

# Healthy Aging in Place

## Community Presentation

Watrous, Saskatchewan  
June 28, 2012

Saskatchewan Population Health and Evaluation Research Unit  
University of Saskatchewan, University of Regina

# SPHERU: Who are we?

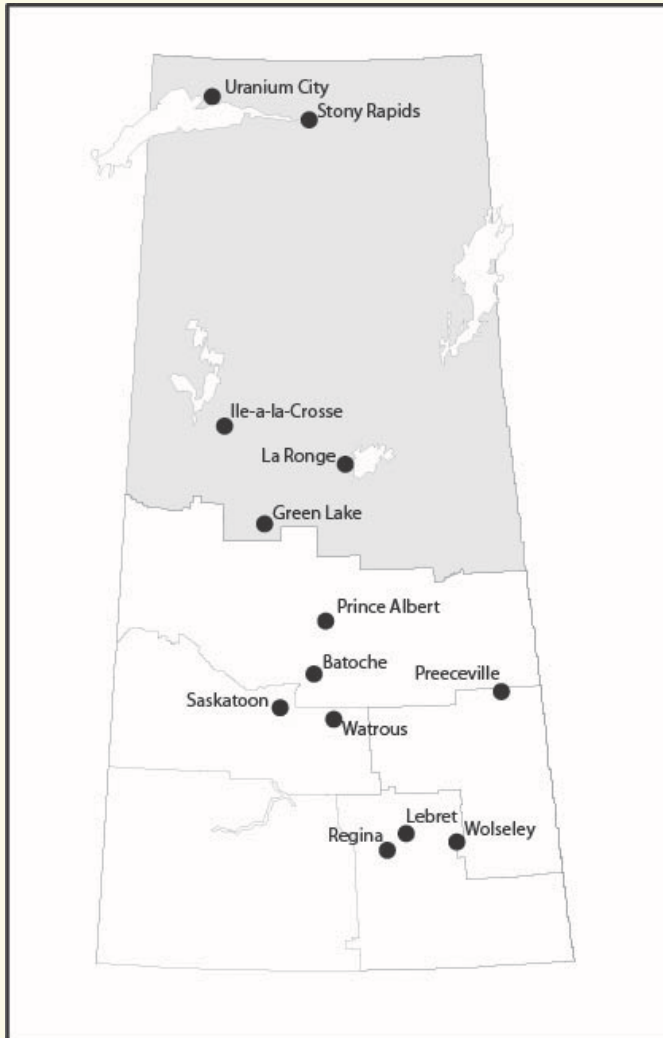
SPHERU study areas

**Health nequities:**

*North-South*

*Rural-Urban*

*Aboriginal-Non-Aboriginal*



# Why are we here today?

- Share research findings and exchange insight from three studies.
- Discuss whether these findings accurately reflect your experiences.



# HEALTHY AGING OBJECTIVES

- To discuss the health service needs of seniors living in rural communities;
- To examine how rural seniors maintain their independence.



# Why is this study important?

- Currently little government support for rural aging;
- Lack of information on rural seniors' health needs;
- Between 2006 to 2026, older adults in Canada are projected to increase from 4.3 million to 8.0 million.
- SK has one of the highest percentages of seniors, and is one of the few provinces without an aging or long term care strategy.

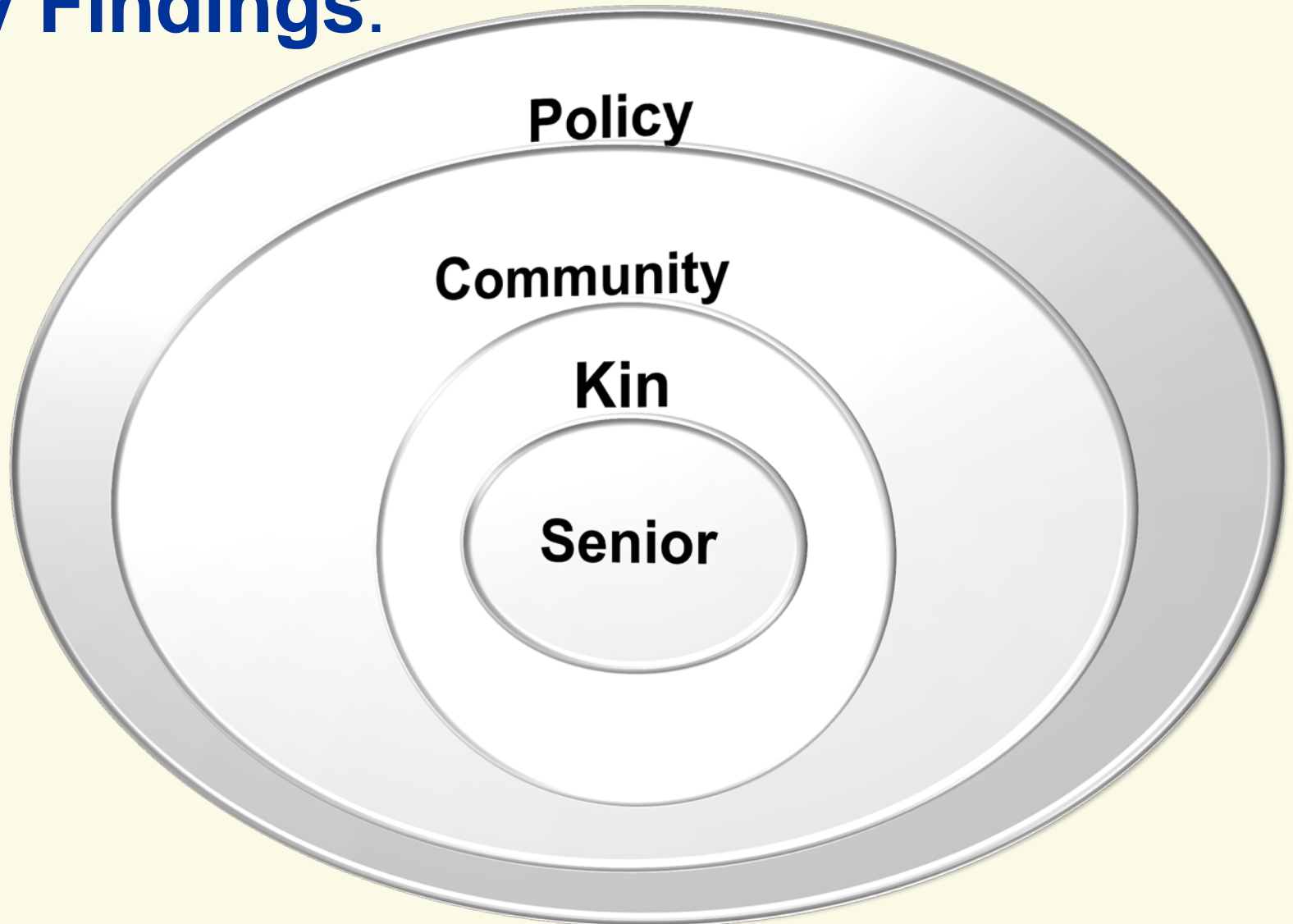
# Research updates

- 42 interviews conducted in Watrous & Wolseley with 24 women and 18 men, ages 64 to 98;
- Completed 3rd wave of interviews in Watrous in April 2012.

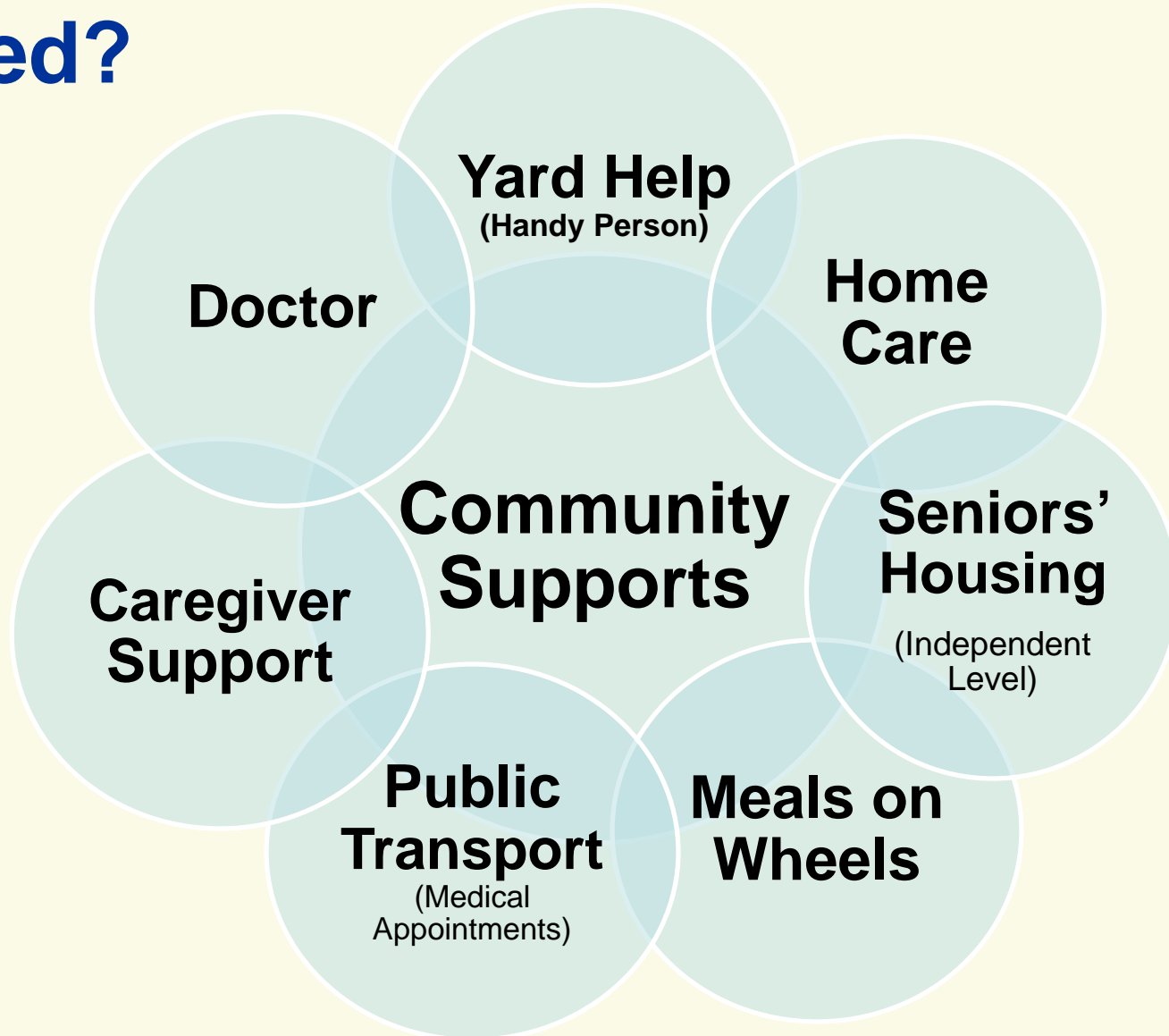




# Key Findings:



# What Community level supports are needed?





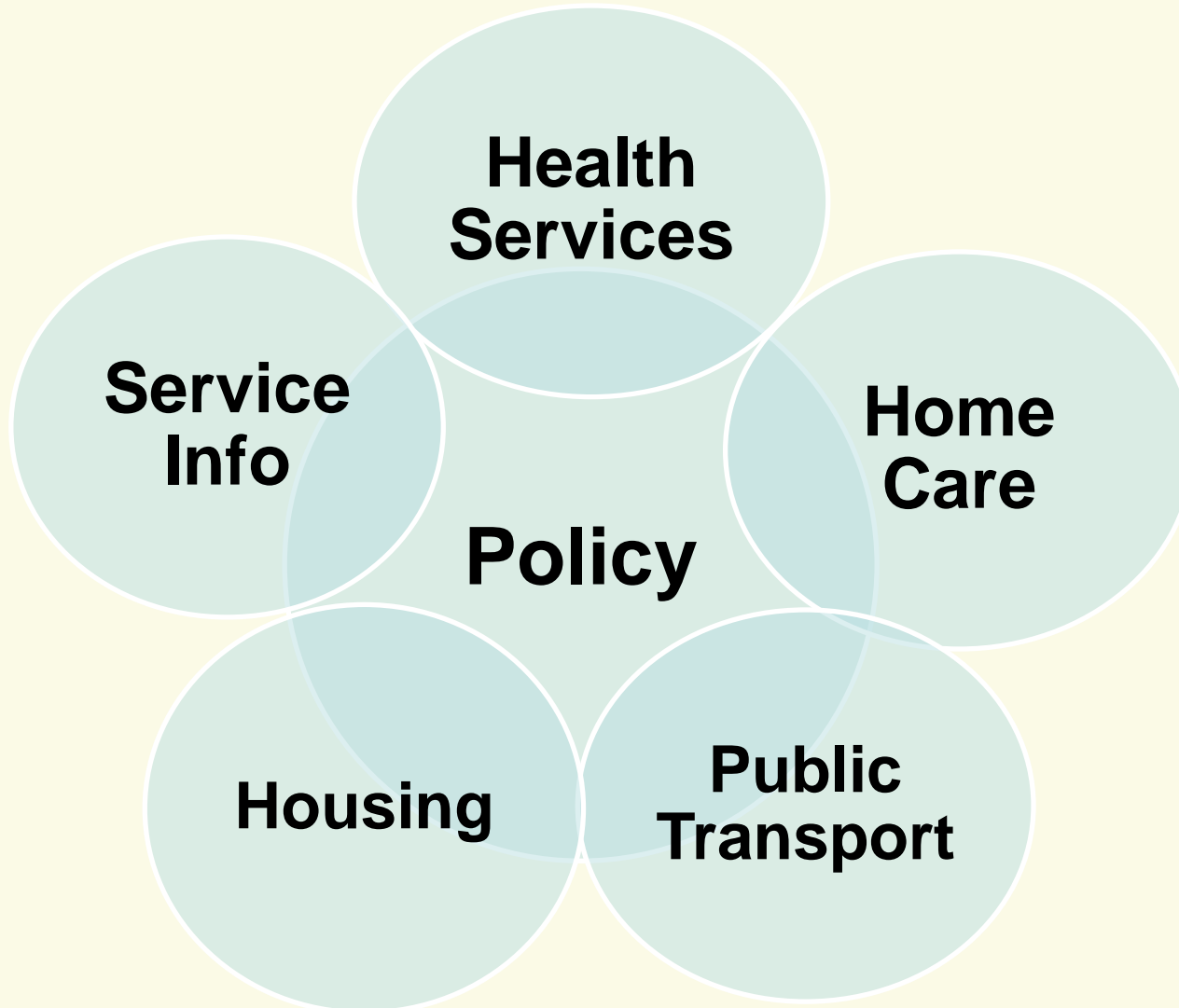
# Need for information

Lack of information on local services:

- *“We’d like a pamphlet on costing, information on home care. That would even apply to if you had to get into assisted living or nursing home. What really is involved in getting in there?”*



# What policy changes are needed?



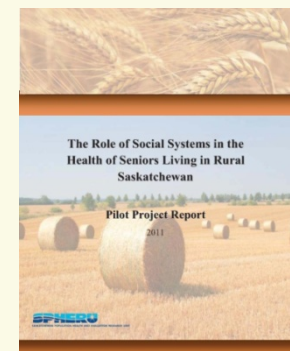
# Policy

Programs and policies are based on urban centers:

- *“They’ve moved all our rural consultants or coordinators [to] the city... We used to have a rural woman in Lanigan and they just moved her job to the city. The rural coordinator lives in Saskatoon. If you’re not living the life, you don’t have an understanding of what’s going on.”*

# Action plan

- We are sharing our findings with the health regions and governments.
- We met with Ministry of Health to share our findings and invited them to attend this event.
- Our goal is to make policy-makers aware of the needs of an aging population in rural communities.



# Comments and questions

- **We would like to hear your thoughts on moving forward.**

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# Research team

## Community Partners

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## Researchers

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