

**Grey Matters Seniors Services Conference 2013**  
**Learning Objectives for Accredited Sessions**

**Thursday, September 26, 2013**

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**The KAA-Booming Years-How KAA-boomers are Shattering the Status Quo and Igniting their Passion for Living**

**Barbara Jaworski, MBA**

- ⑤ Participants will explore the shift in demographics and the need for organizations and services to equip themselves for managing older workers
  - ⑤ Participants will be able to describe how the baby boom generation continues to challenge social norms and redefine expectations about aging.
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**Addressing Elder Abuse in Alberta: A Strategy for Collective Action**

**Lori Therrien, RSW**

- ⑤ Participants will be able to describe the Government of Alberta strategy of collective action to address elder abuse.
  - ⑤ They will discuss elder abuse prevention initiatives happening across the province and tools and resources to enhance their community initiatives.
  - ⑤ Participants will provide input into next steps in the action plan.
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**Building Lifelong Communities: The Rural Way**

**Lori Kovacs, BA, BSW**

**Phil Unland, Rural Seniors Housing Volunteer**

- ⑤ Participants will be able to describe how the Rural Way community development approach brings multi-stakeholder team partners together to develop a holistic aging plan.
  - ⑤ They will examine aging needs such as access to health care, transportation, housing, social infrastructure and other community amenities and supports.
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**Seniors Health Risk Management: A Team Approach**

**Calgary Zone of Alberta Health Services**

**Cheryl Henry RN, MA**

**Karen LaValley, BScN**

- ⑤ Participants will increase knowledge of programs addressing the associated risks of dementia, caregiver burnout, falls and delirium
- ⑤ They will compare and contrast risk management programs such as Memory PLUS (Practice, Laughter, Useful Strategies), Fall Risk Management Risk Program, System-Wide Dementia Case Management, Family Caregiver Centre, and Hospital Elder Life Program (HELP).

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## **Aging Population, Yes; Health Care Apocalypse, No.**

**Dr. Susan McDaniel**

- ⑤ Participants will explore the possible effect of an aging population on health care.
  - ⑤ They will examine and be able to describe research being done to address this issue.
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## **What Can Organizations do to Engage KAA-Boomers?**

**Barbara Jaworski, MBA**

- ⑤ Participants will further explore the shift in demographics and the need for organizations and services to equip themselves for managing older workers
  - ⑤ Participants will be able to describe how the baby boom generation continues to challenge social norms and redefine expectations about aging.
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## **Collaborative Research Grant Initiative: Research and Innovation in Seniors Mental Wellness-Alberta Health Services**

**Cathy Aspen, B Mgt, MSc (Mgt)**

**Lisa Barrett, MAIS**

**Heather Scarlett-Ferguson, BSP, MEd (DE), RPh**

- ⑤ Participants will be able to describe the work of the Collaborative Research Grant Initiative: Mental Wellness in Seniors and Persons with Disabilities, a research and knowledge translation collaboration between Alberta Health Services, Primary & Community Care and the Ministry of Human Services. able to define assistive technology and identify the value added by integrating this technology into the home care system.
  - ⑤ They will examine research projects that address the mental wellness of seniors, and how this research can support an aging population.
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## **Use it or Lose it: A Prescription for Successful Aging**

**Jennifer L. Copeland, Ph.d.**

- ⑤ Participants will examine rising rates of obesity and sedentary living among aging Canadians as a major public health issue.
  - ⑤ They will explore the role of physical activity in successful aging and be able to describe how an active lifestyle reduces the risk of chronic disease, problems with mobility, and loss of independence
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## **Elder Abuse Community Response Models-Two Perspectives**

**Jennifer Gurke**

**Jennifer Payne, BA, CPM**

**Acting Sergeant Graeme Smiley, Calgary Police Service**

**Anne McIlwaine, BSW, RSW**

- ⑤ Participants will gain awareness about the issue of elder abuse.
  - ⑤ Participants will compare and contrast elder abuse response models from the Elder Abuse Response Team (EART) in Calgary and LEARN in Lethbridge.
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## **Examining Seniors' Centres in Alberta as Centers of Excellence: Identifying their Needs and Capacities**

**Kyle Y. T. Whitfield PhD, MCIP, RPP**

⑤ Participants will explore and identify the current needs and capacities of seniors' centres in Alberta.

⑤ They will be able to describe the role seniors' centres play in enhancing quality of life and successful aging.

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## **Living Healthy: A Model of Inclusion for Seniors with Disabilities**

**Stacey Kowbel, Ph.d, MA**

**Jenny Kelly, MA**

⑤ Participants will be able to identify gaps in services that currently exist as persons with developmental disabilities can have a hard time accessing senior centres and programs in the community.

⑤ They will examine a model of inclusion for older adults with developmental disabilities and their nondisabled peers that was developed to help reduce the risk of depression by providing them the opportunity to live a healthier life through activity and social networking,

**Friday, September 27, 2012**

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## **Ability over Age: Assessing Older Drivers**

**Dr. Charles (Chip) Scialfa**

⑤ Participants will discuss a North American Hazard Perception Test for drivers, as well as examining predictors of on-road driving safety in older adults, including those with dementia.

⑤ They will be able to identify risk factors for driving safely into old age and describe screening tests and on-road assessments for older drivers.

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## **Brain Plasticity**

**Dr. Robbin Gibb**

**Dr. Bryan Kolb**

⑤ Participants will examine the behavior and brain changes that occur with aging.

⑤ They will discuss how experiences change the architecture of the brain through the process known as brain plasticity.

⑤ They will be able to identify common forms of brain-related diseases in the aging population and the treatments currently available to stop or slow the progression of these diseases

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## **Older Canadians: Benefit or Burden**

**Seniors Association of Greater Edmonton (SAGE)**

**Peter Faid MA, MSc**

⑤ Participants will examine a popular societal perception that a growing number of older Canadians will require greater levels of health intervention as they age.

⑤ They will be able to describe positive outcomes resulting from participation in meaningful activities including improved subjective wellbeing, happiness, reduced loneliness and better physical and cognitive health.