



ALBERTA ASSOCIATION
ON GERONTOLOGY
Improving the Lives of Older Albertans



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Winter 2020

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PRESIDENT'S MESSAGE

“A future in which older Albertans are engaged, empowered and enabled to achieve quality of life through financial security, social connectedness and access to health care in inclusive communities.”

THIS IS THE VISION DEVELOPED AT THE [VISION 2030 SYMPOSIUM](#) HOSTED BY AAG in partnership with Alberta Seniors and Housing and attended by over 300 people. It is the focus of AAG work and has already resulted in a AAG policy recommendation document - “[Older Albertans Living Well: A Call to Action to Enhance Care and Services](#)”. This paper includes immediate recommendations in key areas including staffing and keeping older Albertans safe in time of pandemic and has been presented to both the Ministry of Health and the Ministry of Seniors and Housing. This has led to in depth conversations which we believe will positively influence the evolution of a quality system. The paper was distributed to each member by email and is posted on the AAG website. Thank you to the experts who so willingly volunteered expertise for content and writing.

AAG continues to conduct our business virtually with full board participation and movement on three main goals including:

1. Further refine governance and operational infrastructure of the Association,
2. Support the creation of forums and opportunities for policy discussion and development to improve the quality of life of older adults by collaborating with other stakeholders and the community at large,
3. Increase the visibility and profile of AAG.

Significant work is occurring in each of these goal areas with a distinct team of the Board focused on each goal.

The Board will have vacancies in May at our AGM. Members are encouraged to consider running for a position and if interested please contact, lstanger.aag@gmail.com, or speak to any of our current 16 board members.

Best wishes to you, your family and loved ones for a happy and healthy holiday season!

Sincerely,

Linda Stanger
President AAG





FEATURE ARTICLE

Sharon Anderson

STAKEHOLDERS AT THE [AAG VISION 2030 SENIORS SERVICES SYMPOSIUM](#) identified family caregiver supports as an important policy issue. Now, COVID-19 has emphasized family caregivers are an integral and increasingly overburdened part of the health care system. Our survey of the impacts of COVID-19 on Alberta Family Caregivers demonstrated that the gap between what family caregivers need and what is provided had grown wider since COVID-19 began. Read the report on the Survey of the Impacts of COVID-19 on Alberta Family Caregivers. [1]

In Alberta, we have been working on solutions. In the [Older Albertans Living Well: A Call to Action to Enhance Care and Services](#), the AAG has recommended development of long-range directional policies and immediate actions to improve seniors care and services in Alberta. The recommendations are like those in our [Survey of the Impacts of COVID-19 on Alberta Caregivers Report](#). In 2014, Jasneet Parmar, Jayna M. Holroyd-Leduc, Wendy Duggleby, Suzette Bremault-Phillips, Leslie Charles and many others began consulting with Alberta stakeholders--researchers, family caregivers, caregiver associations, clinicians, health care administrators, and policy makers to co-design the path towards family caregiver supports.

Stakeholders at these meetings [2-7] recognized that family caregivers and their situations are diverse. Family caregiver's needs change over the care trajectory. The assumption was that no one person or organization could meet family caregivers' needs. All stakeholders need to work together to collectively address family caregivers needs along the entire care trajectory. They recommended the health workforce be trained and mandated to support family caregivers as well as the Albertans they care for. This is a population health approach to helping family caregivers to access supports in a timely manner all along the care trajectory.

Within the provincial government, the Caregiver Supports Working brings together six Alberta Ministries, researchers, health and community providers, and community organizations to work collaboratively to support family caregivers. The Caregivers Alberta received \$3 million in grants from the provincial government to expand programs and resources for family caregivers. There is now a pan Alberta Caregivers Focused Coalition of multi-level stakeholders with interests in family Caregiving. The group joins the CORE Alberta platform on November 24.





Dr. Parmar and her multi-level interdisciplinary stakeholder team have co-designed competency-based Caregiver Centered Care Health Workforce Education to educate health providers about person-centered care for family caregivers. [The Foundational Caregiver Centered Care Education](#) was just launched online at the [Caregivercare.ca](#). The e-learning management website designed by the Academic Technologies Department, Faculty of Medicine and Dentistry at the University of Alberta. The education takes about an hour and is [free](#).

THE FEEDBACK HAS BEEN OVERWHELMINGLY POSITIVE: 

“This course was outstanding. As a medical student, I truly believe my entire class would benefit from participating in this course. Thank you!”

“As a past caregiver and someone who runs a caregiver coffee club for caregivers of persons with dementia, the material in the course was excellent. It was not preachy, it reflected many of the issues caregivers deal with and it addressed many of the caregiver complaints related to working with health professionals. Highly recommend the course.”

“Fantastic!”

“I thought that this course was excellent. I was already aware of the importance of caregivers, but the content was easy to understand, very practical and broadened my knowledge even more.”

If you have any questions or would like more information, please contact us by phone or email.

Dr. Parmar: jasneet.parmar@albertahealthservices.ca, 780-901-6236, or

Sharon Anderson: sdanders@ualberta.ca, 780-953-5541.



REFERENCES

1. Anderson S, Parmar J. A Tale of two solitudes experienced by Alberta Family Caregivers during the COVID-19 pandemic. Edmonton: Department of Family Medicine, University of Alberta, 2020 29. Online at: https://assets.website-files.com/5f60ff88f8fe8248159c3406/5f860d139af309961d67e907_Alberta%20Caregiver%27s%20Survey%20Report%20Oct%202020.pdf
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5. Holroyd-Leduc JM, McMillan J, Jette N, et al. Stakeholder Meeting: Integrated Knowledge Translation Approach to Address the Caregiver Support Gap. Canadian Journal on Aging- Revue Canadienne Du Vieillessement 2017;36(1):108-19 doi: 10.1017/s0714980816000660.
6. Parmar J, Anderson S. Health workforce education and training to recognize and support family caregivers of older adults symposium March 14-15, 2019: Summary Report. Edmonton, AB: Network of Excellence in Seniors' Health and Wellness, 2019:13. <https://seniorsnetworkcovenant.ca/wp-content/uploads/2019-06-30-Health-Workforce-Training-Meeting-March-14-15-Report-Final.pdf>
7. Parmar J, Anderson S, Duggleby W, Holroyd-Leduc J, Pollard C, Brémault-Phillips S. Developing person-centred care competencies for the healthcare workforce to support family caregivers: Caregiver centred care. Health and Social Care in the Community 2020 doi: <https://doi.org/10.1111/hsc.13173> [published Online First: Epub Date].

SCHOLARSHIPS/AWARDS

- Interesting in advancing your career?
- Thinking of going back to school?
- Are you an unregulated health care worker interested in acquiring more knowledge and skills?
- Know a distinguished member of the gerontology community in Alberta?

Check out our awards:

<https://www.albertaaging.ca/awards/>



UPCOMING CONFERENCES

IFA 15TH GLOBAL CONFERENCE ON AGEING WILL BE HELD VIRTUALLY AND IN PERSON.

[Register now](#) to join together – in person or virtually – with industry leaders, speakers and engage in one-on-one interaction with other industry peers in Niagara Falls, Canada or from the comfort of a home office.

I'm going, are you?

- [Conference from 10 to 12 November 2021](#)
- [Pre-Conference on 9 November 2021](#)





COMMITTEE REPORTS

Sandi Hirst, Chair Goal 1 Committee

Alberta Association on Gerontology's (AAG) three-year strategic plan for 2020 -2023 identifies three major goals and numerous priority activities under each goal.

GOAL 1: FURTHER REFINE GOVERNANCE AND OPERATIONAL INFRASTRUCTURE OF THE ASSOCIATION.

Work to date include:

- Board orientation document,
- terms of reference for the Executive Committee,
- a Confidentiality Agreement.

These documents have been presented to the full AAG Board for their review and approval. If approval is given, then the documents will be included into the AAG policy and procedure manual. We have a great team of Grace Maier and Sharlene Standing, with Linda Stanger as ex-officio.

RESOURCES

[Gerontechnology, Vol 19, No 3](#) is published now. This issue contains seven original research papers, one review paper, and one student paper. For more details, please go to our [official website](#): <https://journal.gerontechnology.org>.

National Institute on Aging launches, My COVID-19 Visit Risk Tool. This web-tool designed by [Ryerson University National Institute on Aging \(NIA\)](#) was created to help people better understand the risk factors associated with visiting others on both getting and/or dying from COVID-19. [MyCOVIDVisitRisk tool](#) has been designed to help people of different ages and states of health, determine how to visit others more safely during the pandemic.



CHAPTER REPORTS

CALGARY REPORT

CAREERS WORKING WITH SENIORS – ONLINE PANEL DISCUSSION

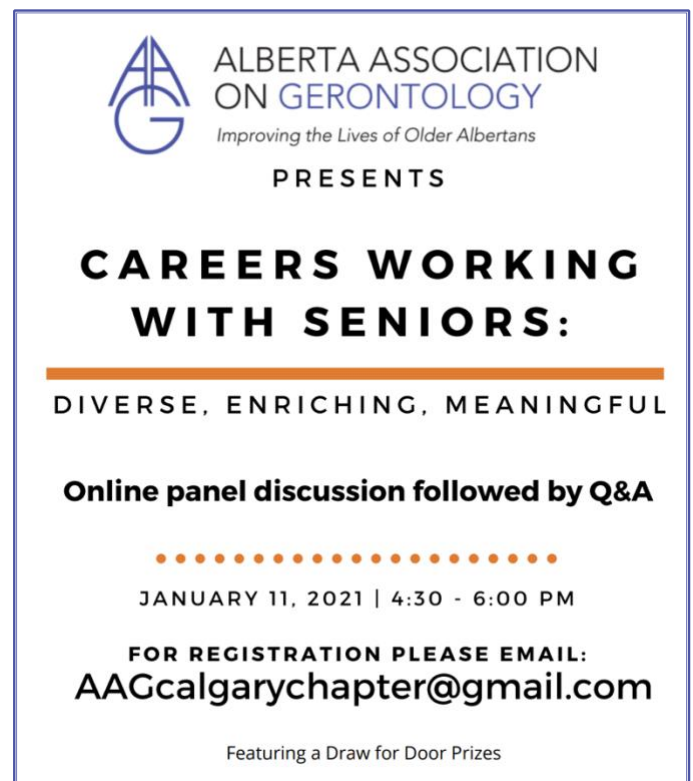
Monday, January 11, 2021 @ 4:30 pm - 6:00 pm


Learn about the diverse, enriching and meaningful careers working with seniors. Online panel discussion with members of the AAG Calgary Chapter board followed by Q & A. Featuring a draw for door prizes! This will be a FREE event.

For registration, please email:

AAGcalgarychapter@gmail.com

Download PDF: [Careers Working with Seniors](#)



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PRESENTS

**CAREERS WORKING
WITH SENIORS:**

DIVERSE, ENRICHING, MEANINGFUL

Online panel discussion followed by Q&A

.....

JANUARY 11, 2021 | 4:30 - 6:00 PM

**FOR REGISTRATION PLEASE EMAIL:
AAGcalgarychapter@gmail.com**

Featuring a Draw for Door Prizes

EDMONTON REPORT – none



ADVOCACY THINKING AND ACTION

DEMENTIA STRATEGIC FUND: AWARENESS RAISING INITIATIVE

The Public Health Agency of Canada is looking for people with lived experience (family/friend caregivers and people living with dementia) who could assist with reviewing brief summaries of proposals under the [Dementia Strategic Fund: Awareness Raising Initiatives and the Dementia Community Investment](#). If you're interested in getting involved, please email emily.clarke@canada.ca.

CANAGE - CANADA'S INDEPENDENT NONPROFIT SENIORS' ADVOCACY ORGANIZATION

CanAge educates, empowers, and mobilizes people on the issues that matter most to seniors and their families. We believe every Canadian - independent of age - deserves a vibrant, connected, and meaningful life with equitable access to the resources needed to thrive.

<https://www.canage.ca/voices>

LIVING WELL: ENHANCING SENIORS' CARE & SERVICES" SPEAKER SERIES

Featured speakers will offer an overview of the core areas of the AAG's 2020 policy report, "[Older Albertans Living Well](#)". An exciting opportunity to hear from Seniors' wellness thought leaders from across the province. Sessions will be held via Zoom from 12:30 pm-1:00 pm for 7 weeks on Thursdays starting January 14th, 2021.

Register Now: [AAG Living Well Speaker Series](#)



Living Well: Enhancing Seniors' Care & Services Speaker Series

presented by



ALBERTA ASSOCIATION
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Join the Alberta Association on Gerontology (AAG) and featured speakers for the **"Living Well: Enhancing Seniors' Care & Services" Speaker Series**, starting January 14, 2021.

These sessions will offer an overview of the core areas of the AAG's 2020 policy report, ["Older Albertans Living Well"](#) and is an opportunity to hear from Seniors' wellness thought leaders from across the province.

Sessions will be held via Zoom from 12:30pm – 1:00pm

For more information and to register for the sessions of your choice, visit:

<https://bit.ly/AAGLivingWell>

DATE	TOPIC	PRESENTERS
Jan. 14, 2021	Living Well in the Community	Dr. Sharon Anderson & Dr. Richard Lewanczuk
Jan. 21, 2021	Living Well in Supportive Housing	Bruce West & Ralph Hubele
Jan. 28, 2021	Living Well in Long Term Care Centres	Dr. Sandi Hirst
Feb. 4, 2021	Living Well with Restorative Care	Grace Maier & Dr. Susan Slaughter
Feb. 11, 2021	Living Well with Dementia	Barb Ferguson & Dr. Susan Slaughter
Feb. 18, 2021	Supporting Wellness for Family Caregivers	Dr. Sharon Anderson & Dr. Jasneet Parmar
Feb. 25, 2021	Living Well at End of Life	Lynne Mansell & Beth Wilkey



Enhancing Seniors' Care and Services

*with access to Senior Friendly acute and emergent care when required.

