



Age-Friendly and Compassionate Care Communities

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Monday April 9th to Sunday May 6th, 2018 (4 weeks) ONLINE weekly at your discretion
Cost: \$240 (Students \$120) Registration Deadline: Monday, April 2, 2018
This workshop will be offered only if there is sufficient enrolment.

Course Objectives:

- To provide an overview and enhance existing knowledge about the basis of 'age-friendly' principles in the context of an aging population;
- To provide an overview of 'age-friendly' environments, and the application of the principles of age-friendliness to everyday contexts of care for older adults;
- To gain an understanding of specific features of age-friendly programming to address social isolation and loneliness in various populations;
- To gain an understanding of community supports and health services as part of age-friendly programming, with a specific focus on how to support a 'good death' in the context of compassionate communities;
- To explore the future of the 'age-friendly' movement with respect to health and social policy, research and practice.

Week 1: An overview of the "age-friendly" concept and its various dimensions

- Exploring what it means to be 'age-friendly' and considering the ways societies may be 'age-unfriendly';
- An in-depth examination of the features of age-friendly communities;
- Regional, national and International perspectives of age-friendly policy and practices: what can we learn from those who are doing it right?

Week 2: Addressing social isolation and loneliness from an age-friendly perspective

- Understanding the importance of social connections in later life: the impact of social isolation and loneliness for older adults;
- Inclusive age-friendly values: meeting the engagement needs of a diverse population and new Canadians; A case study from Toronto's Kensington Chinatown neighbourhood;
- The rural and urban experience of aging: why location matters;
- Identifying risk factors for social isolation, addressing social isolation, and supports embedded within age-friendly community planning to prevent social isolation.

Week 3: Community supports and compassionate communities

- Identifying and accessing 'age-friendly' community support services: mobilizing and connecting resources for older adults who are affected by frailty, end-of-life issues, and bereavement;
- Applying age-friendly community principles to death and dying in the community;
- Providing practical supports at the end-of-life in the community; A case study of British Columbia's Compassionate Communities Model.

Week 4: The future of age-friendly: from planning to action

- Integrating features of age-friendly community planning into various environments;
- Linking disciplines and cross-sector collaboration for addressing the needs of stakeholders: how businesses, municipalities and service providers may work together;
- Evaluating and measuring success; case study: why more park benches make all the difference in Toronto for seniors using recreation space;
- Understanding why age-friendly communities set the foundation for 'life-time' communities;
- The future vision of age-friendly planning and community change: age-friendly communities are communities for individuals of all ages.

Christopher A. Klinger, PhD is a Senior Research Associate with the Factor-Inwentash Faculty of Social Work's Institute for Life Course and Aging at the University of Toronto. His research interests are in health systems and policy, with a focus on hospice palliative care.

Christopher's PhD thesis work - at the University of Toronto's Institute of Health Policy, Management and Evaluation alongside the Collaborative Doctoral Program in Aging, Palliative and Supportive Care Across the Life Course - centered around different approaches to care at the end of life, including economic impact. His post-doctoral fellowship at the University of Ottawa's Department of Medicine, Division of Palliative Care focused on advance care planning and patient-reported outcome measures in the hospice palliative care domain alongside the role of the palliative care unit in the health care system. He chairs the National Initiative for the Care of the Elderly's End-of-Life Issues Theme Team, a knowledge transfer network dedicated to enhance the care of older adults both in Canada and abroad, and the Quality End-of-Life Care Coalition of Canada's Research and Knowledge Translation Committee, a group of national stakeholder organizations concerned about quality end-of-life care. Christopher has presented at numerous conferences on aging, hospice palliative care and public administration, and regularly teaches undergraduate course on aging, health systems/policy and public administration.

Raza M. Mirza, PhD received his MSc and doctorate degrees from the Graduate department of Pharmaceutical Sciences at the University of Toronto's Leslie Dan Faculty of Pharmacy. His areas of expertise and teaching interest include research methods, medical decision-making, the socio-behavioral determinants of health in persons aging with a chronic illness, and factors influencing late-life social, mental and physical well-being. He has been an invited speaker at national and international gerontology and geriatrics conferences, workshops and symposiums, and has consulted with various levels of government on diverse issues related to an aging population. Dr. Mirza is currently a Senior Research Associate at the University of Toronto's Institute for Life Course and Aging and the Network Manager for the non-profit organization The National Initiative for the Care of the Elderly (NICE; www.nicenet.ca), an international knowledge transfer network in the field of aging. He was the co-lead for an age-friendly community study of social isolation of Chinese seniors in the Kensington-Chinatown area in Toronto, Ontario, Canada, and is the chair of the Central Ontario Age-Friendly Network.

Registration and payment available online at www.aging.utoronto.ca