

Healthy Aging in Place

Community Presentation
Wolseley, Saskatchewan
June 13, 2013

University of Saskatchewan
University of Regina

Why are we here today?

- Share the research findings and exchange ideas
- Discuss whether these findings accurately reflect your experiences
- Ask for your ideas on next steps



STUDY OBJECTIVES

- To address gaps in our understanding of the health service needs of seniors living in rural communities
- To identify the supports that enable rural seniors to stay independent and remain in their homes and communities longer



Why is this study important?

- Currently little government support for aging in rural areas;
- A lack of research and information on the health needs of older adults in rural areas;
- Majority of existing data and government policies are focused on aging in urban centers and cities.

What we plan to do with this study?

- Share findings with health regions, provincial government and federal policy-makers.
- Identify the viewpoints of rural older adults themselves to have their health needs and views heard.
- Goal is to make policy-makers aware of the needs of an aging population in rural communities.

Research: Progress Update

- Conducting interviews over 3 years with older adults in Watrous and Wolseley, SK;
- In 2011, 40 interviews - 16 men and 24 women, 64-92 years.
- In 2012, 36 interviews - 14 men and 22 women.
- Completed 2 interviews with each participant in Wolseley; our final interviews will be in November 2013.

Key findings: Health service needs

- Home care
- Seniors' housing
- Access to information
- Built environment
- Transportation
- Meals on Wheels



Healthy Aging in Place

- People have the supports that will help them stay in their own place (home/community) as long as they wish to;
- What are the supports that rural seniors say that they need?

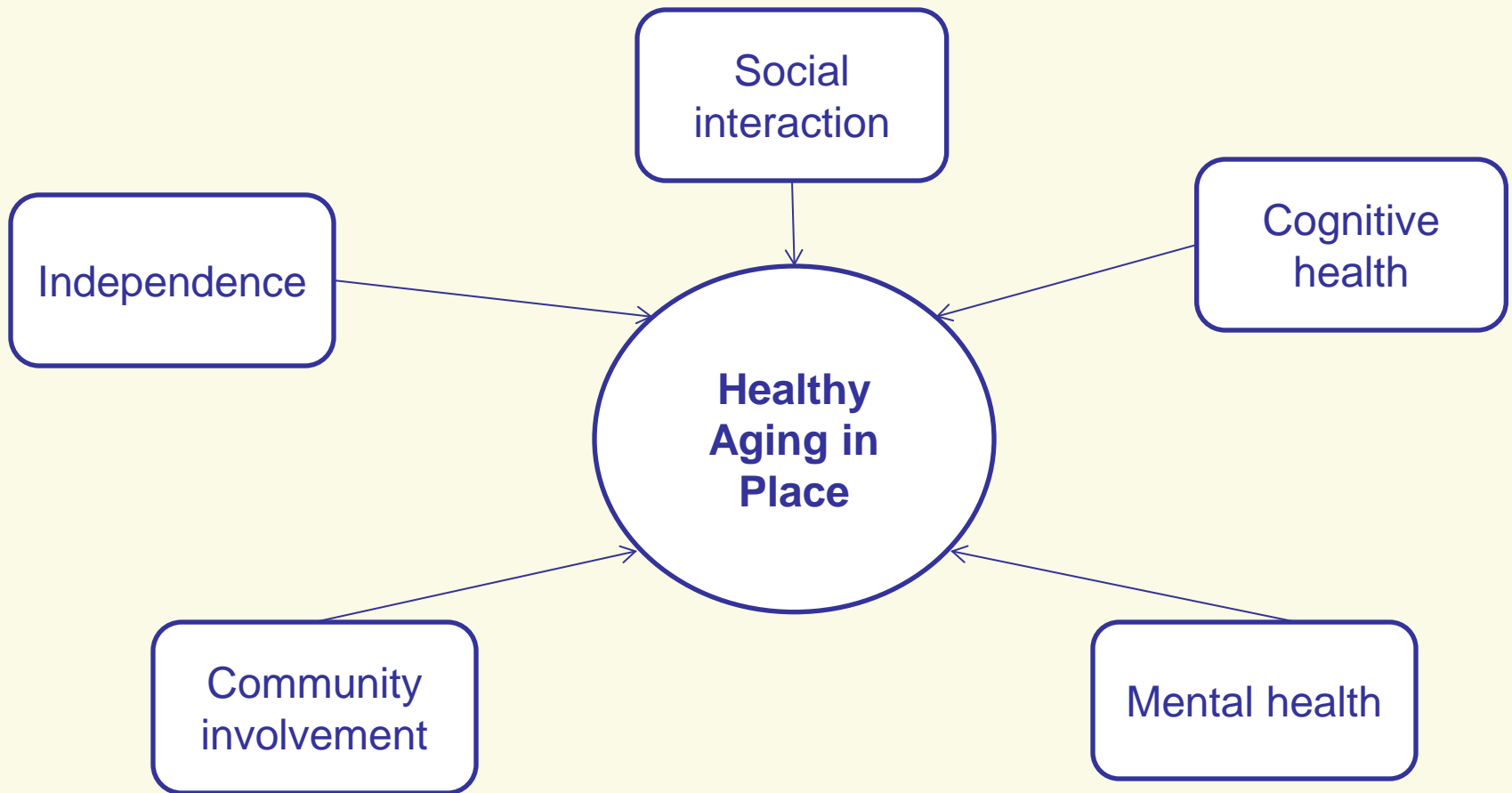


Rural Healthy Aging in Place

We summarized what we heard into 5 categories:

1. Social interaction
2. Independence
3. Cognitive health
4. Community involvement
5. Mental health

Rural Healthy Aging in Place



Social interaction

- The ability to interact with a social circle of family, friends and neighbours
- Being able to get around, or mobility, is also a part of being able to interact



Independence

- The ability to live self-sufficiently and have freedom in one's life
- Ability to make own decisions, mobility, and housing can support independence

Cognitive health

- People defined this as “keeping the mind sharp”
- Being able to participate in both mental and physical activities such as reading the newspaper or exercise.



Community involvement

- This is defined as being involved, engaged and participating in the community
- Participation in personal and community activities
- Having a sense of purpose
- The physical environment of the community is important as a support for community involvement

Mental health

- Defined as being able to maintain a positive and optimistic outlook
- Areas that were identified include health of a spouse, financial concerns, dealing with loss of a spouse, caregiving and mobility challenges

Next Steps

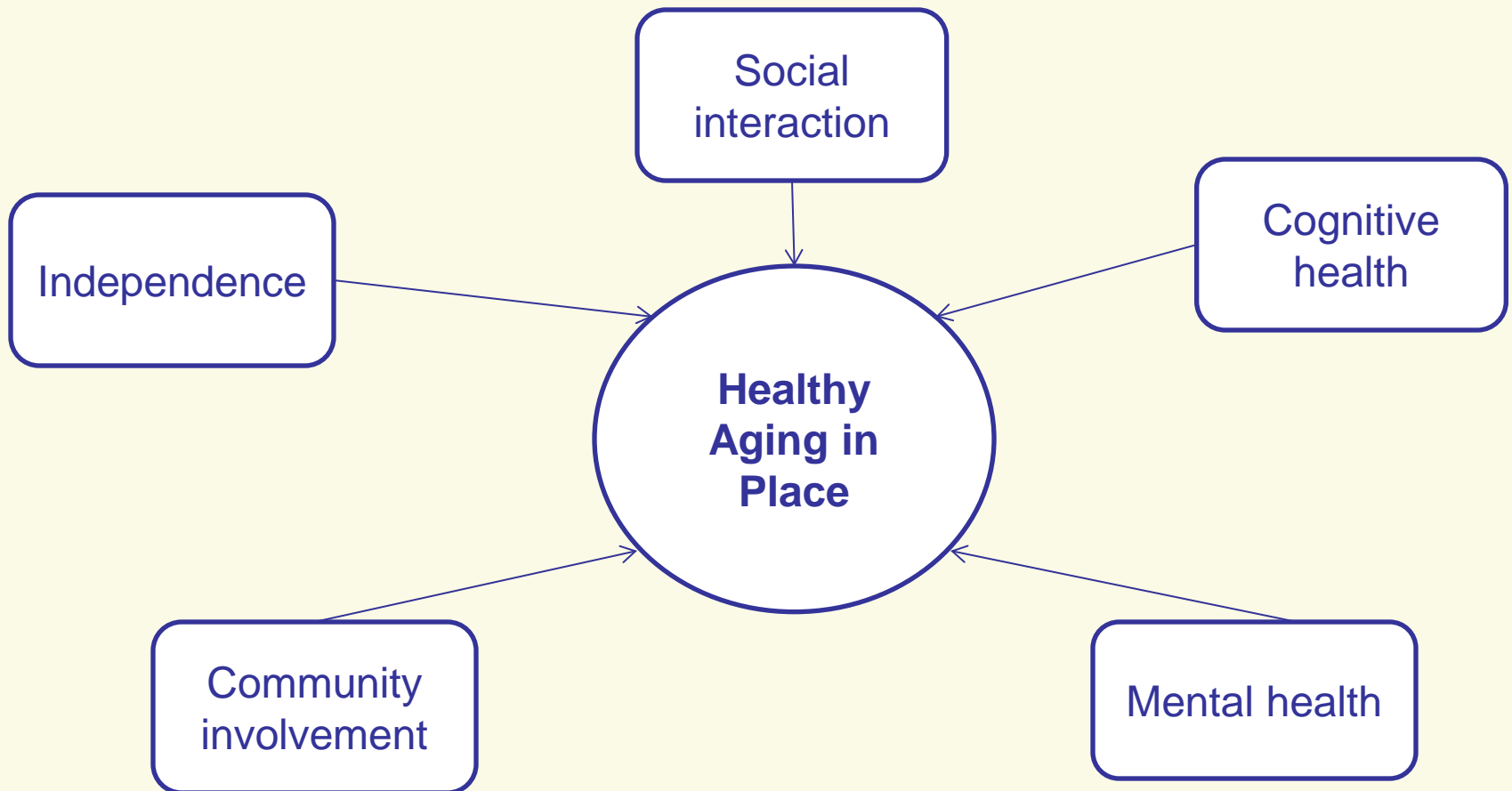


- We would like to hear your comments and ideas on what we have presented today
- We would like to continue working with the Wolseley community on an extension of this project

Your thoughts?

- Have we correctly summarized the key areas where supports are needed?

Rural Healthy Aging in Place



Research Team

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