



DATE: April 5, 2022 | **TIME:**10-11:30 AM

Celebratory Wrap-Up of the CORE Frailty Series!

Hosted by Healthy Aging Alberta

HEALTHY AGING

CORE

Collaborative Online
Resources & Education

ALBERTA

WELCOME!

**We invite you to write in the chat box
and let us know your...**

NAME

LOCATION

ORGANIZATION

We will start shortly



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CORE Caregivers

CORE Falls Prevention


CORE Elder Abuse

CORE Age-Friendly

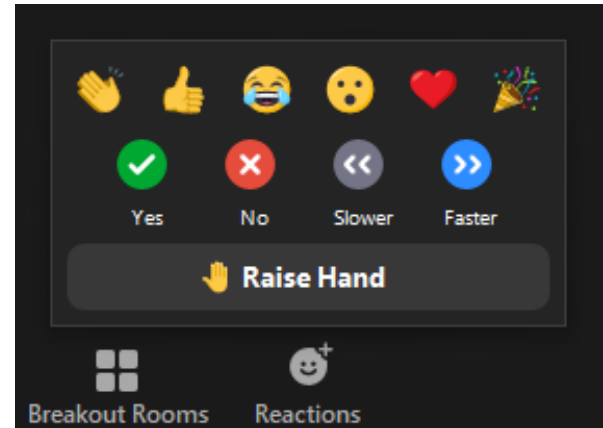
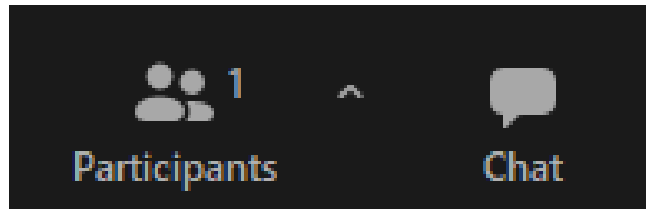
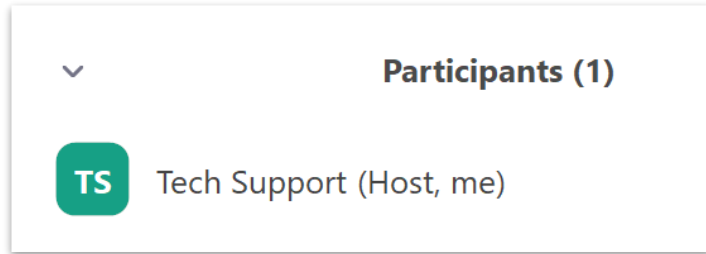
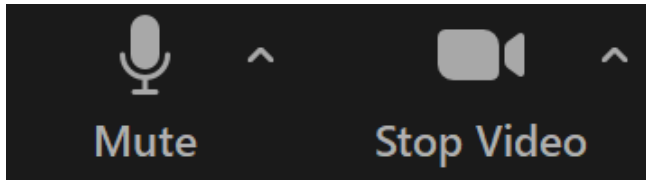
CORE IG-COP

LAND ACKNOWLEDGEMENT

In the spirit of our journey to promote reconciliation, we would like to honour the truth of the shared history and acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us.



HOUSEKEEPING



This session will be recorded, and the slides will also be available.

They will be uploaded on the CORE Alberta platform

<https://corealberta.ca/>

Healthy Aging Alberta

A network of community
allies for older adults

HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA

Vision for the future

Healthy Aging Alberta is a rich network of community-based organizations across Alberta, united by a shared vision: **to make Alberta one of the best places in the world to grow older.**

Together we can develop a coordinated community-based seniors serving sector that is respected and integrated within the broader seniors' system of care and can empower, support, and inspire every senior to age how they choose, ultimately improving health and social outcomes for older adults.



**Healthy
Aging
Alberta**

Removing barriers.

By building a network that connects the sector's organizations, we have the ability to have a greater impact on the lives of all Albertans.



**Sector coordination and
broader network weaving**



**Cross-sectoral collaboration
on priority areas**



**Services for older adults
are better resourced and
enhanced**

Building a learning network



A provincially-coordinated learning network designed to strengthen the sector and increase organizational and sector capacity through information sharing, training, mentoring, communities of practice, policy development, resource development, and collaboration.

corealberta.ca

Funding Partners:



Backbone Organization:



United Way
Calgary and Area

3

Agenda

April 5, 10-11:30 AM

01

Welcome &
Housekeeping

02

Introduction of
Groups & Highlights
Sharing

50 mins - 10 mins per group

03

Activity
Instructions

5 mins

04

Activity!

Round 1 - 10 mins

Round 2 - 10 mins

Total - 20 mins

05

Wrap-up

5 mins

CORE FRAILTY SERIES

CAREGIVERS

CORE FRAILTY SERIES

FALLS PREVENTION

INTRODUCTION

- **Meet today's Falls Prevention Group**
 - **Celine Jensen,**
 - **Bonnie Lewis, Community Outreach Program Coordinator, The Golden Circle Senior Resource Centre**



Our Upcoming E

- **Meet today's Falls Prevention Group**
 - **Celine Jensen,**
 - **Bonnie Lewis, Community Outreach Program Coordinator, The Golden Circle Senior Resource Centre**



Join us!



Falls Prevention

This group's primary purpose is to raise awareness on the issues of falls for older adults, as well as preventative measures for 55+. This group hopes to educate service providers on the issue of...

20 members

Joined ✓

Go

CORE FRAILTY SERIES

ELDER ABUSE

INTRODUCTION

- **Meet the Elder Abuse Group**
 - **Amanda Midgley, Foothills County**
 - **Jane Atkins, Sundre SPRUCE**
- **The Group's Purpose**
- **The Unique Theme**

Ageism, Stigma & Assumptions Around Frailty

Guest Speaker - Donna Wilson, RN PhD Nursing Professor, U of A

CORE Goals

- Busted myths around frailty and uncover related inaccurate or simplistic assumptions about aging.
- Shared strategies for building resilience.
- Educated on three major themes:
 - ageism,
 - frailty, and
 - elder abuse.

Ageism & Stigma

- What thoughts come to mind when you think about old age/old people?
- What images come to mind?



“Ageism is the most widely accepted form of discrimination today” - Donna Wilson

Explaining & Combatting Frailty

Research is now focusing on reversing frailty...

It is important to know what caused the frailty:

- Was it related to low income older adults who live alone...
- Was it related to a death of a beloved spouse or child...
- Was it related to a fall and fractured bone, with surgery needed, so a major and sudden health issue occurred and with long term healing requirements and impacts...
- Was it related to an undiagnosed illness or a poorly managed health condition or to multiple health conditions that together have a progressive effect on the body and the will to live...

Understanding the cause for frailty for each person, means a plan to reverse or stop the progression can be made.

Abuse and Neglect of Older People

- We really don't know how widespread abuse of older people in Canada is... Estimates are that **half** are abused at some point in time after they reach age 65.
- We know some of the most concerning types of abuse are common, but emotional/social **neglect** of older people is much more common.
- Abuse varies as it can be financial (most common type), physical, sexual, and in all ways that people are abused.
- The abuse can be carried out by strangers who do not or who deliberately target older people, but more often by family members and friends (one or more).
- Older people tend not to report it as they are embarrassed, they are prevented from reporting it, and they often not believed or have it acted on if they report it.

Source: Government of Canada. (2021). Crime and Abuse Against Seniors:

A Review of the Research Literature With Special Reference to the Canadian Situation. <https://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/crim/sum-som.html#:~:text=Up%20to%20one%20percent%20of,most%20prevalent%20forms%20of%20abuse.>

Surprises from other Frailty Sessions

- **Surprise One**
 - **Caregiver Frailty Session: Building Resilience Against Frailty in Seniors**
- **Surprise Two**
 - **Age Friendly Frailty Session: Frailty in an Age-Friendly World**

Join us!

The screenshot shows the user interface of the CORE Alberta website. At the top left is the logo for 'HEALTHY AGING CORE Collaborative Online Resources & Education ALBERTA'. To the right of the logo is a navigation bar with a green 'Add New' button and icons for 'MY GROUPS', 'MSG', 'ALERTS', and 'MY PROFILE'. Below the navigation bar is a breadcrumb trail: 'Home > Elder Abuse'. The main content area is titled 'ELDER ABUSE' and includes a 'JOIN' button highlighted by a blue arrow. Below the title is a photo of an elderly man with glasses looking out a window. A blue navigation bar below the photo contains links for 'Group Home', 'Discussions', 'Resources', 'Events', and 'Training'. Below this bar is a text box with the following content: 'Any older adult can become a victim of elder abuse, regardless of gender, sexual identity, race, ethnicity, income, or education. According to the National Prevalence Study on Mistreatment of Older Canadians, 8.9 per cent of older adults in Alberta experience one or more forms of abuse. One of the best ways to address elder abuse is through a collaborative community of practice.' To the right of the text box is a green 'Add New Group Content' button and a 'GROUP RESOURCES' section with a document icon and the text 'World Elder Abuse Awareness Toolkit'.

CORE FRAILTY SERIES



AGE-FRIENDLY



CORE Frailty Series, Session 4: Frailty in an Age-Friendly World

***Hosted by the CORE Age-Friendly
Discussion Group***



DATE: February 15, 2022 | TIME: 11 AM-12 PM

Ellen Helgason, Recreation Therapist II, AHS

**Sharron Matthewman, Seniors Community
Development Facilitator**

Cathy Aust, Cold Lake Age-Friendly

**Sharron Nixon, Co-chair, Calgary Older Adult
Advisory Table**

***Moderator: Rob Miyashiro, Executive Director at
Lethbridge Senior Citizens Organization***

Alberta Age-Friendly CORE Groups



Discussion Group

- Open to anyone
- Information sharing
- May or may not be involved in an age-friendly initiative.

Community of Practice

- Communities considering or pursuing an age-friendly plan
- Offer mentoring support
- Meets regularly
- Members actively support the Community of Practice.





Frailty in an Age-Friendly World

February 15, 2022

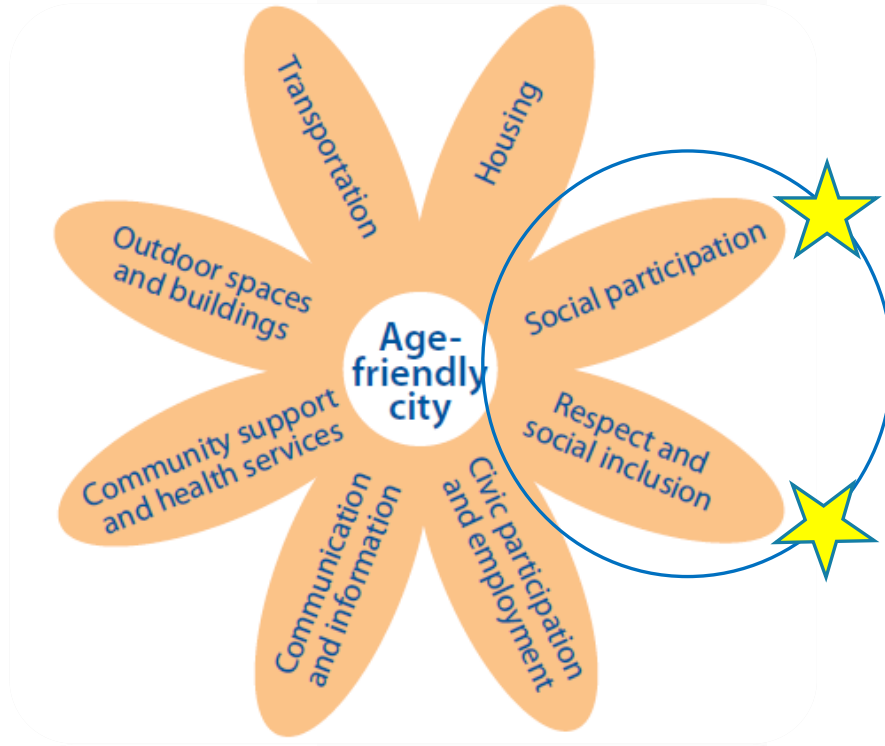
Alberta Age-Friendly Community of Practice
Healthy Aging CORE Alberta Frailty Series

Frailty in an Age-Friendly World

Social and societal issues impact frailty a great deal. A person's social networks, living situations (especially rural or urban), social isolation or engagement and a person's social position (socioeconomic status, education, perceived income adequacy) contribute to a person's degree of frailty.

The age-friendly community movement is growing and many Canadian cities and towns have adopted strategies to support all older adults, not just those who are frail. Certain programs are particularly helpful to frail individuals, including those that help with home maintenance, transportation, ***loneliness and social isolation***.

WHO Age-Friendly Domains



Panelists

Panelists:

- Ellen Helgason, Recreation Therapist II, AHS
 - Let's Connect (Innisfail)
- Sharron Matthewman, Seniors Community Development Facilitator
 - Chestermere Older Adults Teleconference
- Cathy Aust, Cold Lake Age-Friendly
 - Cold Lake Men's Shed
- Sharron Nixon, Co-chair, Calgary Older Adult Advisory Table
 - Age-Friendly Calgary Social Isolation Campaign

Questions for exploration

- How does social isolation relate to frailty in your context?
- What was the impetus for and intended outcomes of your program/initiative?
- What have been the impacts of COVID on your program/initiative and how will you respond to the impacts in an ongoing way?
- What are the positives or benefits you have seen around addressing the frailty or isolation of seniors in your community?

Highlights 😊

- They all offered different approaches to addressing social isolation in their communities.
- Results of their programming increased awareness of social isolation and built community partnerships. It broke down silos and encouraged the sharing of resources.
- They were able to reach more people because of online programming. Some of the programs also went global!
- The programs described have been successful and will continue to operate beyond COVID.



Online Resource

Check the chat for a link to a digital resource on Age-friendly programs and initiatives that address/prevent frailty.

The resource will also be available on corealberta.ca

<https://bit.ly/3K8pFS3>

CORE FRAILTY SERIES

INTERGENERATIONAL LINKAGES
COMMUNITY OF PRACTICE

Intergenerational Linkages Community of Practice



- **Betty Good** – LINKages Society, Calgary
- **Rebecca Zezula** – Clearwater Regional FCSS / Rocky Mountain House
- **Charlene Fletcher** – Therapeutic Recreation-Gerontology Student
- **Jody Wood** – Ministry of Seniors and Housing
- **Coree Ladwig** – Team Lead for Seniors, Adult and Community Programs, County of Grand Prairie
- **Cindy Nguyen** – United Way, Calgary
- **Julie Friesen** – *Recently retired / on brief leave*

CHALLENGES FACED by SENIORS *and* YOUTH



- Isolation & Loneliness
- Depression
- Anxiety
- Lack of connection
- Emotional and Physical Decline



A recent study by a team at Harvard found that of all the factors involved in depression, the most powerful were related to connectedness...

~Dr. Bruce Perry, M.D., Ph.D.

BENEFITS of IG RELATIONSHIPS

- ↓ Loneliness
- ↓ Isolation
- ↑ Inclusion and belonging
- ↑ Sense of purpose and value
- ↑ Physical and mental health outcomes
- ↑ Self-esteem and self-worth

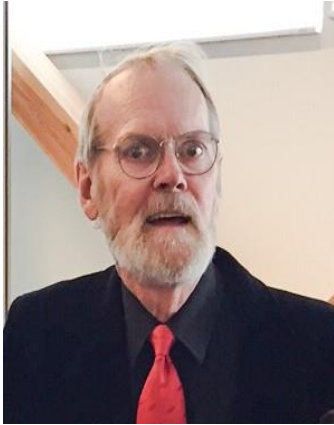


MORE CONNECTION – BETTER HEALTH

addressing emotional frailty through intergenerational programs



MORE CONNECTION – BETTER HEALTH



Frank

Celia Li
Expressive Arts Practitioner

**Senior Manager of
Calgary Chinese Elderly
Citizens' Association (CCECA)**



Brenda

HIGHLIGHTS ~ LEARNINGS

**Celia shared the
process and structure
of the Project Inspire program**

**Two seniors shared
their personal experiences of
having relationships with youth
and how it benefited them**

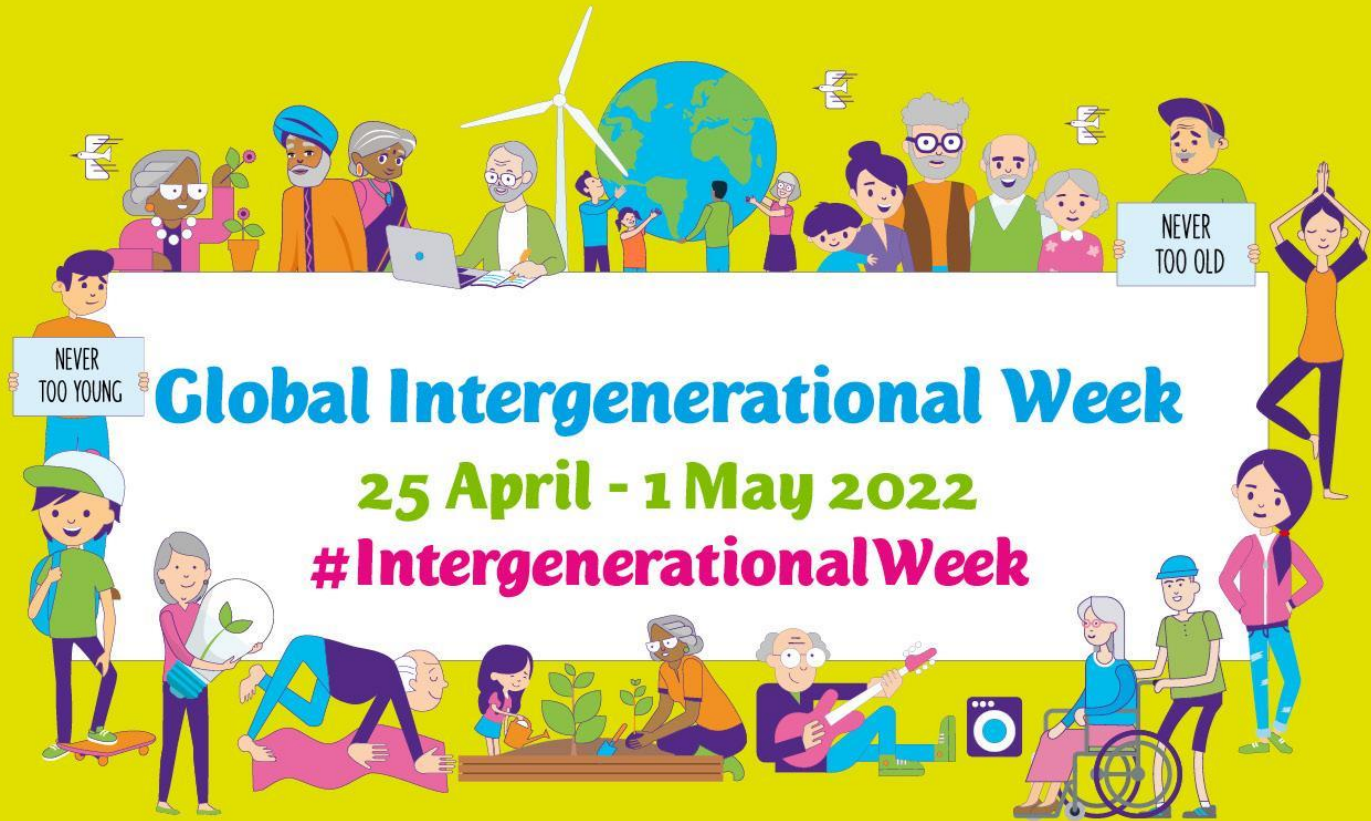
**Participants talked about
intergenerational friendships they've
had in their lives that impacted them**

OTHER SESSIONS

**Ageism – most common form and most overlooked form of discrimination
AND
most widely accepted!!!**

Intergenerational Friendships

- **help overcome ageism**
- **develop respect for the other generation**



NEVER
TOO YOUNG

Global Intergenerational Week

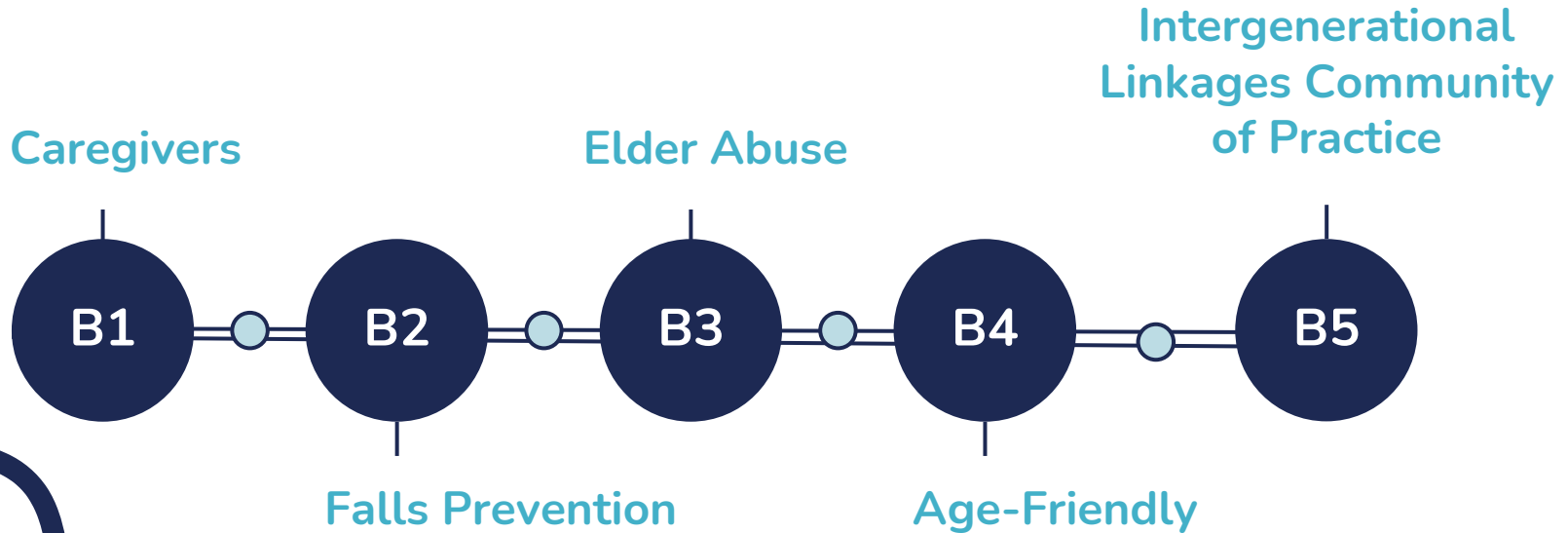
25 April - 1 May 2022

#IntergenerationalWeek

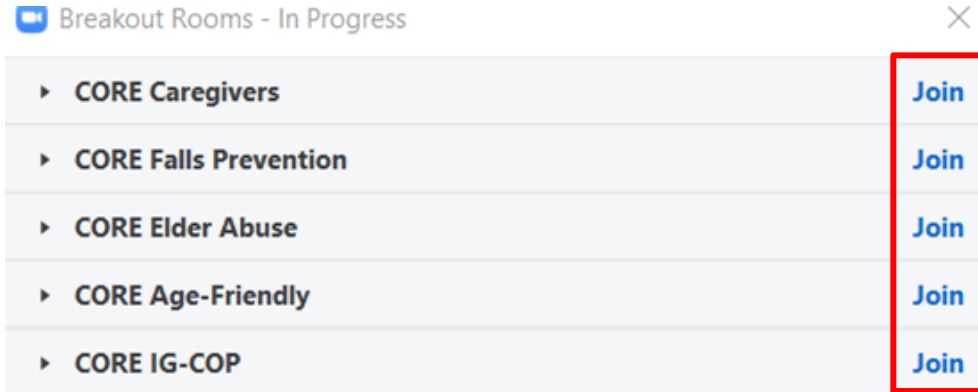
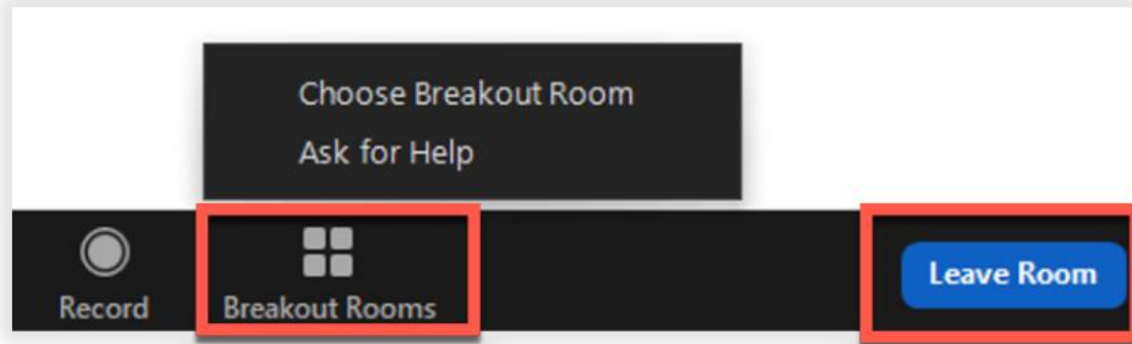
NEVER
TOO OLD

Activity Instructions

- *Two* 10 minute rounds
- Choose a group to hang out with!



- Click the “Breakout Rooms” icon at the bottom. Choose a room.
- When the *first* 10 mins is over, click “leave room” and choose another room.



Thank you for participating!

- ✓ Please complete the survey and let us know how you would like to engage going forward
- ✓ Check out CORE Alberta at corealberta.ca



healthyaging@calgaryunitedway.org