



**RE-THINK AGEING 2016:
PLANNING INNOVATIVE WAYS
TO IMPLEMENT A NATIONAL
SENIORS STRATEGY**

NOVEMBER 24 & NOVEMBER 25, 2016

NATIONAL INSTITUTE ON AGEING
RYERSON UNIVERSITY

BMO EDUCATION CENTRE
60 LEONARD AVENUE, TORONTO WESTERN
HOSPITAL, KREMBIL DISCOVERY TOWER,
TORONTO, ON

**RE-THINK AGEING
CONFERENCE 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 AND
CONTACT INFORMATION**

CONFERENCE TIMES:

November 24th & November 25th: 8:30 a.m. - 5:00 p.m.
Cocktail Reception & Celebration of the Positive Ageing Award:
November 24th: 5:00 p.m. - 7:00 p.m.

CONFERENCE LOCATION:

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

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 24th.

Discounted registration fees are available for older adults and students.

CONTACT INFORMATION:

If you have questions about the conference, please contact:

Taylor Weinstein
Taylor@redstoneagency.ca
Tel: 647-439-3700, Ext. 404

AGENDA - THURSDAY NOVEMBER 24TH

8:30 A.M - 9:00 A.M. ● **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 A.M. – 9:10 A.M. ● **WELCOME & KICK OFF REMARKS**

Stephanie Woodward, Executive Director, National Institute on Ageing

9:10 A.M. – 9:45 A.M. ● **MORNING KEYNOTE**

WHAT SHOULD A NATIONAL SENIORS STRATEGY FOR CANADA INCLUDE?

Dr. Samir Sinha, Director of Geriatrics, Sinai Health System & University Health Network Hospital; Architect of Ontario's Seniors Strategy & Co-Author of the National Seniors Strategy

9:45 A.M. – 11:00 A.M. ● **PANEL DISCUSSION**

PILLAR ONE: INDEPENDENT, PRODUCTIVE AND ENGAGED CITIZENS

With many older Canadians living many of their later 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, volunteer environments, and opportunities for late-life learning can support older adults to remain active and engaged members of our society.

MODERATOR:

- **Stephanie Woodward**, Executive Director, National Institute on Ageing

PANEL MEMBERS:

- **Darryl Mabini**, Senior Director, Growth and Stakeholder Relations, Healthcare of Ontario Pension Plan (HOOPP)
- **Bruce MacDonald**, CEO, Imagine Canada
- **Pnina Alon-Shenker**, Associate Professor and Director of Ryerson Law & Business Clinic, Ted Rogers School of Management, Ryerson University

11:00 A.M. - 11:30 A.M. ● **REFRESHMENT AND NETWORKING BREAK**

11:30 A.M. - 12:45 P.M. ● **PILLAR ONE WORKSHOP SESSIONS:**

W1 - ENHANCING THE FINANCIAL LITERACY OF CANADIANS

How do we empower Canadians to adequately understand how to best finance their retirement, future housing options and long-term care needs? What approaches/mechanisms could best inform and educate them on these topics?

MODERATORS:

- **Dr. Allen Goss**, Interim Associate Dean of Students, Ted Rogers School of Management, Ryerson University
- **Ina Wielinga**, Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation

IDEA BANK CONTRIBUTORS:

- **Karen Henderson**, Founder & CEO, Long Term Care Planning Network
 - *Long-Term Care Financial Planning*
- **Richard Valentine**, VP Marketing, HomeEquity Bank
 - *Seniors Financial Hub: Centralizing Financial Resources for Seniors*

AGENDA - THURSDAY NOVEMBER 24TH

11:30 A.M. - 12:45 P.M.

PILLAR ONE WORKSHOP SESSIONS:

W2 - SOCIAL INNOVATION, PRODUCTIVE ACTIVITY, AND LIFE-LONG LEARNING

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 life-long learning via continuing education programs?

MODERATOR:

- **Jeanette Browne**, Board Member, LIFE Institute

IDEA BANK CONTRIBUTORS:

- **Suzanne Cook**, Adjunct Professor, York University; Founder, Carpe Vitam
 - *Career Redirection: Movers, Shakers and Shifters*
- **Lisa Taylor**, Founder & President, Challenge Factory
 - *Canada's Opportunity to Lead: Social Innovation, Entrepreneurship & Life-Long Learning*
- **Adele Robertson**, Founder & CEO, THE V GENERATION
 - *Beyond the Financial: The Role of Canadian Business in Retirement Preparation*

12:45 P.M. - 1:45 P.M.

LUNCH

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. 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

AGENDA - THURSDAY NOVEMBER 24TH

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

PILLAR TWO WORKSHOP SESSIONS:

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

What are some of the most successful models in Canada that promote keeping people physically active and socially engaged in their community? How can we create inclusive, accessible and culturally responsive neighbourhoods?

MODERATOR:

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

IDEA BANK CONTRIBUTORS:

- **Noor Din**, CEO, Human Endeavour
 - *Improving Well-Being of Immigrant Seniors Through Simple & Innovative Community-Based Approach*
- **Tracy Drenth**, Recreation Supervisor, City of London
 - *Using Neighbourhood Recreation Programming to Better Accommodate the Needs of Older Adults*

W4 - AGE-FRIENDLY COMMUNITIES AND ALTERNATIVE LIVING OPTIONS

There is increasing attention to the concepts of age-friendly communities, inclusive community design and collaborative housing models to enable seniors to age in place. How do these approaches enable seniors to live longer and healthier lives in the community? In addition, a vital aspect of living healthy lives in the community is preventing falls. What are the strategies and actions that we can take to accelerate implementation of these ideas?

MODERATORS:

- **Hélène Gagné**, Program Director, Injury Prevention, Ontario Neurotrauma Foundation
- **Andrea Austen**, Lead, Toronto Seniors Strategy, City of Toronto

IDEA BANK CONTRIBUTORS:

- **Dr. Brenda M. Elias**, Director, Abbeyfield Canada; Professor, University of Guelph-Humber
 - *Alternative Living: Discovering the Abbeyfield Model of Independence Without Responsibility*
- **Iris Murray and Harriet Bernstein**, Baba Yaga Place
 - *Ageing with Baba Yaga: On Our Own and Together*
- **Lindsay Toth**, Ontario Neurotrauma Foundation
 - *Falls Prevention Awareness, Community of Practice, and National Toolkit*

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

REFRESHMENT AND NETWORKING SESSION

Networking Reception and Presentation of the Positive Ageing Award!

AGENDA - FRIDAY NOVEMBER 25TH

8:30 A.M. - 9:00 A.M. ● **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 A.M. - 9:10 A.M. ● **WELCOME & KICK OFF REMARKS**

Sue Lantz, NIA Conference Chair; Change Consultant, Ontario Association of Community Care Access Centres

9:10 A.M. - 9:45 A.M. ● **MORNING KEYNOTE**

WHERE THE WORLD IS MOVING ON AGEING AND HOW THIS CAN INFORM A NATIONAL SENIORS STRATEGY FOR CANADA

Greg Shaw, Director, International and Corporate Relations, International Federation on Ageing

9:45 A.M. - 11:00 A.M. ● **PANEL DISCUSSION**

PILLAR THREE: CARE CLOSER TO HOME

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 its insights on how we can ensure older Canadians have access to high-quality person-centred home and community care, including hospice palliative care. The panelists will share emerging models and ideas for national policies and initiatives that meet the needs of patients and caregivers to enable care closer to home.

MODERATOR:

- **Sue Lantz**, NIA Conference Chair; Change Consultant, Ontario Association of Community Care Access Centres

PANEL MEMBERS:

- **Dr. Gail Donner**, Chair, Ontario's Expert Group Report on Bringing Care Home (released Fall 2015) on the Home & Community Care System; Retired Dean of Nursing, U of T
- **Mike Nolan**, Chief Paramedic, Director of Emergency Services, County of Renfrew; Past President, Paramedics Chiefs of Canada
- **Sharon Baxter**, Executive Director of Canadian Hospice Palliative Care Association
- **Dipti Purbhoo**, Senior Director of Client Services, Toronto Central CCAC
- **Edith Mercieca**, Manager of Community Support Services, N'Mninoeyaa Aboriginal Health Access Centre

11:00 A.M. - 11:30 A.M. ● **REFRESHMENT AND NETWORKING BREAK**

11:30 A.M. - 12:45 P.M. ● **PILLAR THREE WORKSHOP SESSIONS:**

W5 - CREATING A 'HEALTHY' APPROACH TO PLANNING AGEING AND END-OF-LIFE CARE: ENCOURAGING DIALOGUE

What are some examples of best practices across Canada that foster more open dialogues and interest in advance care planning and an individual's preferences and what matters most to them with respect to health and personal care, including end-of-life care? How can clinicians better support patients and caregivers as they encounter specific moral dilemmas or questions as they plan and make decisions in their health care journey? What do we need to be doing to support increased education of clinicians and the public in these areas?

MODERATORS:

- **Louise Hanvey**, Project Director, Speak Up Campaign
- **Kerry Bowman**, Bioethicist, Mount Sinai Hospital, Sinai Health System

AGENDA - FRIDAY NOVEMBER 25TH

11:30 A.M. - 12:45 P.M.

W6 - CONSUMER-DIRECTED AND PEER SUPPORTED MODELS OF CARE

With a growing interest in self-directed models of services or care, what are the promising approaches to support older adults in directly guiding and managing their services? Are there new ideas to enable peer-to-peer or collaborative strategies to help older adults to manage their health conditions, remain socially connected, and age in place? What are some ways to change the interactions between clinicians and the users of the services to be more driven by the needs of both older adults and/or their caregivers?

MODERATORS:

- **Ian Parker**, Direct Funding Senior Advisor, Centre for Independent Living in Toronto
- **Sue Lantz**, NIA Conference Chair and Change Consultant, Ontario Association of Community Care Access Centres

IDEA BANK CONTRIBUTORS:

- **Kate Murzin**, Health Programs Specialist, Canadian Working Group on HIV and Rehabilitation
 - *Shifting the Paradigm – Innovative Approaches to Support Seniors Sexual Health and Well-Being*
- **Patrick McGowan**, Professor, University of Victoria, Self-Management BC
 - *The Role and Effectiveness of Peer Health Coaches in Diabetes*
- **Trudy Medcalf**, Project Lead, Opening Doors, Council on Aging of Ottawa
 - *Social Inclusion and Opening Doors Elder Circles*

12:45 P.M. - 1:45 P.M.

LUNCH

1:45 P.M. – 3:00 P.M.

PANEL DISCUSSION

PILLAR FOUR: SUPPORT FOR CAREGIVERS

With a growing number of Canadians 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 Foundation
- **Jamie Shipley**, Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation (CMHC)
- **Bob Topping**, Accessibility Consultant, Designable Environments Inc.

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

REFRESHMENT AND NETWORKING BREAK

AGENDA - FRIDAY NOVEMBER 25TH

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

PILLAR FOUR WORKSHOP SESSIONS:

W7 - ACCESSIBLE HOME DESIGN AND TECHNOLOGIES TO ENABLE CAREGIVING

What are some of the emerging technologies, products and universal design and home modification ideas that support older Canadians to age independently and in their place of choice, with the support of their caregivers? What is the pivotal role that occupational therapists play in creating solutions to guide home modifications? What are some public education strategies or supporting policies that can encourage and support universal design and home modifications?

MODERATORS:

- **Don Fenn**, CEO, Caregiver Omnimedia
- **Jamie Shipley**, Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation (CMHC)

IDEA BANK CONTRIBUTOR:

- **Lesya Dyk**, Occupational Therapist, President and Clinical Director, LDOT Services Inc.
 - *Learning from Other Jurisdictions: The Role of Occupational Therapists in the emerging Home Modification Models that Enable Seniors to Age in Place*
- **Ron B**, Caregiver and Community Adviser, AGE WELL
 - *The Caregiver Perspective and Emerging Technologies to Support Caregiving Strategies*

W8 - POLICIES AND PROGRAMS TO SUPPORT CAREGIVERS

What are the national policies, programs, and standards that can better support the family and friends of older Canadians who provide the care that enables 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?

MODERATORS:

- **Dr. Allison Williams**, Professor & CIHR Chair in Gender, Work & Health, McMaster University
- **Sue Lantz**, NIA Conference Chair and Change Consultant, Ontario Association of Community Care Access Centres

IDEA BANK CONTRIBUTORS:

- **Cathy Conway**, Director of Quality Management & Education, Alzheimer Society of Ontario
 - *Finding Your Way: Promoting Community Safety for Persons with Dementia*
- **Nancy O'Regan**, First Link Program Manager, Alzheimer Society London & Middlesex
 - *Providing support to caregivers at a neighbourhood level for Alzheimer's patients and caregivers – satellite and joint partnerships*

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

CLOSING REMARKS

Deb Schulte, Member of Parliament for King-Vaughan and Chair of the Liberal Seniors' Caucus



The National Institute on Ageing is dedicated to enhancing successful ageing across the life course. It is unique in its mandate to consider ageing issues from a broad range of important perspectives, including those of financial, physical, psychological and social wellness. The NIA is a university-based institute focused on leading cross-disciplinary research to better understand issues that can lead to the development of evidence-informed actionable insights that can meaningfully contribute towards shaping the innovative policies, practices and products that will be needed to address the multiple challenges and opportunities presented by Canada’s coming of age.

NIA INAUGURAL FOUNDING PARTNERS:



AND OUR SUPPORTING PARTNER:



GENEROUSLY PROMOTED BY:

We would like to thank and acknowledge the following organizations who generously promoted this conference to their members, networks and audiences. Thank you for your support:

