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## RE-THINKING AGEING 2016: PLANNING INNOVATIVE WAYS TO IMPLEMENT A NATIONAL SENIORS STRATEGY

NOVEMBER 24 & NOVEMBER 25, 2016  
NATIONAL INSTITUTE ON AGEING  
BMO EDUCATION CENTRE, 60 LEONARD AVENUE, TORONTO WESTERN  
HOSPITAL, KREMBIL DISCOVERY TOWER, TORONTO, ON

### RE-THINKING AGEING 2016: PRELIMINARY PROGRAM AGENDA

The rapidly ageing population presents Canada with a growing proportion of seniors with an equally diverse set of needs, priorities, and factors that influence their ability to stay as healthy and independent as possible. How our society prepares to meet the financial, social, health, housing and caregiving needs of older Canadians must be considered with the aim of becoming the best nation to grow up and grow old in.

*The National Institute on Ageing's Inaugural Conference* will bring together experts, thought leaders, practitioners and delegates to learn, share, and brainstorm key ideas and actions for advancing the four pillars of our recently proposed *National Seniors Strategy (NSS)*. This dynamic two-day conference will frame the dialogue around each pillar starting with an expert panel discussion, followed by related workshop sessions that feature interactive presentations and discussion.

### REGISTRATION & CONTACT INFORMATION

#### CONFERENCE TIMES:

November 24<sup>th</sup> & November 25<sup>th</sup>: 8:30 a.m. - 5:00 p.m.  
Cocktail Reception: November 24<sup>th</sup>: 5:00 p.m. - 7:00 p.m.

#### CONFERENCE LOCATION:

BMO Education Centre, 60 Leonard Avenue, Toronto Western Hospital, Krembil Discovery Tower, Toronto, ON

#### THE IDEA BANK:

Individuals and organizations are invited to submit their innovative ideas, products, and initiatives for inclusion in the Conference Idea Bank, aligned with the relevant strategy it addresses. For more information about the Idea Bank, please contact Stephanie Woodward at [stephanie.woodward@ryerson.ca](mailto:stephanie.woodward@ryerson.ca)

#### TO REGISTER:

Registration Fees are \$199 per day or \$350 for both days. This includes your meals, as well as the networking reception from 5:00 p.m. - 7:00 p.m. on November 24<sup>th</sup>

**Discounted registration fees are available for older adults and students.**

#### CONTACT INFORMATION:

To discuss idea bank submissions or sponsorship opportunities, please contact:

**Stephanie Woodward, Executive Director, NIA**  
[stephanie.woodward@ryerson.ca](mailto:stephanie.woodward@ryerson.ca)

**Sue Lantz, Conference Chair**  
[slantz@sympatico.ca](mailto:slantz@sympatico.ca)

## AGENDA - THURSDAY NOVEMBER 24<sup>TH</sup>

8:30 A.M. – 9:00 A.M.	<b>REGISTRATION AND CONTINENTAL BREAKFAST</b>
9:00 A.M. – 9:10 A.M.	<b>WELCOME &amp; KICK OFF REMARKS</b> <b>Stephanie Woodward</b> , Executive Director, National Institute on Ageing
9:10 A.M. – 9:45 A.M.	<b>MORNING KEYNOTE:</b> <b>WHAT SHOULD A NATIONAL SENIORS STRATEGY FOR CANADA INCLUDE?</b> <b>Dr. Samir Sinha</b> , Director of Geriatrics, Sinai Health System & University Health Network Hospitals; Architect of Ontario's Seniors Strategy & Co-Author of the National Seniors Strategy
9:45 A.M. – 11:00 A.M.	<b>PANEL DISCUSSION</b> <b>PILLAR ONE: INDEPENDENT, PRODUCTIVE AND ENGAGED CITIZENS</b> With many older Canadians living many of their extra years in good health, we need to ensure older Canadians are given the opportunities to remain independent, productive and engaged members of our society. Our expert panel will discuss how key factors like income security, age friendly work and volunteer environments, and opportunities for late-life learning can support older adults to remain active and engaged members of our society. <b>MODERATOR:</b> <b>Stephanie Woodward</b> , Executive Director, National Institute on Ageing <b>PANEL MEMBERS:</b> <ul style="list-style-type: none"><li>• <b>Victoria Hubbell</b>, SVP, Strategy &amp; Stakeholder Relations, Healthcare of Ontario Pension Plan (HOOPP)</li><li>• <b>Bruce MacDonald</b>, CEO, Imagine Canada</li><li>• <b>Virginia Bosomworth</b>, Chair, Board of Directors, LIFE Institute</li></ul>
11:00 A.M. - 11:30 A.M.	<b>REFRESHMENT AND NETWORKING BREAK</b>
11:30 A.M. - 12:45 P.M.	<b>PILLAR ONE WORKSHOP SESSIONS:</b> <b>W1 ENHANCING THE FINANCIAL LITERACY OF CANADIANS</b> <b>MODERATORS:</b> <b>Dr. Allen Goss</b> , Associate Dean of Students and Chair of the Finance Department, Ted Rogers School of Management, Ryerson University <b>Arlene Etchen</b> , Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation How do we better support Canadians to be empowered to adequately understand how to best finance their retirement and future housing options and long-term care needs? What approaches/mechanisms could best inform and educate them on these topics? <b>W2 SOCIAL INNOVATION, PRODUCTIVE ACTIVITY, AND LIFE-LONG LEARNING</b> <b>MODERATORS:</b> <b>Virginia Bosomworth</b> , Chair, Board of Directors, LIFE Institute How should Canadian employers, educational institutions, municipalities and social entrepreneurs evolve their thinking and options for older adults to increase their participation in the labour force, volunteerism or in lifelong learning via continuing education programs?
12:45 P.M. – 1:45 P.M.	<b>LUNCH</b>

## AGENDA - THURSDAY NOVEMBER 24<sup>TH</sup>

1:45 P.M. – 3:00 P.M.

### PANEL DISCUSSION

#### PILLAR TWO: HEALTHY AND ACTIVE LIVES

Canadians are now living longer, and doing so while trying to manage a growing prevalence of chronic diseases. This expert panel will discuss the importance of age-friendly community plans in setting a context for ageing well and staying physically active. The group will share the latest thinking about educational strategies that encourage Canadians to participate in activities that promote wellness, prevention and healthy ageing. The panel will also discuss how community services, and exercise programs can be evolved to strengthen the social connections of older adults - through intimate relationships, social networks and recreational programs.

#### MODERATOR:

**Hélène Gagné**, Program Director, Injury Prevention, Ontario Neurotrauma Foundation

#### PANEL MEMBERS:

- **Councillor Mark Taylor**, Deputy Mayor, City of Ottawa
- **Dr. Mike Evans**, Staff Physician, St. Michael's Hospital; Lead, Digital Preventive Medicine, Li Ka Shing Knowledge Institute
- **Dr. Lori Schindel-Martin**, Associate Professor, Ryerson Faculty of Nursing
- **Dr. Jane Thornton**, Resident Physician, University of Western Ontario; Fellow, Action Canada

3:00 P.M. - 3:30 P.M.

### REFRESHMENT AND NETWORKING BREAK

3:30 P.M. - 4:45 P.M.

### PILLAR TWO WORKSHOP SESSIONS:

#### W3 DEVELOPING NATIONAL STANDARDS FOR RECREATION AND ACTIVE LIVING FOR OLDER ADULTS

##### MODERATORS:

**LJ Bartle**, Director, HIGH FIVE® National Standard, Parks and Recreation Ontario

**Diane English**, Director of Research, Policy and Communications, Parks and Recreation Ontario

What are some of the most successful models in Canada for supporting communities to encourage and provide opportunities for individuals to stay active and engage in exercise (such as safe walking areas, or falls prevention), healthy eating and around promoting more social interactions that lead to strengthened social networks?

#### W4 AGE-FRIENDLY COMMUNITIES AND ALTERNATIVE LIVING OPTIONS

There is increasing attention to the concepts of age-friendly cities, communities and design – but what does this entail and what is needed to enable this concept? Understanding how new transportation and alternative housing options can create more flexibility and choice to allow for more ageing in place will be explored.

5:00 P.M. - 7:00 P.M.

### REFRESHMENT AND NETWORKING SESSION

Cocktail Reception and Presentation of the Positive Ageing Award! Presented by:



## AGENDA - FRIDAY NOVEMBER 25<sup>TH</sup>

8:30 A.M. – 9:00 A.M.	<b>REGISTRATION AND CONTINENTAL BREAKFAST</b>
9:00 A.M. – 9:10 A.M.	<b>WELCOME &amp; KICK OFF REMARKS</b> <b>Sue Lantz</b> , NIA Conference Chair; Change Consultant at the Ontario Association of Community Care Access Centres
9:10 A.M. – 9:45 A.M.	<b>MORNING KEYNOTE:</b> <b>WHERE THE WORLD IS MOVING ON AGEING AND HOW THIS CAN INFORM A NATIONAL SENIORS STRATEGY FOR CANADA</b> <b>Greg Shaw</b> , Director, International and Corporate Relations, International Federation on Ageing
9:45 A.M. – 11:00 A.M.	<b>PANEL DISCUSSION</b> <b>PILLAR THREE: CARE CLOSER TO HOME</b> We need to ensure older Canadians are receiving the right care, in the right place, at the right time, by the right provider. This panel will share their insights on how we can ensure older Canadians have access to high quality person-centred home and community care, or long-term care. This session will also illustrate the need for older adults to communicate their plans and preferences for future health and personal care, including palliative end-of-life services. Some emerging models will be shared for customizing care to the needs of patients and caregivers, along with the changing scopes of clinical practice, to enable better care, closer to home. <b>MODERATOR:</b> <b>Sue Lantz</b> , NIA Conference Chair; Change Consultant at the Ontario Association of Community Care Access Centres <b>PANEL MEMBERS:</b> <ul style="list-style-type: none"><li>• <b>Dr. Gail Donner</b>, Chair, Ontario's Expert Group Report on Bringing Care Home (released Fall 2015) on the Home &amp; Community Care System, Retired Dean of Nursing, U of T</li><li>• <b>Mike Nolan</b>, Chief Paramedic, Director of Emergency Services, County of Renfrew; Past President, Paramedics Chiefs of Canada</li><li>• <b>Sharon Baxter</b>, Executive Director of Canadian Hospice Palliative Care Association</li><li>• <b>Stacey Daub</b>, CEO, Toronto Central CCAC; Co-Chair, Provincial Implementation Table</li><li>• <b>Edith Mercieca</b>, Manager of Community Support Services, Mamaweswen, The North Shore Tribal Council</li></ul>
11:00 A.M. - 11:30 A.M.	<b>REFRESHMENT AND NETWORKING BREAK</b>
11:30 A.M. - 12:45 P.M.	<b>PILAR THREE WORKSHOP SESSIONS:</b> <b>W5 PALLIATIVE CARE: CREATING A 'HEALTHY' APPROACH TO END OF LIFE CARE, ENCOURAGING DIALOGUE</b> What are some examples of best practices that foster more open dialogues and interest in Advance Care Planning and an individual's preferences for future health and personal care, more specifically end-of life-care? What do we need to be doing to support more education and support in this area? <b>W6 CONSUMER-DIRECTED VS. PROVIDER-DIRECTED CARE</b> With a growing interest in consumer-directed care, what are emerging and innovative models in Canada looking to support consumer-directed vs provider directed care or both and how well do these models address the needs of both older adults and their caregivers? What are the proven supports or pre-conditions required to enable a person or caregiver's success with a self-directed model, and what supports are required to enable this?
12:45 P.M. – 1:45 P.M.	<b>LUNCH</b>

## AGENDA - FRIDAY NOVEMBER 25<sup>TH</sup>

1:45 P.M. – 3:00 P.M.

### PANEL DISCUSSION

#### PILLAR FOUR: SUPPORT FOR CAREGIVERS

With growing number of Canadian taking on caregiving roles, how can we ensure that the family and friends of older Canadians who provide care for their loved ones are best acknowledged and supported? Our panel will discuss some of the latest information on ways to support Canada's 8 million caregivers through policies, programs, modern technologies, services and products. This session will also illustrate how accessible home design or home adaptations can achieve greater independence and reduce the burden of caregiving.

#### MODERATOR:

**Don Fenn**, CEO, Caregiver Omnimedia

#### PANEL MEMBERS:

- **Cathy Fooks**, CEO Change Fou4dation
- **Jamie Shipley**, Knowledge Transfer Consultant , Canada Mortgage and Housing Corporation (CMHC)
- **Bob Topping**, Accessibility Consultant; former Professor of Architecture, Sheridan College
- **Dr. Geoff Fernie**, Director, Research Institute, Toronto Rehabilitation Institute

3:00 P.M. - 3:30 P.M.

### REFRESHMENT AND NETWORKING BREAK

3:30 P.M. - 4:45 P.M.

### PILLAR FOUR WORKSHOP SESSIONS:

#### W7 ACCESSIBLE HOME DESIGN AND TECHNOLOGIES TO ENABLE CAREGIVING

##### MODERATORS:

**Don Fenn**, CEO, Caregiver Omnimedia

**Jamie Shipley**, Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation (CMHC)

What are some of the emerging technologies, products and home modification design ideas that support older Canadians to age independently and in the place of their choice - with the support of their caregivers? What strategies can be used to overcome funding, policy and/or program barriers to achieve increased access to the enabling technologies and home modification supports for older adults and their caregivers?

#### W8 POLICIES AND PROGRAMS TO SUPPORT CAREGIVERS

What are the policies and programs that we need to be promoting or developing that can better support the family and friends of older Canadians who provide the care that supports ageing in place? How can we ensure Canadian caregivers are supported both financially and in the workplace to better balance their work and caregiving duties?

4:45 P.M. - 5:00 P.M.

### CLOSING REMARKS

**Stephanie Woodward**, Executive Director, National Institute on Ageing, Ryerson University.

A summary highlighting the key ideas and recommendations generated by the participants of the conference, along with the next steps for the National Institute on Ageing to facilitate the continued collaborative planning, research and implementation on the issues of ageing at a national level.