



# Geriatrics 20/20

## Bringing Current Issues into Perspective

### Conference Program

8:00am - 8:30am

**Registration & Coffee**

8:30am - 8:40am

**Welcome**

#### Opening Remarks

**Cathy Szabo**, MPH, BScN, RN - President & Chief Executive Officer of Providence Care, the leading organization in the provision of care and services in Aging, Mental Health and Rehabilitative care in southeastern Ontario. In her over 30 years of experience, Cathy has focused on Health System Improvement, creating organizational cultures of quality and excellence while delivering patient care that meets individuals needs.

#### Introduction of Conference Topics

**Dr. John Puxty**, MB, ChB, MRCP(UK), FRCP - Director, Centre for Studies in Aging & Health at Providence Care, Chair of the Division of Geriatric Medicine, Queen's University, Southeastern Ontario Regional Geriatric Program, Seniors Health Knowledge Network. John has a primary interest in promoting healthy aging and effective care for seniors with a research interest in aging, chronic disease, knowledge mobilization and information technology.

8:40am - 9:25am

**Keynote**

#### Why We Need to Rethink Our Traditional Approaches to Caring for Older Adults

**Dr. Samir Sinha**, MD, Dphil, FRCPC - Director of Geriatrics, Mount Sinai and the University Health Network Hospitals in Toronto. Dr. Sinha is also an Assistant Professor of Medicine at the University of Toronto and John Hopkins University School of Medicine. Samir further serves as Chair of the Health Professionals Advisory Committee of the Toronto Central LHIN and is a Medical Advisor to the Toronto Central CCAC.

*"Caring for an ever aging population presents challenges and opportunities for front-line clinicians. In this lecture, Dr. Sinha will help to illustrate some common challenges older adults face with the traditional ways our communities and health care systems are organized and why these all require an elder-friendly approach to their design and delivery more than ever before."*

9:25am - 10:00am

**Frailty**

#### Defining Frailty: Presentation on Key Issues of Frail Older Adults

**Dr. John Puxty**, MB, ChB, MRCP(UK), FRCP - Director, Centre for Studies in Aging & Health at Providence Care, Chair of the Division of Geriatric Medicine, Queen's University, Southeastern Ontario Regional Geriatric Program, Seniors Health Knowledge Network. In his roles as a teacher and clinician, Dr. Puxty is uniquely placed to promote healthy aging and effective care for seniors and has a research interest in aging, chronic disease, knowledge mobilization and information technology. Dr. Puxty will provide an overview of frailty and its impact on aging.

*"This session will explore the principle features of frailty and contributory factors to adverse outcomes for community-based seniors as well as examining key components of an evidence-based process to minimize frailty and its negative consequences."*

10:00am - 10:30am

Coffee Break • Networking • Posters & Photo Exhibition (in break out room)

10:30am - 11:30am

### Bullet Rounds

## HELP (Hospital Elder Life Program): Helping to Maintain Cognitive, Physical and Emotional Well-being in Hospitalized older patient.

**Terry Richmond**, BScN - Elder Life Nurse Specialist for the HELP program at Kingston General Hospital. Terry has been working at Kingston General Hospital for 25 years and has been involved in the HELP program for the last five years.

*“Terry will speak about what the HELP program is, criteria for enrollment into the program, volunteer responsibilities and patient benefits.”*

## Community Paramedicine - Filling the Gaps Together

**Gale Chevalier**, Deputy Chief of Performance Standards, County of Frontenac Paramedic Services. Gale has served with Frontenac Paramedic Services (FPS) for 20 years. Since taking on her current role, she has overseen the successful implementation of a Community Wellness Clinic Program on Wolfe Island.

*“Gale will review various community paramedicine initiatives that are utilized throughout Canada and discuss how community paramedicine projects have been successful in assisting seniors to age at home.”*

## Community Exercise Program

**Charlene Feakins**, BPHE, SSc, MSc, OT and **Stephanie Lackey**, BA, MSc, OT - Occupational Therapists, Sharbot Lake Family Health Team. Charlene and Stephanie both graduated from Queen’s University. They have the honor of assisting in the ongoing development and facilitation of the biweekly Seniors’ Exercise and Lifestyle Classes.

*“Charlene and Stephanie will talk about how the Sharbot Lake Family Health Team have used input from staff and seniors to develop a program that continues to grow in success.”*

11:30am - 12:00pm

### Poverty Talk

## Not so Golden Years: Aging in Poverty

**Hersh Sehdev**, MHSC - Executive Director, Kingston Community Health Centres. The mandate of the Kingston Community Health Centres is to work with community members to address issues that affect health. With over 25 years of experience in community health care, Hersh has been recognized for her efforts by several awards, such as International Woman's Day award (2011), Ontario Medical Association award (2012) and Joe Leonard Award for Community Health from the Association of Health Centres (2013).

*“This talk will speak to the increasing evidence that income directly impacts one's health outcome. Together with low income, and lack of social support the burden of illness is high and costs of providing health care goes up. The impact of poverty on aging further complicates situations. “*

12:00pm - 12:30pm

### Panel Discussion

*“This panel is going to bring the voice of aging individuals; their hopes and dreams of their golden years and what they are experiencing.”*

**David Townsend** - Executive Director, Southern Frontenac Community Services Corporation (SFCSC). Prior to his years with SFCSC, David managed the Alzheimer Society of Kingston, the South East Ontario operation with the Canadian Diabetes Association and prior to that with Scouts Canada. David will speak to the rural perspective.

**Laurel Claus Johnson** - Bear Clan Mohawk and Grandmother. Laurel is a traditionalist, environmentalist and a global community builder. Her passion is peace. Laurel is currently involved in decolonizing and indigenizing health practices.

**Barbara Brown de Mora** - Occupational Therapist - Barbara works in a primary care setting at KCHC on the front line. She sees clients in their homes and communities. Barbara has had experiences in all health care sectors. She has practiced in Ontario and internationally.

12:30pm - 1:30pm

**Lunch (in main room)**

1:30pm - 2:15pm

**Cognition & Stigma**

### **Reducing Stigma: A Focus on Senior's Mental Health**

**Bonnie Schroeder**, MSW, RSW - Director, Canadian Coalition for Seniors' Mental Health. Bonnie is also a Part-Time Professor at the University of Ottawa. She is a registered social worker with over 18 years of progressive program development, management and evaluation experience in a variety of health and social service agencies at the regional, provincial and national level.

*"This workshop explores the concept of stigma experienced by older adults living with a mental health problem or illness. It encourages self-awareness strategies to reduce discrimination and stigma and improve attitudes and behaviours of health care professionals who work with older adults with mental health issues. It provides an overview of a successful workshop intervention developed to reduce stigma among health care providers related to seniors' mental health."*

2:15pm - 2:45pm

**Afternoon Concurrent Sessions**

A)

### **Prevention & Recognition of Delirium in the Hospitalized Older Adult: It's Not that Easy**

**Bernadine Cowperthwaite**, RN(EC), BScN, MSc, CON(C), GNC(C) - Nurse Practitioner Medicine Program, Kingston General Hospital. Bernadine has performed a variety of roles in nursing over the last 30 years in Adult and Chronic Illness. She joined the medicine program 4 years ago, specializing in Gerontology. Her research interest is in Transitional Care.

**Vici Dei-Mei**, RN, GNC(c), CMSN(c) - Program Manager Internal Medicine. Vici's career has been focused on working with the Acute Adult Medicine and Geriatric population in various roles. She uses her 30 years of experience working with this population in both bedside nurse and Charge nurse role to lead new generations of nurses in the care of older adults.

*"The presenters will discuss the challenges faced in the Acute Care Setting in prevention and recognition of delirium. Case studies will be utilized to exemplify the complexity of prevention and recognition strategies."*

B)

### **Conversations in Care, Six Key Priorities for Quality Care**

**Sharon Osvald** - Lived Experience Network Coordinator, Behavioural Support Services of S.E. Ontario in partnership with the Alzheimer Societies of S.E. Ontario. Sharon is a writer, eldercare advocate and daughter of a mother with vascular dementia. Sharon facilitates advisory conversations; feeding these observation back to system planners to help inform change.

*"This presentation will be based on the findings of the South Eastern Ontario Lived Experience Conversations in Care 2014 Report to the Community. This report outlines the top six priorities that surfaced from 200 conversations with 173 people affected by dementia in South Eastern Ontario and why they matter."*

2:45pm - 3:00pm

**Transition Break**

3:00pm - 3:40pm

**Rural Perspectives**

### **The Importance of Emotions in Caring for Older People in the Community**

**Rachel Herron**, PhD Candidate - Researcher in the Department of Geography at Queen's University. Rachel's current PhD research is on the challenges faced by persons with dementia and their caregivers in negotiating the service delivery environment in Ontario.

*"This presentation will look at the importance and implications of emotions for older people and their family-friend caregivers in community settings. I will discuss how emotions in these relationships, households, and communities affect care. In doing so, I hope to demonstrate that recognizing and valuing these emotions can help us to build more informed policies that are contextually sensitive and, ultimately, have the potential to build more ethical rural conditions of care."*

3:40pm - 4:00pm

**Closing Remarks**

**The Future of Aging: Looking ahead, what can we do, what is on the horizon...**

**Dr. John Puxy**, MB, ChB, MRCP(UK), FRCP – Director, Centre for Studies in Aging & Health at Providence Care; Chair of the Division of Geriatric Medicine Queen’s University,; Chair, Southeastern Ontario Regional Geriatric Program, Seniors Health Knowledge Network.

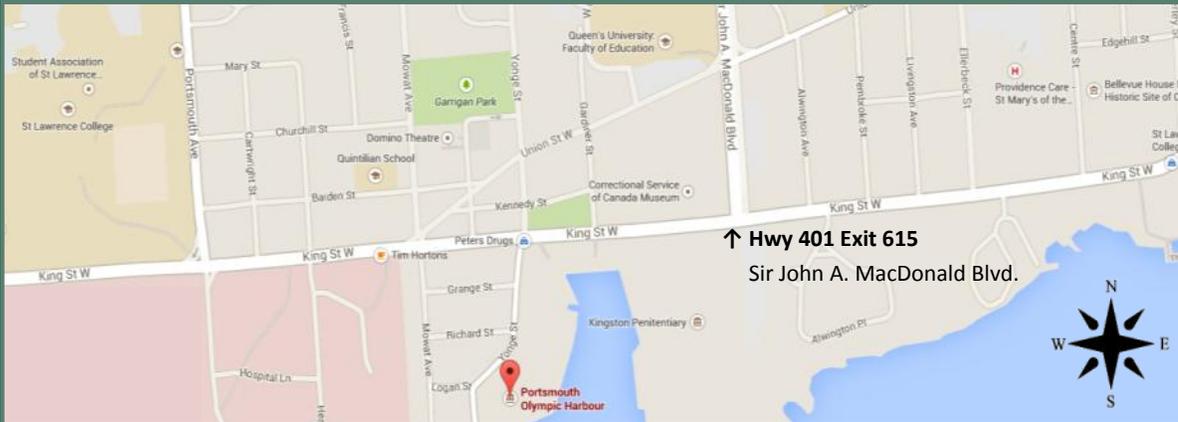
*“This session will seek to integrate the learnings of today and encourage participants to move forward with a sense of optimism in which they prepare for the new aging adventure”*

Geriatrics 20/20: Bringing Current Issues into Perspective · October 24, 2014



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**Portsmouth  
Olympic Harbour  
Restaurant**

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