



# 2024 West Coast Conference on Aging

## Equity Influencers: Transforming Health Care for Aging Populations

Overarching learning objectives for the 2024 conference:

### 1. Understanding some of the impacts of demographic shifts on seniors' care:

- Explore the implications of this demographic shift on the health care system, focusing on challenges and opportunities.
- Gain insights into the urgency and importance of revolutionizing health care to meet the evolving needs of older adults.

### 2. Promoting inclusivity and addressing disparities in seniors' care:

- Delve into discussions on socioeconomic dimensions of aging and how they contribute to health disparities.
- Gain new knowledge about the impacts of climate change and on older adults, particularly those who face socioeconomic challenges.
- Explore the unique health and wellness experiences of Indigenous peoples and 2SLGBTQIA+ individuals in the context of seniors' care.
- Understand strategies and solutions to address systemic challenges, fostering inclusivity and reducing health disparities in health care services for seniors.

### 3. Elevating person-centered care philosophies and creating nurturing environments:

- Explore the concept of person-centered care and its significance in providing tailored solutions for older adults.





- Appreciate the importance of understanding and influencing context as an essential component of achieving person-centered care.
- Examine ways to integrate and elevate person-centered care philosophies across the continuum of seniors' care services—including a deeper understanding of the experiences of people who work in this sector—towards the goal of greater inclusivity and equity.
- Gain new appreciation for values-based research and care and how we ought to think about understanding and achieving outcomes that are important to people who use our health services.
- Engage in thought-provoking conversations about creating nurturing environments for seniors, including those with intellectual disabilities, dementia, histories of trauma, and substance use.

## Thursday May 30: Pre-Conference Workshop



Michael Smith  
**Health  
Research BC**



### **Every Voice Counts: Using Your Care Home's Results from the 2022-23 Office of the Seniors Advocate (OSA) Resident and Visitor Long-Term Care Survey to Drive Quality Improvement**

In partnership with the BC Office of Patient-Centred Measurement and the Long-term Care Quality Initiative, the West Coast Conference on Aging is pleased to co-host this highly relevant and practical pre-conference workshop: **Using Your Care Home's Results from the 2022-23 OSA LTC Survey to Drive Quality Improvement.**

In long-term care, teams regularly engage in continuous quality improvement by learning from experience, trying new ideas, and assessing whether the change is improving residents' care experience. In this interactive pre-conference workshop, attendees will be introduced to an evidenced-based model that will strengthen and build skills in working with and acting on data-based feedback.





Workshop facilitators will use a sample of the OSA survey results to help attendees:

- Use their own Care Home's OSA LTC Survey results to develop a quality improvement plan using specific and measurable goals to improve performance outcomes and ultimately quality of care.
- Build skills and practices that are transferrable to other settings and problems; and,
- Enhance leadership skills to support teams to make positive change on topics that are important to them.

## Friday May 31: Conference Day 1

Opening messages and welcomes from Coast Salish Elder Roberta Price, Fiona Dalton, and Francis Maza

0830 – 0915h

**The future of aging: How it intersects with the shifts in the future of health**

Themes: Systems thinking, challenging existing approaches, health systems innovations, creating better systems, addressing inequities and where we ought to go in the future

**Speaker: Dr. Zayna Khayat**

0915 – 0950h

**Topic: The successful story of the TAVI**

Themes: Innovation and challenging taken-for-granted practices, systems-approaches to change, equitable access and overcoming assumptions about older adults and medical interventions, interdisciplinary approach to patient-care experiences, then vs. now





Objectives:

- Appreciate the incredible history of the TAVI in Vancouver including the unique nature of innovating in care for older adults (85+).
- Using a then vs. now approach to explore dominant narratives that were successfully challenged to change patient experiences and improve outcomes.
- Encourage innovation and creativity and inspire audience members by demonstrating key elements for the TAVI success; help others envision being part of successful changes that disrupt taken-for-granted practices and improve care experiences and outcomes for older adults.

**Speaker: Dr. Sandra Lauck**

1020 – 1150h

**Psychiatric aspects of dementia in intellectual disability**

Topic: Emerging populations; Intellectual disability and dementia

Themes: new/emerging populations in aging, complexities in diagnoses and variation in presentation, overcoming barriers such as limited support structures and adapting current systems and approaches to meet the needs of people/families, supporting family caregivers' in their experiences, inequities in access to care/services, developing new resources throughout the continuum of care services from community to supported settings including LTC, preparing health care professionals/staff to effectively and successfully support this emerging patient/client populations.

**Speaker 1: Dr. Vikram Palanisamy**

Objectives:

- Understand early signs and presentations of dementia in people who have intellectual disabilities (including people with Down's Syndrome and other





populations) and how such presentations are similar and/or different than dementia in people without intellectual disability.

- Explore population changes: prevalence now, expected prevalence in the future.
- Review assessment, diagnosis, and treatment; early detection and screening tools; differences in experiences with dementia (e.g., risks for developing, earlier onset, speed of decline, life expectancy after diagnosis, adverse drug reactions/unique clinical features, etc.).
- Learn about concurrent psychiatric aspects including interface between mental health and dementia (e.g., pseudodementia, behavioral symptoms of dementia).

### **Speaker 2: Nancy Jokinen**

#### Objectives:

- Explore caregiver experiences, supporting family/friend caregivers throughout the aging trajectory, and learn about best ways to include families/caregivers.
- Learn about resources to support proactive approaches to care planning for adults with intellectual disabilities who are affected by dementia; initiatives including practice guidelines, community and home supports and other needed resources for success, and overarching approaches to care (e.g., person-centered, affirming individual strengths and optimizing capacity, effectively supporting people in the environment(s) they are in including home/community, etc.).
- Gain new knowledge about needs for training/awareness for staff and health care professionals who support this population (e.g., aging and dementia care as well as knowledge on intellectual and developmental disabilities).
- Acquire understanding about leadership and incorporation of best practices for this client/family population and hear about new ways to successfully structure community care and supports.





1245 – 1345 h **CONCURRENT SESSIONS**

1400 – 1500 h **“Old Age is Made Up”: How identity and aging is changing in profound ways**

**In-person for attendees and free, virtual public lecture in partnership with the Dialogue on Aging series**

Dialogue  
on **aging**

Themes: Identity and aging, using storytelling (e.g., case-based discussion) to explore experiences of aging and sense of self, stereotypes and aging, evolving personal identities and how we see ourselves, resilience, dying/death, supporting people to embrace their true selves

Using storytelling, this presentation will explore experiences of aging and sense of self, stereotypes and aging, evolving personal identities, how we see ourselves, resilience, dying and death, all with the goal of supporting individuals to embrace their true selves.

**Speaker: Dr. Zayna Khayat**

1500 – 1600 h **Flourishing in Older Age: The essential goal of person-centred practice**

Topic: Fostering person-centered cultures (moving from person-centred care to person-centred cultures); flourishing as caring people

Themes: systems approach to person-centred care (e.g., really thinking about context, moving beyond the physical environment, thinking about outcomes and what really matters to people), why person-centred care matters in aging care and Seniors' care, creating caring communities where people flourish.





## Objectives:

- Review concept of personhood and person-centred culture (vs. person-centred care). Ground person-centred care and person-centred cultures as pivotal for successful care encounters for aging adults/Seniors' and their family members throughout the continuum of care (e.g., home, community, supported housing settings such as long-term care, etc.).
- Appreciate the importance acknowledging health care environments as unique contexts that directly shape how successful we can be in implementing and fully realizing person-centred approaches. Learn why it is important to create environments that are psychologically safe and foster key elements of community and connection (e.g., communicative spaces, ability to express ideas).
- Understand how person-centred cultures relate to cultures where caring flourishes. As leaders in these areas, learn different ways of thinking about how to enhance person-centred resident/client care by also building healthy workplace cultures and contexts.
- Think about building workplace cultures where everyone in caring situations including staff, experience flourishing. Learn about the components of connected workplaces (e.g., autonomy and control, purpose and challenge, genuine connections with other people, everyone is embraced and valued for life experiences and competencies).
- Explore a framework for person-centred approaches and develop new understanding of the importance of context. Identify key elements of the framework (collective sense of truth, trust, respect, authenticity, collaborative and co-creating realities).

**Speaker: Dr. Brendan McCormack**





## Saturday Jun 1: Conference Day 2

0815 – 0900 h

**Our Elders are vital and important: An Indigenous perspective on Elder care**

**Speaker: Fancy Poitras**

0900 – 0945 h

**Topic: Socioeconomics and impacts on the aging experience**

Themes: Realities of accessing services with socioeconomic barriers, system-level disparities in funding and service delivery that create major inequities within aging populations, impacts of socioeconomics in relation to access (e.g. medications, transportation, home support, etc.) and implications on outcomes (e.g., delayed diagnoses, inadequate management of chronic diseases, limits to independence, poorer overall health outcomes), urban vs. rural experiences

**Speaker: Isobel Mackenzie**

1015 - 1045 h

**Interrupting Precarity: Striving for care-full care labour in long-term care homes**

Topic: Understanding the experiences of people who work in aging care services

Themes: uncovering racialized, gendered, and classed issues that structure care labour, experiences of people who make up majority of workers in aging care services (e.g., BIPOC people, often who also identify as women), social structures that reinforce difference and marginalization, making inequities visible

Objectives:







- Understand the historical context and systemic factors contributing to the racialization of the workforce, particularly in caregiving roles. Explore intersectionality of race, gender, and other relevant identities within the caregiver workforce and learn about how these factors shape experiences including employment opportunities, wages, and working conditions.
- Identify key challenges faced by caregivers including disparities in access to resources, opportunities for advancement, and exposure to workplace discrimination. Explore current political and social landscape surrounding caregiver experiences including gender, equity, social justice, and labor conditions/rights.
- Learn about strategies and initiatives aimed at addressing inequities within caregiving workforce in Canada (and in BC if possible).
- Develop an awareness of privilege and power dynamics within caregiving settings and explore ways to promote inclusivity and equity in both personal and professional spheres.

**Speaker: Dr. Kimberly Lopez**

1045 - 1115 h

**Topic: What matters to people, values-based health care**

Themes: what is values-based health care and research/evaluation and how is it different, what matters to people who are engaging in seniors' care and aging services (e.g., values that older adults prioritize)

- Learn about values-based health care and research/evaluation and be able to distinguish from traditional health care and research/evaluation approaches; gain appreciation for why this distinction and focus matters.
- Explore values-based health care in relation to aging care/Seniors' care services and develop new insights into values/priorities of services users; see





new ways to use values-based research/evaluation to drive resource allocation and practice decisions.

- Learn about meaningful engagement and inclusion; and within the aging care continuum, understand barriers that disproportionately impact some groups compared to others; identify ways to remove barriers and promote equity and inclusion. Gain new knowledge about specific considerations in aging-care context.

**Speaker: Dr. Shannon Jackson**

1115 - 1145 h

**Topic: Climate change and inequities**

Themes: climate impacts, heat-dome, impact of socioeconomics on communities and resilience to climate change (e.g., access to shade, air conditioning, green space, exposure to concrete, access to outdoor space, housing crisis and climate change and aging infrastructure).

Objectives:

- Appreciate magnitude of the challenges associated with climate change and health for general population and for vulnerable groups including Seniors in particular.
- Grow understanding of initiatives aimed at limiting damaging impacts of climate change.
- Gain new insights about sustainability and planetary health that will promote climate stabilization and environmental wellness to support future generations.

**Speaker: Dr. Larry Barzelai**





1250 - 1340 h

### **Aging experiences and the 2SLGBTQIA+ community**

Themes: aging experiences of 2SLGBTQIA+ people, historical context and intersecting identities, creating inclusive and affirming environments, addressing unique care needs

#### Objectives:

- Understand the unique challenges faced by 2SLGBTQIA+ aging adults including social, cultural, and systemic challenging that people from this community may encounter when accessing and receiving care. Understand health disparities including barriers to accessing health care services.
- Explore how intersecting identities such as race, ethnicity, gender identity, and socioeconomic status intersect with sexual orientation and impact peoples' experiences.
- Recognize historical and societal contexts that have shaped the experiences for 2SLGBTQIA+ people including discrimination, stigma, and marginalization. Cultivate empathy and understanding towards the lived experiences of people in this community including the impacts of historical trauma and discrimination.
- Learn strategies to provide inclusive, affirming, and culturally appropriate care within the continuum of aging care services and settings (e.g., supported housing settings including AL and LTC). Build communication skills and approaches that are sensitive to the needs of people in the 2SLGBTQIA+ community (e.g., avoiding assumption, respecting preferences, creating safe environments).
- Promote advocacy and allyship.





**Speaker: Dr. Joy Masuhara**

**Panel: Joy, Sandra Lee, Chris Morrisey**

1345 - 1500    **CONCURRENT SESSIONS**

1500 - 1600 h

**Topic: Compassion, collaboration, and creativity \* Interactive session \***

Themes: fostering psychological safety and creating inclusive environments through compassion, collaboration, creativity.

Objectives:

- Understand linkages between person-centred care and cultures and leading workplace cultures where everyone can flourish. See practical ways to form connected workplaces through creativity, collaboration, and compassion (elements of connected workplaces/teams include autonomy and control, purpose and challenge, genuine connections with other people, everyone is embraced and valued for life experiences and competencies).
- Build skills and practice around creation/leadership of environments that reflect the elements of person-centred cultures: collective sense of truth, trust, respect, authenticity, collaborative, and co-created realities (i.e., staff, clients/residents/families, and leaders work together to define goals, priorities, etc.).
- Develop new skills in creativity (responding to unexpected situations, using imagination).
- Discover new ways of thinking about collaboration (rely on your team, listen actively to others, build a collaborative spirit and camaraderie)





- Grow your sense of compassion (creating non-judgemental environments, taking risks, making mistakes, embracing failures as part of the learning process; fostering cultures of acceptance and understanding, creating spaces where individuals can express themselves without fear or criticism).

**Speaker: Rob Nickerson**

