr. Deborah van den Hoonaard, CRC Qualitative Analysis, STU
- Dr. Michelle Ploughman , CRC MUN

Types of Research - Major Research Themes

Health and Clinical Research

- Medical research on diseases and conditions associated with aging
- Ways to improve the health of seniors, healthy lifestyles, and the aging process



Social/Population Health Applied Research

- Family and Health Policy
- Research on service delivery and needs of seniors, family caregivers and care receivers, with implications for public policy

Heart Disease

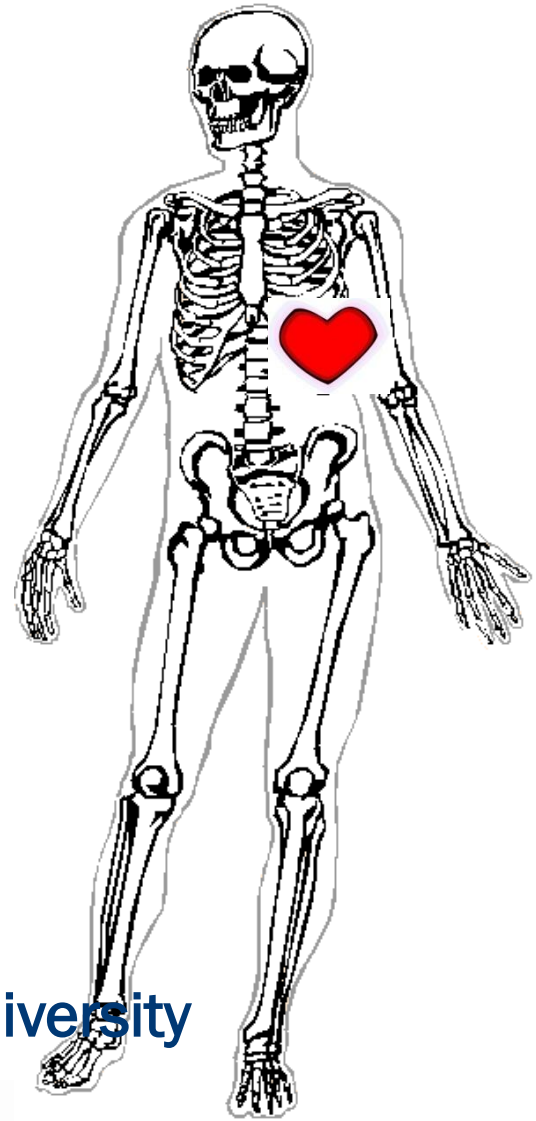
Researchers are asking about:

- Reducing heart disease
- Heart function
- Advances in diagnosis

Featured Research:

- Dr. Susan Howlett,

Dalhousie University



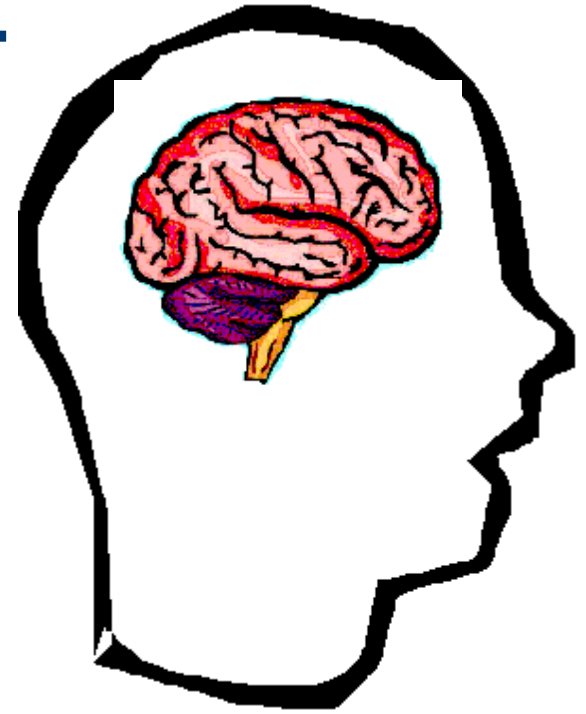
Cognitive Impairment

Researchers are asking about:

- Alzheimer's drugs
- Types of cognitive impairment
- Impact on health

Featured Research:

- Dr. Kenneth Rockwood, Dalhousie University



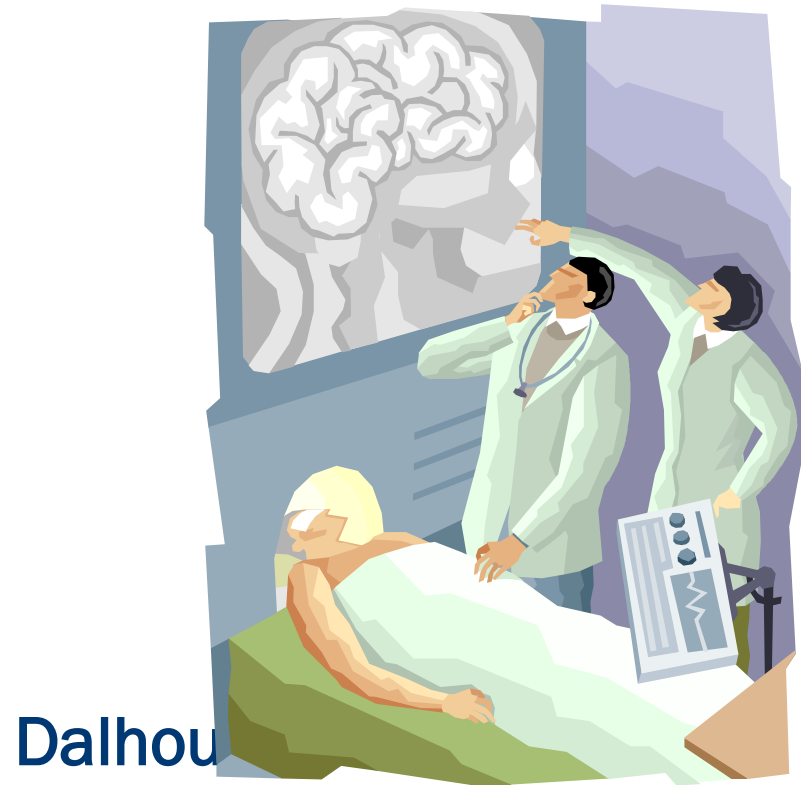
Brain Function

Researchers are asking about:

- How the brain works
- Treatments
- Brain Diseases

Featured Research:

- Dr. Sultan Darvesh,
University



Dalhousie

Stroke

Researchers are asking about:

- Preventing stroke
- Improving recovery
- Role of drugs

Featured Research:

- Centre for Stroke Recovery, Memorial University



Oral Health

Researchers are asking about:

- Current oral care approaches
- Challenges accessing oral health care
- How to better meet needs

Featured Research:

- Oral Care in Continuing Care Settings

➤ Dr. Mary
McNally,
University

Dalhousie



Aging Process

Researchers are asking about:

- The way people age
- Health status change
- Reducing illness and disability
- Future health care needs

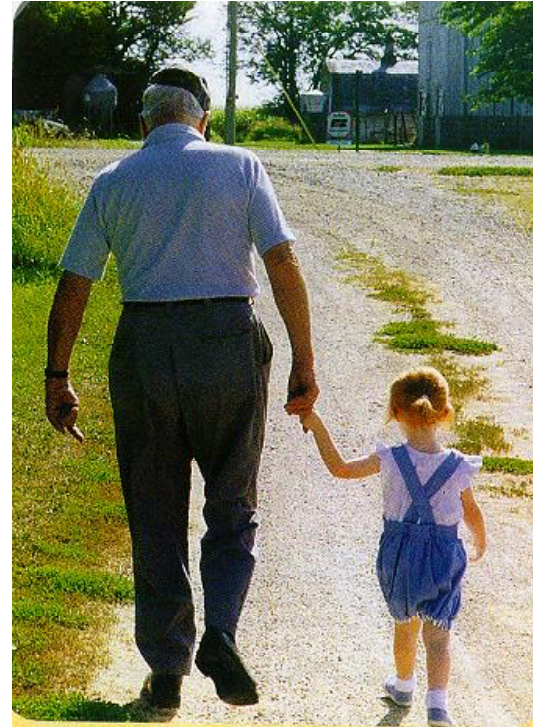


Featured Research:

- Canadian Longitudinal Study of Aging (Dalhousie and Memorial University)
- Dr. Wendy Young, Memorial University

Theme 2: Social Supports/Population Health

- Care from Family and Friends
- Continuing Care
- Palliative Care/
End of Life



Care by Family and Friends

Researchers are asking about:

- Paid and unpaid work
- Health impacts of caregiving
- Policy options to support caregivers

Featured Research:

- Contextualized Health Research Synthesis Program (CHRSP), Newfoundland and Labrador Centre for Applied Health Research



Continuing Care

Researchers are asking about:

- Future service needs
- Human resource issues
- New care options

Featured Research:

- Dr. Ruth Martin-Misener,
Saint Vincent
- Dr. Janice Keefe,
Dalhousie University



Dalhousie

Mount
University

Palliative Care/End of Life

Researchers are asking about:

- Role of health professionals
- Quality and costs of care
- Ethical and legal issues

Featured Research:

- End of Life Project,
Law Institute, Dalhousie University
- Network for End of Life Studies
(NELS), Dalhousie University
- Palliative and End-of-life Harmonization
(PATH), Dalhousie University



Unique Areas of Aging research in Atlantic Canada

- Atlantic Seniors Housing Research Alliance importance of RURAL
- Age Friendly Communities
- Oral Health
- Continuing Care
- Caregiving
- Canadian Longitudinal Study on Aging (Dal +MUN)
- Dementia Research
 - Canadian Dementia Knowledge Translation Network
 - Pharmacology



Atlantic Seniors Housing Research Alliance – Key Message

Seniors want to Age at Home and in their Communities

- 53% lived in the same community for over 35 years
- 1/3 of seniors made modifications to their homes to make it more accessible
- 87% of seniors with no plans to move in next year

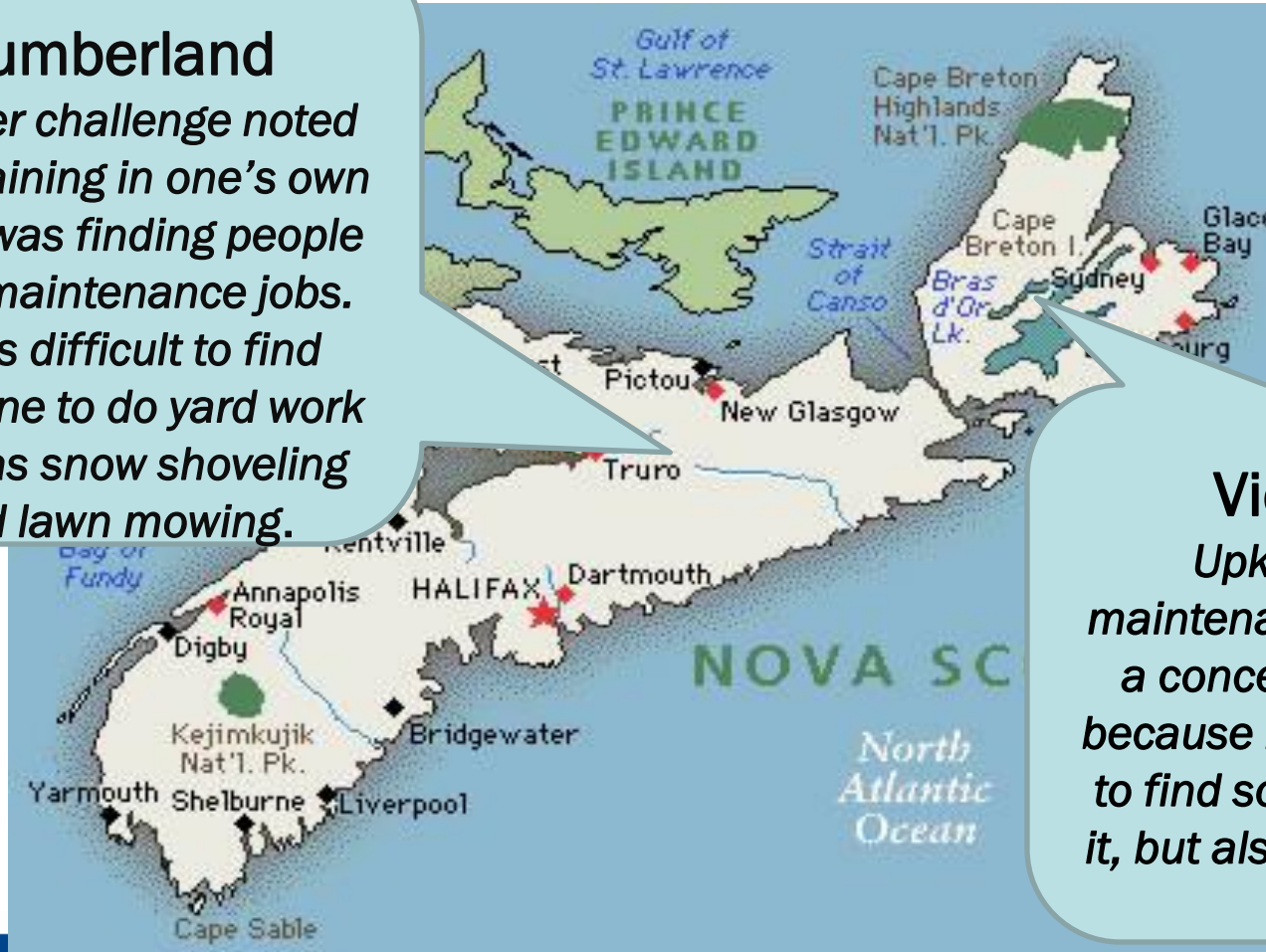


Age-Friendly Communities

Need for supportive services emerges as a strong theme AFC community consultations

Cumberland

Another challenge noted to remaining in one's own home was finding people to do maintenance jobs. It was difficult to find someone to do yard work such as snow shoveling and lawn mowing.

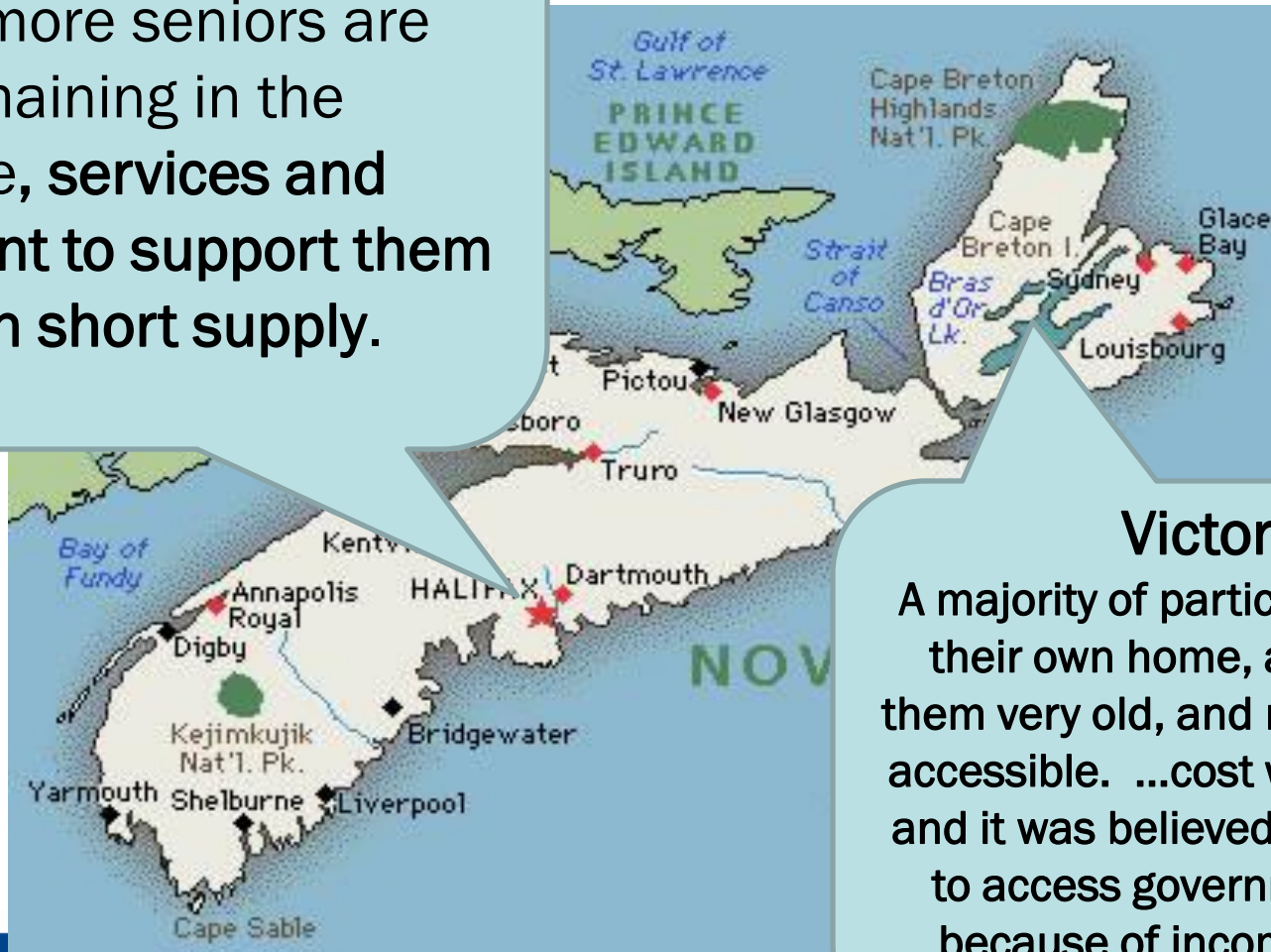


Victoria

Upkeep and maintenance was also a concern, not only because it was difficult to find someone to do it, but also due to cost;

In Chester ...

while more seniors are remaining in the home, **services and equipment to support them are in short supply.**



Victoria

A majority of participants owned their own home, and many of them very old, and not wheelchair accessible. ...cost was a concern and it was believed to be difficult to access government grants because of income eligibility criteria.

Atlantic Seniors Housing Research Alliance – Key Message

Most Seniors Live in Rural Areas

- 83% of rural seniors live in single family homes, compared to 60% of urban seniors
- Seniors living in rural areas more commonly live in older homes
- Rural areas have fewer options when it comes to:
 - Range of housing options
 - Support from family and friends
 - Services available to repair homes
 - Public transportation services
 - Home care and support care services

Population Aging: The Canadian Reality



What we know presents challenges and opportunities to support older adults and their caregivers

Atlantic Canada seniors landscape increasing

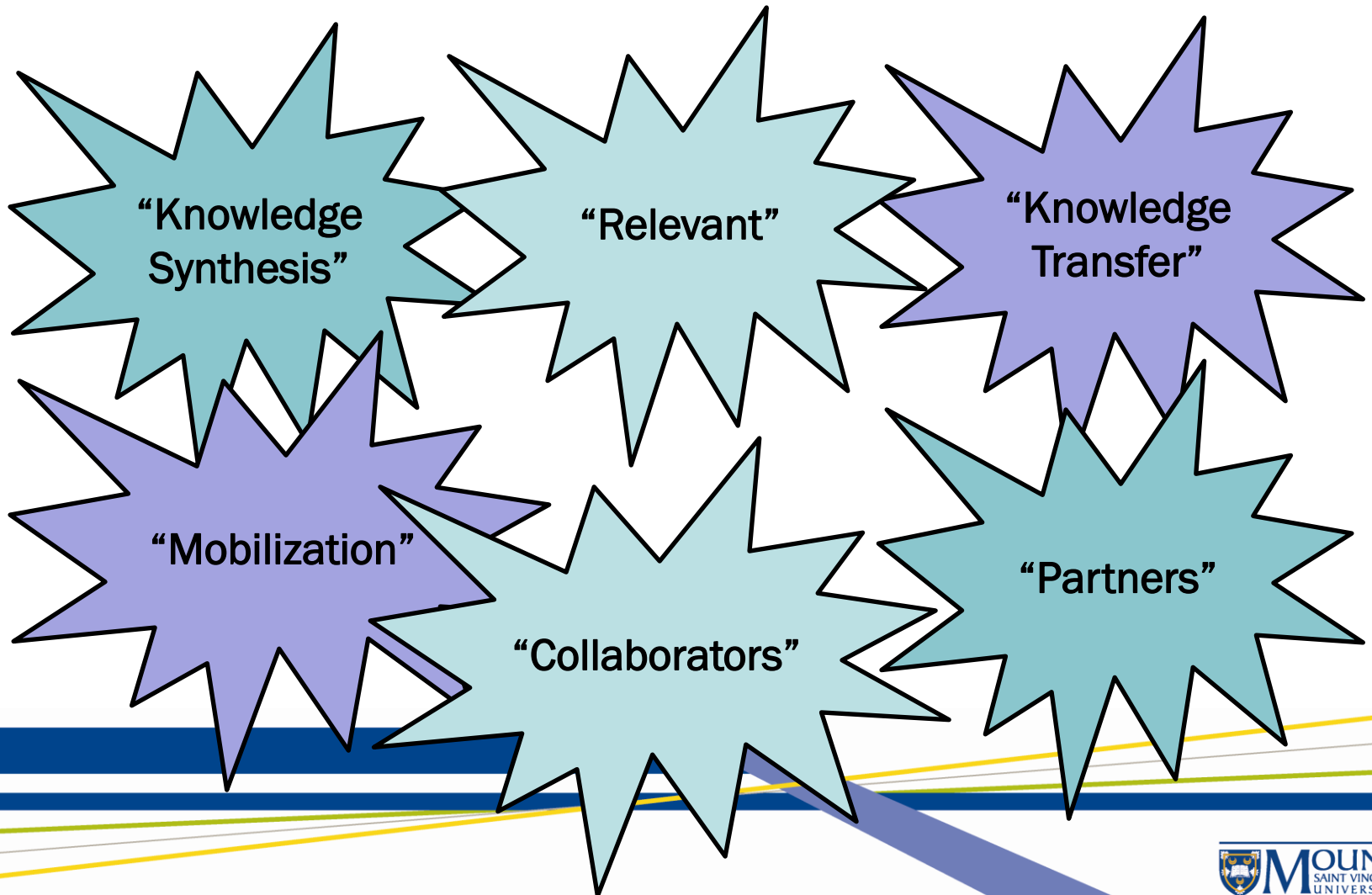
Seniors want to age in place

Access to support (family/friend, formal) currently varies and expected to be ongoing concern

Voluntary sector and family/friend need support too

Expected differences between current and future cohorts re needs, expectations and preferences

Speaking the Language: Research “Buzz” Words



Applied Research Today: Supporting Informed Decisions

- Evidence-based practice
- Real-life applicability
- Solving today's problems today
- Sound recommendations for tomorrow



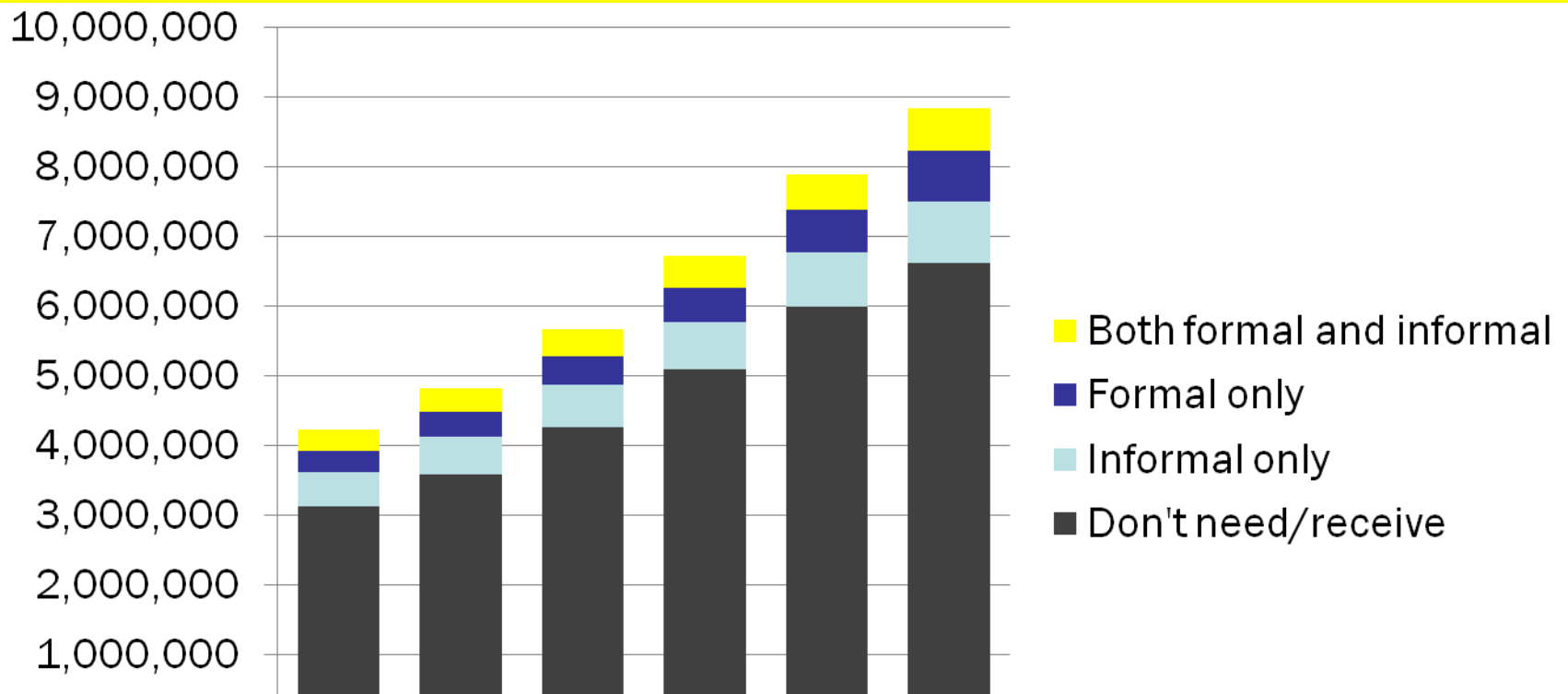
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Future Demand on the Continuing Care System

- 16.5% of Nova Scotians are over the age of 65, the highest percentage in Canada; NL is not far behind at 16% (Statistics Canada, 2011)
- More than 40% of those aged 65 and older will live in a CC environment at some point before their death (Mullins & Hartley, 2002)

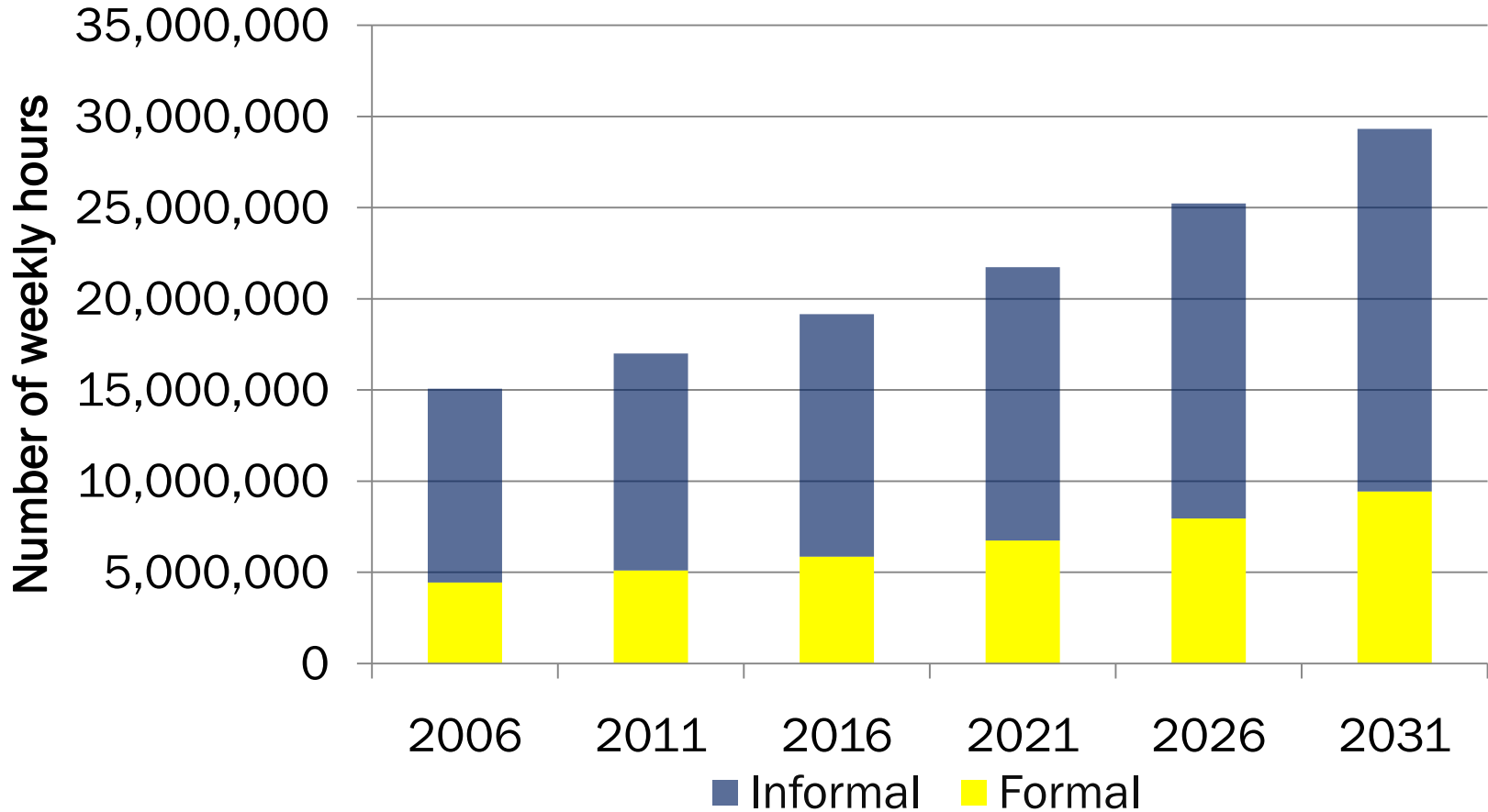


Our Population is Aging: When senior need care, it is mostly provided by family - BUT assuming their continued availability is problematic.



Most 'Old' people do not need help – however an increasing proportion will need to receive it from formal care

Demand: Older Canadians who need help received 15.1 million of hrs/wk in 2006. In 2031 projections - 29.3 million hrs /week.





Care & Construction:

Assessing Differences in Nursing Home Models of Care
on Resident Quality of Life

2011-2014

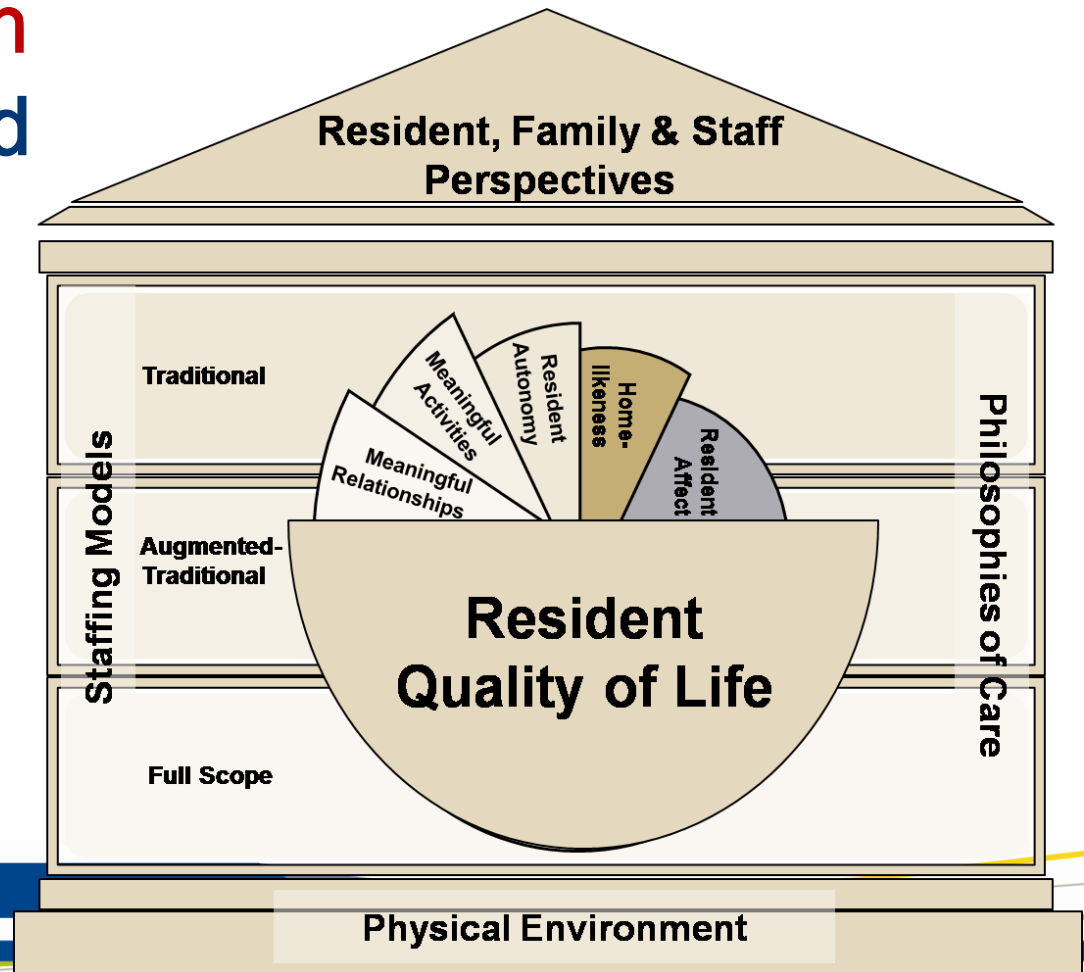
Project Overview



CARE and CONSTRUCTION RESEARCH

Research Question

To what extent and in what ways do differences in the nursing home model of care impact resident quality of life?



Opportunities

Speaking of Aging Tour Five Year Strategic Plan of the Institute on Aging

Collaboration of other Aging Research Centres

Rapidly growing Aging population (in comparison to other provinces)



The Future is Aging Conference
Nov 21-23 Halifax NS

Thank You!

