

THE IALH UPDATE

In this issue:

Hospital At Home Receives Rave Reviews in Preliminary Evaluation

Resources

Congratulations

Opportunities

Upcoming Events

Positive Reception: Hospital at Home Program in Victoria, BC Receives Rave Reviews in Preliminary Evaluation



Photo: Kampus Productions, Pexels.com

IALH Research Fellows Elizabeth Borycki and Andre Kushniruk (both from Health Information Science) and IALH Associate Member Taylor Hainstock as well as Island Health colleagues, hospitalists, and patient partners recently published preliminary findings from an evaluation of the Hospital at Home program implemented in Victoria, BC in November 2020. Hospital at Home models are patient-centred approaches that enable the provision of acute level care to be provided in an individual's own home.

Of the 75 patients who participated in the evaluation, 90% self-identified as white, 57% were 70 years of age or older, 78% reported they had a caregiver at home who was able to assist them with their care needs, and 22% were considered "independent patients" as they did not have a caregiver. Of the 57 family caregivers who participated in the evaluation, 88% self-identified as white, 47% were 70 years of age or older, and 65% were the patient's spouse.

Preliminary findings based on six months of feedback data from the patients and family caregivers indicated that the new program has been well received. For example:

- 100% of patients and 97% of family caregivers indicated they were "usually" or "always" able to reach a health care provider when they had a question or concern;
- 97% of patients and 93% of family caregivers indicated that health care providers "usually" or "always" arrived within the scheduled time for home visits;
- 99% of both patients and caregivers felt they were "usually" or "always" treated with courtesy, respect and compassion, and 100% of patients and caregivers indicated their homes, cultural values and practices were "usually" or "always" respected;
- 94% of independent patients indicated they felt comfortable and safe without a caregiver;
- 100% of patients and 95% of family caregivers had an overall positive experience with the program;
- 100% of patients and 96% of family caregivers stated they would recommend the program to friends and family; and
- 97% of patients and 96% of family caregivers indicated they would choose the program again if they were faced with the same situation.

When asked for recommendations for improving the program, over 62% of patients and caregivers indicated that "nothing needs to be improved." Patients who recommended improvements commented on the need for

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more written information regarding medications and the need to discuss some aspects of post-discharge care, including when to resume usual activities. Family caregivers recommended improvements to their onboarding into the program as well as the provision of additional information regarding medications and post-discharge care.

To read the full article, go to <https://pxjournal.org/journal/vol10/iss1/9/>.

Resources

Retirement Planning

Are you retired or thinking about retirement? Canadians who are considering retirement, and those who support them, can take advantage of two tools to help make informed decisions when it comes to retirement planning.

First, Service Canada has launched [the Retirement Hub](#), a new, user-friendly tool to help all Canadians understand the process of planning, applying for, and receiving federal public pensions. A key feature of the online tool is [the Retirement Ready Quiz](#). Users answer a series of questions, and the quiz generates a personalized checklist to help them prepare for retirement.

Second, Service Canada has launched a new version of the [Old Age Security Benefits Estimator](#) on Canada.ca. In a few easy steps, users can find out if they are eligible for and get an estimate of how much they may be entitled to—based on their personal circumstances—for the Old Age Security Pension; the Guaranteed Income Supplement; the Allowance; and the Allowance for the Survivor.

The Impact of Urban Greenness on Aging, Physical and Mental Health Among CLSA Participants

Where we live can have an important impact on how we feel and how we age. Recent studies have suggested links between neighbourhood greenspaces and improved mental and physical health. Data collected as part of the Canadian Longitudinal Study on Aging (CLSA) provide valuable insight into this connection, and how the make-up of a neighbourhood can influence and improve aging outcomes for different populations. In this webinar, doctoral students from Queen's University and Ontario Tech University explored the impact that urban greenness and neighbourhood factors can have on an aging body and mind, including how they relate to mental health, physical activity, sedentary time, self-rated health, and health outcomes.

To access the webinar, go to <https://www.clsa-elcv.ca/webinar-videos>.

On the Same pAGE Conversations

In 2020, *Changing the Narrative*, a Colorado based organization focused on ending ageism, teamed up with PBS12 to record and broadcast a series of intergenerational conversations on a wide range of topics: Social Connection; The Future of Work; Technology; Health Equity; Arts and Culture; and Ageism. Each episode included four panelists who shared knowledge and perspectives across generations.

For more information, go to <https://changingthenarrativeco.org/on-the-same-page-with-pbs12/>.

Congratulations

Michael Smith Health Research BC

Congratulations to IALH Research Fellow Nancy Clark (Nursing) on receiving a 2023 Michael Smith Health Research BC Scholar Award for a project entitled *Promoting Integrated Mental Health Care Services and Supports for Refugees in BC*.

Congratulations to IALH Postdoctoral Fellow Ifeoluwa Awogbindin (Division of Medical Sciences) on receiving a 2023 Michael Smith Health Research BC Trainee Award for a project entitled *The Impact of SARS-CoV-2 Infection/COVID-19 and Microglial Contribution on the Development and Severity of Parkinson's Disease*.

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Congratulations to IALH Postdoctoral Fellow Tyrone Curtis (School of Public Health and Social Policy) on receiving a 2023 Michael Smith Health Research BC Trainee Award for a project entitled *HIV Prevention for Underserved Men Who Have Sex With Men: A Community-Based Mixed Methods Exploration of Access Needs and Preferences*.

Social Sciences and Humanities Research Council

Congratulations to the following IALH Research Fellows on receiving funding from the Social Sciences and Humanities Research Council:

- Sarah Nutter (Educational Psychology and Leadership Studies) for a project entitled *Equity at Every Size: Developing a National Weight Stigma Strategy*
- ann-elise lewallen (Pacific and Asian Studies) for a project entitled *Healing Forests: Mapping Biodiversity and Multi-Species Relations in Northeast India*
- Jonathan Rush (Psychology) for a project entitled *Day-to-Day Influence of Climate Change Distress on Daily Well-Being and Climate Action Behaviours*
- Mariko Sakamoto (Nursing) for a project entitled *Storytelling and Audio Diaries: A Novel Method to Capture and Support Dementia Caregiving*

College of New Scholars

Election to the Royal Society of Canada is Canada's highest academic honour. Congratulations to IALH Research Fellow Marie-Ève Tremblay (Division of Medical Sciences) on being named a Member of the College of New Scholars. Members of the College are less than 15 years from the date of their PhD or disciplinary equivalent and have demonstrated exceptional accomplishment in their field.

Retirement

Congratulations to former IALH Director Scott Hofer on his retirement from UVic. We wish him well in his future endeavours.

Opportunities

Government of Canada: National Seniors Council

The Government of Canada is seeking applications from Canadians to fill current and future vacancies on the National Seniors Council. The National Seniors Council engages with seniors, stakeholders and experts to provide advice to the federal government on current and emerging issues and opportunities related to the health, well-being and quality of life of seniors. Council members are nominated based on their expertise and experience related to seniors' issues. For more information, go to [Governor in Council Appointments](#). Deadline for applications is October 3, 2023.

Voices in Motion Choir

The Voices in Motion Choir is an intergenerational choir for persons with memory loss, caregivers, and students. The choir began as a joint project between four UVic departments (Nursing, Psychology, Sociology and Music) to study the effects of participating in a choir on those with dementia; it is now a community that experiences the joy of human connection through music.

The choir is recruiting persons with memory loss, caregivers and students. Practice sessions run Tuesday mornings from 10:15 am - 11:45 am at the UVic Multifaith Centre. If interested, please contact Dr. Debra Sheets at dsheets@uvic.ca.

For more information on the Voices in Motion Choir, visit <https://voicesinmotionchoirs.org/>.

Upcoming Events

Role of Neighbourhood Built Environment on Outdoor Mobility of People Living with Dementia

September 27, 2023 4:00 pm, via Zoom

Dementia-friendly communities aim to foster a supportive, inclusive, and empowering environment that promotes equal rights and resources for people living with dementia and their care partners. Dementia-

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friendly communities promote access and navigation of outdoor spaces and destinations in the neighbourhood. The Dementia-Inclusive Spaces for Community Access, Participation and Engagement (DemSCAPE) study at Simon Fraser University aims to identify spatial and temporal patterns in activities undertaken outside the home by people living with dementia, and ways in which the neighbourhood built-environment affects their outdoor mobility and social participation. This webinar is hosted by the Centre for Research on Personhood in Dementia at UBC and presented by the DemSCAPE team.

To register, please contact Mariko Sakamoto at msakamoto@uvic.ca.

Monitoring Technologies for Aging in Place – the Missouri Experience

October 4, 2023, 10:00 – 11:00 am, via Zoom

Nearly 50% of the US population has a chronic condition and 21%, mostly elderly, have multiple chronic conditions. Chronic diseases such as diabetes, heart failure or depression decrease quality of life and increase risk of hospitalization. Early recognition of chronic conditions could improve quality of life and reduce the cost of healthcare. Various in-home monitoring technologies based on sensors such as depth, infrared, sound, motion or balisto/seismo cardiography could provide invaluable clinical information. However, to become clinically relevant, sensor data requires not only insight in the evolution of a certain disease but also advanced knowledge of machine learning. In this seminar, which is co-hosted by the School of Health Information Science and IALH's Digital Health Research Cluster, Dr. Mihail Popescu, a professor of biomedical informatics at the University of Missouri School of Medicine at Columbia will discuss several examples of clinical applications of in-home sensors developed at the Center for Eldercare and Rehabilitation Technologies (CERT). Most of this research has been performed in an aging in place context.

The link to join is <https://uvic.zoom.us/j/85206968134?pwd=eDJIOWIGWStqOFhBaUF5M0N2ckN5dz09>.

Meeting ID: 852 0696 8134

Password: 936932

Interior Health Research Week 2023

October 10 -12, October 18, 11:00 am – 1:30 pm; via Zoom

The Interior Health Research Department and BC SUPPORT Interior Centre, in partnership with the British Columbia Network Environment for Indigenous Health Research and the Rural Coordination Centre of BC will host a series of virtual educational dialogues and presentations to showcase and share research happening within the Interior region of BC and beyond.

For more information and to register, go to <https://ih-research-week-2023.eventbrite.ca>.

Accessing Data for Health Research

Wednesday October 11, 2023 9:00 am – 4:30 pm via Zoom

This one-day conference, which is presented by IALH's [Health Services and Systems](#) and [Populations and Health](#) Research Clusters will:

- Examine what constitutes health data in the Canadian context as well as how the data are collected, stored and used;
- Highlight some of the data that are currently available in Canada related to health and aging; and
- Explore how the data can be used for research purposes.

Attendees will be able to join the webinar for the full day or only those sessions of interest.

For more information on the various sessions and speakers, go to <https://www.uvic.ca/research/centres/aging/assets/docs/program-dataaccess-20231011-final.pdf>

To register, visit <https://tinyurl.com/Data4HealthResearch>.

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