

Healthy Aging in Place

Summer 2013

Healthy Aging in Place

Improving Rural and Northern Aboriginal and Non-Aboriginal Seniors' Health through Policy and Community-Level Interventions



Community workshop in Manitou Beach

Rural Healthy Aging Assessment Framework

Progress has been made in the completion of a draft version of the rural healthy aging assessment framework. Ultimately, the framework will provide a “toolkit” for identifying, monitoring and evaluating the impact of kin, community and policy-level interventions on rural healthy aging in place.

The framework has been guided by the healthy aging research including a literature review, environmental scans, interviews and community consultations. Five rural healthy aging domains were identified: independence, social & community interaction, built environment, mobility and mental health.

The first draft of the framework is now completed and will be reviewed by advisory panels in policy, practice and community. Following the completion of the panel reviews, the next steps will include revision, and eventually pilot testing for expansion to other rural communities.

Community Environmental Scans

Environmental scans have been completed for the communities of Watrous, Wolseley and Young, Saskatchewan. These scans provide current information on the seniors population and factors influencing rural older adults' ability to age in place such as housing, income, caregiving, and education. The environmental scans were conducted to help identify the existing supports and service gaps for rural older adults. The scans have been reviewed by our community partners and are being revised accordingly. The environmental scans will be available in September 2013 on the SPHERU website at www.spheru.ca. If you would like a copy mailed to you for your community please contact Juanita Bacsu toll free at 1 (888) 966-7942.

Teams Shares Findings at Event with Over 2500 Delegates

Researchers from the Healthy Aging in Place study presented findings at the Aging in America Conference in Chicago, Illinois on March 12-15, 2013. The team delivered two presentations, one on rural healthy aging in Canada and the second on healthy aging in Cuba. The conference was well attended with over 2500 delegates including health professionals, academics, community leaders and policy makers.



Dr. Nuelle Novik, Dr. Shanthi Johnson and Juanita Bacsu at Aging in America Conference

Rural Healthy Aging Grant Application Underway

The funding for the current research work ends in March 2014 so SPHERU researchers are working on a grant application to continue the support for research on rural healthy aging in place. The application will be submitted to the Saskatchewan Health Research Foundation competition in October 2013 and the results will be announced in early 2014. Bonnie Jeffery, the principal investigator of the grant proposal, says it's important to understand the factors that support rural seniors' independence within their communities. She notes that helping rural seniors' experience healthy aging in place is advantageous and makes sense. "Our research suggests that seniors who have the supports and the opportunity to remain in their rural communities are happier, more socially engaged and able to live healthier lives," she said.



Community workshop in Wolseley

We value rural older adults' viewpoints and will be drawing on community input in the development of this research proposal. We have already begun collecting feedback through a community workshop at Manitou Beach in February 2013 and a workshop in Wolseley in June 2013. We value your insight and receiving feedback so we know whether our research is on the right track.

Contact Us

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Interview Updates

To date, three rounds of interviews have been completed with approximately 40 older adults aged 65 and over in the rural communities of Watrous, Young, and Wolseley, Saskatchewan. The final round of Healthy Aging interviews will take place in the fall of 2013. A researcher will phone participants to schedule the dates.

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