

Celebrating Healthy Active Lives

ALCOA Members – Making a Difference for Older Adults





A Note from the
Executive Director

Great Stories From Across Canada

Reviewing the articles for the fall issue of Celebrating Healthy Active Lives, I am so impressed with the work that is being done across the country at the local community centre, in municipalities, and provincially. This issue is full of wonderful success stories; new ideas perhaps for you to try in your community. There are also resources that may also be of interest to you.

In this issue we learn about a very successful Intergenerational program in British Columbia that could be duplicated in any city or town. The Canadian Association of Occupational Therapists has some wonderful resources for older adult drivers. The Age –Friendly Initiative has taken hold in Saskatoon. And up in the NWT a successful Community Café was offered relating to research and key messages on injury and fall prevention.

I hope you will find the articles of interest to you and that it may provide you with some new ideas for your own community.

Enjoy the beautiful fall and keep active!

Patty Clark

Patty Clark
ALCOA National Executive Director

Contact Information

Active Living Coalition for Older Adults

P.O. Box 143
Shelburne ON
L0N 1S0
Toll Free: 1-800-549-9799
Phone: 519-925-1676
Email: alcoa@uniserve.com
Web: www.alcoa.ca

Celebrating Healthy Active Lives

Editor: Patricia Clark

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2nd Annual “Sparkling” Brunch – Regina Chapter
Breaking New Ground, Not Bones
New Developments in Osteoporosis Risk Assessment and Treatment



SUNDAY, NOVEMBER 4, 2012

Noon – 3:00 pm
Conexus Art Centre
Tickets: \$30 per person
regina@osteoporosis.ca
757-2663 (BONE)

GUEST SPEAKER:

Dr. Bill Leslie,
Dept. of Internal Medicine &
Radiology, Faculty of Medicine
University of Manitoba

Helping Older Drivers



OLDER DRIVERS IN CANADA



For Older Drivers & Families

ENTER

For Health Professionals

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By: Janet Craik MSc., OT Reg. (Ont.), OT (C) & Claudia von Zweck, PhD, OT Reg. (Ont.), OT(C) Canadian Association of Occupational Therapists

In February 2009, the Canadian Association of Occupational Therapists (CAOT) launched the National Blueprint for Injury Prevention in Older Drivers. The Blueprint aims to enhance the capacity of older adults to maintain their ability to drive safely for as long as possible.

The Blueprint, funded by the Public Health Agency of Canada (PHAC), was developed collaboratively with a 21 member National Advisory Committee comprised of representatives from consumers, researchers, educators, clinicians, law and government. ALCOA was a member of the Committee. The intent is for the Blueprint to be used by many stakeholders as a tool to inform and influence policy, practice, education and research regarding older driver safety.

Resources To Help Older Drivers

CAOT has launched a series of informational brochures and a website promoting older driver safety. The focus of the brochures is on the impacts of normal aging and health

conditions on safe driving. The content, directed towards older drivers and their families strives to enhance the capacity of older adults to maintain their fitness to drive for as long as possible and when necessary, help prepare for driving retirement. The website provides occupational therapists, other healthcare professionals, older drivers and their families with the latest information regarding driving screening, assessment and treatment options.

- Age alone does not determine whether an older adult will be a safe driver
- Older driver safety can be enhanced through:
 - education and information
 - vehicle technology
 - driver refresher education
 - driver assessment and intervention
 - community mobility options
- Occupational therapists can evaluate driving, develop programs to improve safe driving, and help create driving retirement plans.

For more information on downloading or ordering brochures or information on safe driving practices, please visit www.olderdriversafety.ca.

Greenhouse Social

By Eva Busich-Veloso, Coordinator, Seniors Services
Community Social Services, City of Richmond, BC

We hear a lot about intergenerational, or multigenerational, but what does that mean when creating programs in the community? From educators to community services, to agencies serving older adults, many motivated professionals are working to connect generations and foster relationships between old and young. Intergenerational activities provide wonderful opportunities for students and seniors to exchange ideas, share experiences and gain knowledge.



One such program undertaken this past summer was the Greenhouse Social, supported by Senior Services, City of Richmond, in partnership with The Sharing Farm at Terra Nova. This urban garden is a lovely, serene location where more than seeds were taking root. Every Thursday in July and August, adults 55+ partnered with youth aged 13 - 18 to grow food for the Richmond Food Bank while sharing laughter, learning new skills and creating a closer community. Transportation was a key factor in the success of this free program, offering young and old the opportunity to catch a shuttle from one of 4 Community Centres throughout the City. Facilitated by professionals at the Sharing Farm, the group took part in many activities at the garden, even learning to braid garlic! While the youth may be called upon to do some of the heavy work, there was no shortage of seniors getting their hands dirty, and both enjoyed the opportunity to connect with each other. Each week saw new faces added to the mix, with most returning weekly and even volunteering outside the program.

The unique location and purposeful programming added to the success. Faces lit up when friends, young and old were recognized each week, ideas were exchanged and friendships formed over refreshments under the canopy at the rustic work tables. Youth came into the Seniors Centre at Minoru Place to arrange transportation, and together rode the shuttles to and from the destination. "See you next week" was the common greeting extended at the end of the morning, which according to an 81 year old always came too soon.

For more information on this program contact Eva Busich-Veloso at EBusichveloso@richmond.ca.

Continuing on to an Age-Friendly Saskatoon



By: Mercedes Montgomery, Chair, Communications Committee, Saskatoon Council on Aging (SCOA)

The first phase of the Age-friendly Saskatoon Initiative reached conclusion with the assessment of the age-friendliness of Saskatoon within the eight dimensions described by the World Health Organization and the preparation of the Age-Friendly Saskatoon Initiative: Findings Report. The analysis of the focus groups and interviews is a rich source of information about the views of Saskatoon older adults regarding the age-friendliness of Saskatoon.

The report was presented to City Council in February and was met with keen interest. The report was referred to Executive Committee of City Council for follow up. That process is now underway and will explore the findings and examine the technical report in greater depth. A number of other public meetings have also taken place, most notably, with the Saskatoon Health Region Board.

Where to from here? In Phase One we were successful in assembling a considerable body of research and shared views from more than 500 older adults in our community.

Phase Two requires a thorough compilation of all the various community resources, services and activities that exist today. From this, any notable gaps will be evident.

Engagement with the community is key to discovering the route to early success. We will continue to work with community partners and organizations, along with follow up meetings with the focus group participants who generously gave their time and insights.

We will also be seeking evidence of leading community strategic planning addressing current and future older adult needs and opportunities in the community. This will be an important factor in achieving our collective community goal to ensure implementation of an age friendly city model, focused on the quality of life of older adults, in addition the current focus on care of older adults.

We see the future state being realized through policy development based on sound principles. The resulting action plans will address gaps and align community initiatives leading to a Community Seniors Strategy and adoption of a five-year Strategic Action Plan for 2013-2018. We have much work ahead and invite participation of interested organizations and individuals.

To obtain a copy of the report or for more information please refer to the full report online: www.scoa.ca/services/index.php and select 'Age-friendly Saskatoon Initiative'.

You can also contact the Saskatoon Council on Aging office by phone (306) 652-2255 or email admin@scoa.ca



L to R Murray Scharf, Board Member and Candace Skrapek, President of SCOA and Co-Chairs Of the Age-Friendly Steering Committee present the Findings Report to Saskatoon City Council.

Community Café for Falls Prevention

By Barb Hood, Executive Director, NWT Seniors' Society

Baker Community Centre in Yellowknife was the site for our first Community Café for Falls Prevention, which was held in March. Approximately 50 people attended the workshop, including Board Members from NWT Seniors' Society, who take this information back to their communities throughout the NWT. A local radio station hosted information sessions in the Sahtu Region where the Board Member was invited to provide the information in her aboriginal language.

Topics of the presentations included "Understanding Injuries in the NWT", "Why Older Adults Fall" and "Emerging Themes for Prevention" with data from research conducted by Dr. Vicky Scott, BC Ministry of Healthy Living and Sport, and the "Elders in Motion" program. Sandra Mann, Health Planner – Rehab Services Population Health, NWT Health and Social Services, worked with Geoff Ray, Executive Director, NWT Recreation and Parks Association to demonstrate some exercises which are part of the "Elders in Motion" program and got attendees doing the exercises.

Key 'take-home' messages included:

- Risk of unintentional injury is higher in males, Aboriginal people, the elderly, and in spring/summer months.
- Falls are the leading cause of unintentional injury.
- Most falls occurred at home and on the same level.
- The elderly has the greatest risk to most forms of falling. This risk especially increases in regards to other falls on the same level and falls involving bed/furniture.

Participants learned that:

- 56% of all accidents in the NWT are unintentional. Injuries are the third leading cause of all deaths in the NWT.



Barb Bromley and Mike Vaydik share their experiences



Joyce Williams practices the "Elders in Motion" exercises



Alphonsine McNeely, Fort Good, Dr. Vicky Scott, BC, and Lillian Elias, Inuvik spend time together

The Seniors Health Knowledge Network is pleased to announce the launch of its new website.

This site's updated features will allow the Network to connect even better: using a login, members can suggest news, events and resources, visit community pages to start discussions and view other member's profiles.

The Resource Centre offers online resources that are relevant to seniors health and well-being: planning documents, reports, statistics, best practice guidelines, knowledge transfer and exchange products, tools, video clips, links to archived webinars and much more. With an ability to subscribe or unsubscribe to products and Communities, members can choose the types of news stories they would like to receive.

The site is also more flexible and current: authorized editors can update Community pages instantly, so content will change more quickly than it has in the past. Quick links will also make it easier to navigate to resources, tools and calendars of events for SHRTN as a whole, and Community by Community.

The complete re-make of the Seniors Health Knowledge Network's website is just one of the Network's many initiatives to improve the way they serve their members, and through them, the aging population.

Please visit:

www.seniorshealthknowledgenetwork.com

- NWT residents experience hospitalizations due to injuries more than 2 times higher than other Canadians.
- The risk of hospitalization due to an unintentional injury for an Aboriginal person is almost twice that of a Non-Aboriginal person.
- Those 60 years and older have a 2 to 3 times greater risk for hospitalization compared to the other age groups.
- Most prevalent injury types are falls, other land transport, motor vehicle traffic accidents, poisoning, and struck by/against a solid object.
- Between 2002-2010, falls accounted for 42% of hospitalizations due to unintentional injuries.

Seniors Health Knowledge Network new website



- The risk for fall-related hospitalizations in the oldest age group (65 years +) is 3 to 6 times higher than the other two age groups.
- Hospitalization rates due to falls increase with age and remains consistently 2x higher among the aboriginal population.

The evaluations from this event showed people learned a good deal from the presentations and from the research findings across Canada and in the NWT. There were many requests to have presentations like this in the future. If you would like to view the whole report you may do so by going to www.nwtseniorsociety.ca, clicking on the News Archive button or call 1-800-661-0878 to learn more.

Eating Habits Survey for Older Adults



www.eatrightontario.ca/escreen

- Are you an older adult? Do you work with older adults?
- Do you want to know how current eating habits measure up?

Dietitians of Canada and EatRight Ontario have launched a new web tool just for older adults.

If you work with older adults or have aging parents, encourage them to use this simple online tool at www.eatrightontario.ca/escreen to find out how they are doing with healthy eating. French is available at www.sainealimentationontario.ca/escreen.

Nutri-eSCREEN™ is a validated and reliable nutrition screening tool that can help identify nutrition problems early so older adults can modify their eating behavior.

How does Nutri-eSCREEN™ work?

- ✓ Visit www.eatrightontario.ca/escreen
- ✓ Answer 14 short questions about your eating habits – takes less than 10 minutes.
- ✓ User receives their personalized results based on how they answered the questions
 - what they are doing well when it comes to healthy eating
 - where they can improve
- ✓ The RESULTS feedback has been developed by Registered Dietitians, and also provides practical tips. Results can be printed off or emailed for future reference.
- ✓ The RESOURCES area provides links to credible nutrition information, tools, recipes and related community services.

This online tool was developed by nutrition researchers and Registered Dietitians with input and testing from older adults.



Older adults told us they wanted:

- easy access to information about healthy eating from trusted sources.
- a simple online tool that they can use themselves.
- a web site with larger font and simple navigation.
- to find out how well they were doing with their eating habits; and where they had room for improvement.
- a short list of high quality resources from trusted sources, rather than a long list from a general internet search.
- links to articles, recipes, and community services.
- respect for their privacy.

In Ontario, older adults can also call the Registered Dietitians at EatRight Ontario 1-877-510-510-2, at no cost, to discuss their healthy eating questions or Nutri-eSCREEN™ results.

Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.