



S P R I N G 2 0 0 9 E D I T I O N

## Canadian Coalition for Seniors' Mental Health

CONNECTING PEOPLE IDEAS AND RESOURCES

[www.ccsmh.ca](http://www.ccsmh.ca)



## NEW CCSMH GUIDES FOR SENIORS AND THEIR FAMILIES NOW AVAILABLE!

The Canadian Coalition for Seniors' Mental Health (CCSMH) is pleased to announce the release of its new **Educational Guides for Seniors and Families**. These user-friendly guides are based on the CCSMH National Guidelines for Seniors' Mental Health, and were produced with funding from the Public Health Agency of Canada.

**Mental illness is not a normal part of aging.** The CCSMH wants all seniors – and their family members – to have high-quality information about mental health issues that might affect them.

The information in these guides will help older adults to make informed decisions about their health care and build effective relationships with their health care providers.

The user-friendly booklets provide important information on the following topics:

- Delirium
- Mental health issues in long-term care homes
- Depression
- Suicide prevention (*written specifically for family members*)

Copies of the booklet can be downloaded free of charge in English and French at:

<http://www.ccsmh.ca/en/booklet/index.cfm>.

For more information, or to order hard copies of the guides, contact

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*Do you know someone else who could benefit from these Guides? If so, please forward this e-mail to them.*



# Updates from the Executive Director

Dear CCSMH members,

I apologize for the delay in our Spring 2009 newsletter! As I think you'll be able to see we've been extraordinarily busy so far in 2009! While we've been winding down our original Guideline pilot projects we also received additional funding from the Public Health Agency of Canada to create new guides for seniors and their families (see article above!). Sherri did a tremendous job managing this project and our many thanks to the over 50 individuals who assisted with this review process. We were working on a very short time line for this project and we couldn't have done it without the support of our members and volunteers.

While we were working on these new guides, the CCSMH was also coordinating a National Seniors' Mental Health and Dementia Knowledge Exchange Think Tank. This was a collaborative initiative between the CCSMH, the Canadian Dementia Knowledge Translation Network (CDKTN), the Mental Health Commission of Canada (MHCC), the National Initiative for the Care of the Elderly (NICE), the Alzheimer Knowledge Exchange (AKE), and the Seniors Health Research Transfer Network (SHRTN). This project was funded by the Public Health Agency of Canada and the Canadian Institutes for Health Research, Institute of Neuroscience, Mental Health and Addictions. With over 80 experts in aging, mental health, dementia and knowledge translation in attendance the goal of the two day Think Tank was to identify local, provincial and national organizations involved in knowledge exchange in the areas of seniors' mental health and/or dementia and engage them in a partnership; to highlight to the successful exchanges and raise the profile of seniors' mental health and dementia; and to help inform the creation of the National Knowledge Exchange of the Mental Health Commission of Canada. It was a very exciting event and we're thrilled with the work that has been done as a result. We truly feel this event is a catalyst for keeping the seniors' mental health and dementia networks connected and in the spotlight. Special thanks to our dedicated working group and our facilitator Sheila Cook. All of the materials and outcomes from the Think Tank are available at [www.ccsmh.ca](http://www.ccsmh.ca).

Congratulations are due to Dr. Ken Le Clair and Dr. Marie-France Rivard who were recognized in a Toronto Star article on Depression in Late Life on May 2nd 2009. The CCSMH was also referenced and the full link to the article can be found at [www.ccsmh.ca](http://www.ccsmh.ca)

And finally, keep your eye out for our official announcement of our next conference in 2010. While we'll be present at IPA 2009 (see below) the CCSMH will be hosting a 2-day conference again in Fall of 2010. Updates on location, dates, and call for abstracts will follow soon.

Enjoy the warm weather and keep in touch! If you have updates to share please don't hesitate to email me at [kwilson@baycrest.org](mailto:kwilson@baycrest.org).

That's all for now! More updates to come in the next edition of the CCSMH newsletter.

[www.ccsmh.ca](http://www.ccsmh.ca)



**CANADIAN COALITION FOR SENIORS' MENTAL HEALTH**

To promote seniors' mental health by connecting people, ideas and resources

**COALITION CANADIENNE POUR LA SANTÉ MENTALE DES PERSONNES ÂGÉES**

Promouvoir la santé mentale des personnes âgées en reliant les personnes, les idées et les ressources

## New and Noteworthy!

### **Canada's Aging Population: Seizing the Opportunity**

The Special Senate Committee on Aging released their Final Report in April 2009. The report states that Canada should be doing more to assist its aging population and they committee feels that addressing the issues of today's seniors has serious implications for the seniors of the future. To access the report or a summary of recommendations please visit [www.senate-senat.ca/age-c.asp](http://www.senate-senat.ca/age-c.asp)

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### **Home Care in Canada: From the Margins to the Mainstream**

The Canadian Homecare Association released this report in May 2009 recognizing that home care is a key part of our health care system that has the potential to affect all Canadians. The report explores the home care landscape in Canada and identifies gaps and opportunities with respect to groups whose home care needs are not being adequately addressed. The report can be accessed at [www.cha.ca](http://www.cha.ca)

## Mark Your Calendars!

The CCSMH is a collaborating organization of the International Psychogeriatric Association Conference in Montreal, Quebec

September 1-5th 2009.

For more information and to register visit

[www.ipa2009montreal.com](http://www.ipa2009montreal.com)



## UPCOMING EVENTS 2009



### THE GREYING NATION: KEEPING AHEAD OF THE WAVE

**June 10th - 12th 2009**

Edmonton, Alberta

For more information please visit [www.capitalhealth.ca/greyingnation2009](http://www.capitalhealth.ca/greyingnation2009)

### THE HUMAN FRONTAL LOBES AND THE MIND: AN INTERDISCIPLINARY CONFERENCE IN HONOUR OF DR. DONALD T. STUSS

**June 11th & 12th 2009**

Hart House Theatre, University of Toronto

For additional information please visit <http://www.rotman-baycrest.on.ca/index.php?section=985>

### AGING AT HOME: CONNECTING THE DOTS IN ONTARIO AND BEYOND

**June 22nd 2009**

e- symposium presented by the Canadian Research Network for Care in the Community

For more information and to register please visit: [www.crncc.ca](http://www.crncc.ca)

### 19TH INTERNATIONAL ASSOCIATION OF GERONTOLOGY & GERIATRICS WORLD CONGRESS

**July 5th - 9th, 2009**

Paris, France

For the conference details visit [www.gerontologyparis2009.com](http://www.gerontologyparis2009.com)

### BRAIN MATTERS: NEW DIRECTIONS IN NEUROETHICS

**September 24 - 26th, 2009**

Lord Nelson Hotel, Halifax, Nova Scotia

For the conference details visit [www.noveltechetics.ca/site\\_brainmatters.php](http://www.noveltechetics.ca/site_brainmatters.php)

### 28TH ANNUAL SCIENTIFIC AND EDUCATIONAL MEETING OF THE CANADIAN ASSOCIATION ON GERONTOLOGY

**October 22nd - 24th 2009**

The Fairmont, Winnipeg, Manitoba

For the conference details visit [www.cagacg.ca](http://www.cagacg.ca)