

## April 21 and 22, 2023

### West Coast Conference on Aging - Vancouver, British Columbia

#### Learning Objectives

##### The Overall Goal of the Conference:

To bring together leaders in seniors care from varied backgrounds to share knowledge, stories and wisdom. Together, reinforced by an expert faculty, we endeavour to build a stronger community to support each other, and to strengthen all aspects of seniors care.

##### Overview – Conference Program Learning Objectives:

- Explore societal shifts needed to manage the care needs of aging Canadians.
- Describe key elements of knowledge emerging from the challenges of the pandemic.
- Discuss models of care that seek to elevate standards in long term care settings.
- Identify innovations and initiatives designed to support improved care in long-term care settings and in the community.
- Describe research recommendations that support mental health of health care workers.

##### DAY 1

##### Serge Gauthier

New Diagnostic Tests for Persons with Cognitive Decline

After attending this session, participants will be able to:

- Review the new diagnostic tests using blood, spinal fluid and brain imaging that can confirm if one has Alzheimer`s disease or not.
- Discuss how best to use such tests with limited healthcare resources.

##### Eli Puterman

Caring for the Caregivers: Promoting Exercise to Reduce Depression and Burnout in Healthcare Workers

After attending this session, participants will be able to:

- Describe the impact of COVID-19 on the mental health of global citizens and healthcare workers.
- Appreciate the effects of physical activity and exercise on mental health.
- Implement approaches to increase healthcare workers' exercise for sustained mental health benefits.

##### Farinaz Havaei

Learnings from the Pandemic to Rebuild Long Term Care

After attending this presentation, participants will be able to:

- Discuss key pandemic management strategies.
- Describe long-term care operators' reports of the implementation and the impact of the pandemic management strategies.
- Define best pandemic management recommendations co-developed with long-term care actors including leaders, providers, residents, and families with an emphasis on the visitation policy and staffing practices.

**Isobel Mackenzie**

Aligning Public Policy to Meet the Goals of Better Care for BC Seniors...Follow the Money

After attending this session, participants will be able to:

- Identify Initiatives to Improve LTC – Resident and Family Councils, Wage Parity, HCCAP (Health Care Career Assistance Program).
- Define the linkage between income and placement in long-term care.
- Discuss the linkage between charging for public home support and the use of home support.
- Explain the linkage between use of home support and reduced admissions to LTC.

**Samir Sinha**

Enabling Aging in the Right Place with Canada's New Long-Term Care Standards

- Explore what is required to make aging-in-the-right-place a reality for more Canadians.
- Describe the barriers and benefits of enabling aging-in-the-right-place.
- Identify the relevance of Canada's new National Long-Term Care Standards to this discussion.

**Mari DeMarco**

Alzheimer's Biomarker Testing and its Value to Patients, Care Partners and Physicians

Participants will be able to:

- Describe the change in diagnosis and diagnostic confidence as a result of the use of Alzheimer's disease biomarkers.
- Describe common personal motivations of persons deciding to undergo Alzheimer's disease biomarker testing.

**Concurrent sessions****Trevor Janz**

The Manner of our Dying: the End of Life in LTC

After attending this session, participants will be able to:

- Demonstrate increased confidence and motivation to have courageous conversations with residents and family members around end-of-life issues including use of the hospital and interventions such as feeding tubes, and management of falls and hip fractures, strokes, dehydration, and pneumonia.
- Describe the central role of partnerships with families and care team members in end-of-life care.

**Margaret Lin and Sandi Temple**

Social Prescribing: Bridging Health Care and Community Services

After attending this session, participants will be able to:

- Recognize the importance of health care/community collaboration in support of a person's health.
- Explain how social prescribing can support the quality of life of older adults and their caregivers.
- Describe incorporating social prescribing as part of a care plan.

**Alex Henri-Bhargava**

Intentional Improvement of Care for Persons Living with Dementia: Incorporating the Learning Health System Model into a Memory Clinic

After attending this session, participants will be able to:

- Discuss opportunities for improvement in outpatient care of persons living with dementia provided by the Memory Clinic model.
- Explain the concept of the Learning Health System model.
- Describe the applicability of the Learning Health System model into care provided by a Memory Clinic.

**Serge Gauthier**

Is Dementia Preventable?

After attending this session, participants will be able to:

- Name the preventive and risk factors of dementia, identified world wide, through epidemiological studies (studies of the distribution and causes of diseases and health-related states and events)
- Discuss ways in which we can apply this knowledge as a society and as individuals.

**DAY 2****Davidicus Wong**

Practical Emotional Health Skills for Healthcare Professionals

After attending this session, participants will be able to:

- Recognize the effects of stress in one's life and apply at least one practical approach to manage stress.
- Understand better how the brain works (including the concepts of metacognition, cognitive biases, and neuroplasticity).
- Describe three key mental health skills for self-care (mindfulness, cognitive therapy, and imaginative visualization/self-hypnosis).

**David Conn**

Let's Connect: Developing Clinical Guidelines for Loneliness and Social Isolation among Older Adults

After attending this session, participants will be able to:

- Explain the association between loneliness and social isolation and poor health, as well as reduced life span.
- Describe the range of potential interventions by health and social service providers to reduce loneliness and social isolation.
- Identify the potential benefits and challenges in developing clinical guidelines for loneliness and social isolation among older adults.

**Teresa Lui-Ambrose and Haakon Nygaard**

Research That Makes a Difference

**Teresa Lui-Ambrose**

"Lifestyle Interventions" Research: Personal vs. Scientific Impact

After attending this session, participants will be able to:

- Discuss the impact of lifestyle interventions on study participants.
- Describe the scientific impact of this research.

**Haakon Nygaard**

The inside story of how new drugs for Alzheimer's and other dementias are developed

After attending this session, participants will be able to:

- Explain how new drugs for dementia are developed in the laboratory.
- Describe models of dementia that are used to understand and cure disease.

**Mark Blandford**

Designing for Dementia: Building to Ensure a Day Well Lived

After attending this session, participants will be able to:

- Describe a Village style model based on family style European Concepts.
- Discuss a building design that incorporates nature and community into the site and enables a therapeutic, dementia friendly environment

### **Carole Estabrooks**

Trauma Informed approach for LTC: Better dementia care and a more resilient workforce

After attending this session, participants will be able to:

- Explain the rationale for a trauma informed approach in LTC settings.
- Discuss what constitutes a trauma informed care approach.
- Describe basic interventions that may reduce the effects of traumatic stress related behaviours in residents and staff.

### **Habib Chaudhury**

Developing Supportive Neighbourhood Built Environments for People Living with Dementia

After attending this presentation, participants will be able to:

- Recognize the importance of the neighbourhood-built environment in influencing mobility and participation for people with dementia in the community.
- Discuss the process of engaging people living with dementia meaningfully, using a flexible and inclusive multi-method research approach tailored to individual needs and preferences to facilitate and maximize participation.
- Identify knowledge mobilisation resources to increase awareness among stakeholders about the role of the neighbourhood-built environment

## **Concurrent sessions**

### **Aileen Iloreta, Anita Wahl, Trevor Janz and Sabina Staempfli**

Leadership in LTC: Initiatives, innovations, and inspiration

After attending this session, participants will be able to:

- Describe three initiatives that support quality in long term care
- Explore innovations that support improved care for seniors.
- Discuss how policies impact quality care for seniors.

### **Dawn Hemingway, Shannon Freeman and Heather Cowie**

Inspiring Aging and Dementia Friendly Communities

After attending this session, participants will be able to:

- Identify key features of a dementia-friendly community.
- Discuss actions that help build a dementia-friendly Canada including key resources and where to find them.
- Describe four research and advocacy initiatives that support aging friendly communities in Northern Health and across the province.

### **Jennifer Gibson**

A Day Well Lived: Redesigning our Approach to Care

After attending this session, participants will be able to:

- Explain the social-relational model of care as a novel, alternative approach.
- Discuss Providence Living/Providence Health Care's design of a new home where this model will be in place.
- Describe various initiatives that are underway to support and evaluate successful transformation and integration of this new model.

### **Panel: Jen Lyle, Janet Kow and Katherine Paton**

Reimagining Health Care for Seniors

After attending this session, participants will be able to:

- Identify potential paradigm shifts in senior care that could occur as a result of learnings from the COVID pandemic.
- Describe how we would recognize a community that was free from ageism.
- Explore ways that real-life stories can facilitate knowledge translation.