



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.

February 2017

Canadian Coalition for Seniors' Mental Health Newsletter

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Chair's Report



First I would like to thank you for your ongoing support of the Canadian Coalition for Seniors' Mental Health (CCSMH).

I am delighted to let you know that Dr. Kiran Rabheru has agreed to take on the role of CCSMH Co-Chair. Dr. Ken Le Clair is stepping down from this position after serving since the founding of CCSMH in 2002. Many thanks to Ken for his outstanding contributions over so many years!

Dr. Rabheru is a Full Professor of Psychiatry at the University of Ottawa and serves as Medical Director of the Geriatric Psychiatry and ECT Program, as well as the Behavioral Support Team at the Ottawa Hospital. He is recognized nationally and internationally as a leader in the field and is a Founder of the subspecialty of Geriatric Psychiatry in Canada. He is a recipient of the Outstanding Achievements in Geriatric Psychiatry in Canada award from the Canadian Academy of Geriatric Psychiatry (CAGP). Kiran is passionate about the need for advocacy at multiple levels to ensure that we do everything possible to improve the lives of Canadian seniors.

CCSMH has recently completed a project entitled: *Cultural Adaptation of Seniors Mental Health Guides and Community Training Project*, which was funded by the Public Health Agency of Canada. As a result of this project all of the recently updated brochures for seniors and families are now available in Chinese (traditional and simplified versions) and Punjabi at our website: www.ccsmh.ca. The topics include: Depression in Older Adults – you are not alone; Prevention of Suicide in Older Adults; Mental Health in Long-Term Care and Delirium Prevention and Care with Older Adults.

Finally CCSMH has applied to Health Canada for a grant to support the development of national guidelines related to substance use disorders in older adults. If funded it will be a 3 year project, which will include the creation of knowledge translation tools. We will keep you posted!

David K Conn M.B.,B.Ch., B.A.O., FRCPC

Co-Chair, CCSMH

CCSMH NEWS

Senate Committee publication on dementia

The Senate has published their report on Dementia this past week with 29 recommendations. Dr. Marie-France Rivard had presented to this committee on behalf of the CAGP, Bonnie Schroeder had done so on behalf of CCSMH, and Dr. Frank Molnar spoke on behalf of CGS, along with several other respected speakers. There is also a link to an executive summary of the report and an information pamphlet on dementia and its impact. Thanks to all the participants for their contribution.

The Senate are putting together a short video about this initiative which I have participated in which will be available soon.

Please see the report here:

http://www.parl.gc.ca/content/sen/committee/421/SOCI/Reports/SOCI_6thReport_DementiaInCanada-WEB_e.pdf

Also interesting relative document: <http://sencaplus.ca/news/national-dementia-strategy-needed-to-foster-dementia-friendly-communities>

It is anticipated that these initiatives will lead to a better quality of life for Canadians living with dementia. Please distribute this information widely to gain traction and increase its impact. Thank you.

Best regards,

Kiran Rabheru MD, CCFP, FRCP, DABPN

Better Together: Age-Friendly Nanaimo

Social isolation is a significant problem for many Canadian seniors. Its negative impact on physical health and mental wellbeing is well known and solutions need to be aimed at local, community and population levels. "Seniors Connect", www.nanaimoseniorsconnect.ca, a three year project funded in part by the Government of Canada's New Horizons for Seniors Program, is mandated to reduce social isolation among Nanaimo seniors at the population level. As one of five collaborating partner projects, the Better Together: Age-Friendly Nanaimo initiative is raising public awareness and providing education for community groups with an interest in improving social inclusion for seniors. Better Together also supports change through Action Groups whose purpose is to develop strategies to reduce barriers to social inclusion. Specific barriers, determined by focus groups of local seniors, include issues such as ageism, transportation challenges and low income. The Action Groups originated at an Ideas Exchange full day event last November that brought together seniors' groups, representatives from local government, leaders in business and non-profit sectors, health care professionals, students and communities of faith. For more information about this exciting participatory research project, please contact Dr. Penny MacCourt at 250-760-0301.

Submitted by Steering Committee Member Lori Amdam RN, MSN

Open-Ended Working Group Side Event on Ageism and Human Rights



In December 2016, Dr. Kiran Rabheru presented on the topic of Ageism and the Rights of the Older Person to the United Nations.

The presentation is available for viewing at: <http://webtv.un.org/meetings-events/watch/open-ended-working-group-on-ageing-side-event/5249565367001>

New resources available on the CCSMH Website

The CCSMH website now features resources on delirium prevention and care in older adults, depression in older adults, mental health in long-term care and suicide prevention. These resources are available in English, Punjabi, Simplified Chinese and Traditional Chinese.

Resources can be found at: <http://ccsmh.ca/booklet/>

Late Life Suicide Prevention Toolkit: Life Saving Tools for Health Care Providers

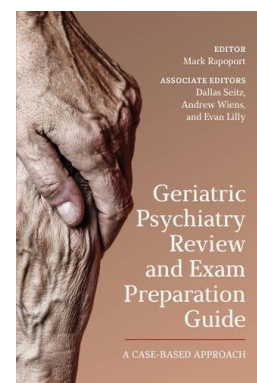
The CCSMH Late Life Suicide Prevention Toolkit: Life Saving Tools for Health Care Providers was developed for **health care providers** – physicians, nurses, front-line workers, mental health professionals – and **educators** in health education programs at universities and colleges. The toolkit was developed by [experts in the fields of geriatrics and suicide prevention](#): clinicians, researchers and academics, community agencies/organizations, and family and advocacy groups. Production of this toolkit was made possible through a financial contribution from the Public Health Agency of Canada, the Betty Havens Award for Knowledge Translation in Aging (CIHR), as well as a donation from the RBC Foundation.

All elements of the Toolkit can be accessed on the [CCSMH website](#).

Interested in hard copies? Please email CAGP@secretariatcentral.com for more information.

Geriatric Psychiatry Review and Exam Preparation Guide

In November 2016, the **Geriatric Psychiatry Review and Exam Preparation Guide** was published by the University of Toronto Press. This is a book that was prepared largely by CAGP members and will be of particular interest to our membership. The authors have signed all proceeds back to the CAGP. The Guide is now available for pre-order here: <https://www.amazon.ca>.



EVENTS

Geriatric Psychiatry Online Course (GPOC)



2017
Geriatric Psychiatry
Online Course
for psychiatrists,
physicians and other
health care professionals

The Canadian Academy of Geriatric Psychiatry (CAGP) is proud to announce the 2017 session of the annual Geriatric Psychiatry Online Course, running from **February to May 2017**. Visit cagp.ca to register and learn more about this highly interactive and educational course.

Call for Abstracts! Canadian Association for Gerontology: Evidence for Action in an Aging World

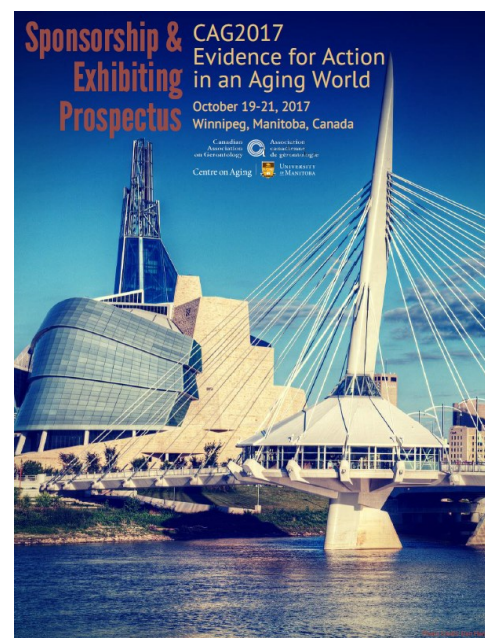
The Canadian Association on Gerontology is pleased to announce the Call for Abstracts for CAG2017: Evidence for Action in an Aging World, October 19-21, 2017 in Winnipeg, Manitoba.

Join us for Canada's premier multidisciplinary conference for those interested in individual and population aging. Abstracts are welcomed from all disciplines and all interests in aging, including research, practice, policy and related work. International submissions are encouraged. We are also pleased to offer the CIHR-IA Student Poster Competition and student travel assistance grants.

Abstracts are due by **April 14, 2017**.

For more information, including discounted room rates at the Fairmont Winnipeg, please visit <http://CAG2017.ca>

CAG2017 is hosted by the University of Manitoba Centre on Aging (<http://umanitoba.ca/centres/aging/>)



Registration now open! The Canadian Geriatrics Society 37th Annual Scientific Meeting



This year, the ASM will be held in Toronto from April 20 to 22, 2017 at the Chelsea Hotel. The theme of the 2017 ASM is “Integrating Care, Making an Impact”.

Some of the topics that will be explored at the meeting this year include:

- Medical cannabis
- Physician-assisted death
- Innovative use of technology
- Chronic disease management
- Substance misuse

Save the date! The 9th Canadian Conference on Dementia 2017 – JOIN US IN DOWNTOWN TORONTO!



The 9th CCD Organizing Committee is putting together an exciting program that has attracted a world renowned faculty of national and international speakers, featuring plenary and parallel sessions, interactive workshops and much more. The 2017 9th Conference on Dementia will provide many opportunities for networking. Updates will be available on our website in the coming months at www.canadianconferenceondementia.com. We look forward to seeing you in November 2017!

Call for Abstracts! The CAGP 26th Annual Scientific Meeting – November 4-5, 2017



The Canadian Academy of Geriatric Psychiatry (CAGP) is pleased to announce that abstract submission for the 2017 Annual Scientific Meeting (ASM) is now open!

Categories for abstract submission include poster presentation, concurrent oral presentation, workshop, symposium and clinical case study. The ASM Scientific Planning Committee may change the format of the presentation upon acceptance. All abstracts must be submitted in the standardized format irrespective of presentation preference. The maximum word count is 250 words.

Abstracts are due by **March 17, 2017**.

For more information, please visit: <http://www.cagp.ca/Call-for-Abstracts>.

Registration Open! Centre for Addiction and Mental Health: Refugee Mental Health Project

The Centre for Addiction and Mental Health is offering a new online course on the mental health needs and considerations of Syrian Refugees. This course is free for settlement, social and health service providers across Canada. There is an upcoming course session from **February 22 – March 21, 2017** but space is limited and there is a waitlist for some provinces.

For more information and to register, please visit: <https://www.porticonetwork.ca/web/rmhp/home>

OTHER NEWS

The Canadian Geriatrics Society CME Journal

The Canadian Geriatrics Society invites you to visit its free open access CME Journal at <http://canadiangeriatrics.ca/journals/cme-journal/publications/>. We hope the articles are of interest and assistance in your practice. Please feel free to forward the link to the journal to your colleagues.



New Baycrest Website for Clients and Caregivers: Dementia Resources from Around the World

The Centre for Education at Baycrest has been working hard to create an online resource to lessen the complexity, confusion and challenge of locating reliable information about dementia for caregivers and those with concerns about dementia and memory loss. With these goals in mind, I am proud to announce the launch of **Dementia Resources from Around the World...** [Read more](#)

Please visit www.baycrest.org/dementiareources for more information.

Please share this new resource with your clients and colleagues (internal and external). If you have any feedback or suggestions about additional websites that should be included on the site, please contact Dr. David Conn at dconn@baycrest.org.

Basic Life Support Algorithm

The Advanced Cardiovascular Life Support (ACLS) Training Centre has published an article on basic life support algorithms. The article is available at: <https://www.acls.net/bls-als-algorithm.htm>

CogWall: An Innovative and Interactive Project at the Woodstock Hospital

Dr. Shabbir Amanullah has been involved in an innovative project at the Woodstock Hospital called the CogWall. The CogWall is aimed to help elderly patients maintain their cognitive skills during hospital stays. For more information about the project, please visit: <http://www.woodstocksentinelreview.com/2017/01/31/the-innovative-and-interactive-cogwall-at-woodstock-hospital-is-designed-to-engage-and-stimulate-patients>

News Release from the Office of the Seniors Advocate: More ride availability and shorter wait times highlighted in HandyDART survey results

BC's Seniors Advocate released results of a province-wide survey of almost 7,500 HandyDART users in the province today. The survey highlights that while 91% of users are satisfied with the service when they receive it, almost 1/3 of respondents say it is not meeting, or only moderately meeting, their transportation needs.

"Obviously there's good news here," said Seniors Advocate Isobel Mackenzie. "People are telling us that across many aspects of this service, things are positive, however we are still concerned that there are a significant number of seniors whose transportation needs are not being met," Mackenzie added, noting ride availability, wait times for rides, and the booking experience including the time required to book rides in advance are areas where riders feel improvements are most needed.

"The cost of the service is another area that we need to look closely at," said Mackenzie. "While 83% of respondents told us cost is not an issue, we have to remember that some of our lowest income seniors rely heavily on this service and they clearly are telling us if it cost less, they would use it more." Currently 53% of users have an income of less than \$20,000 while 15% have incomes less than \$10,000 per year.

HandyDART is a door-to-door service provided by TransLink, BC Transit, and their service providers for passengers with physical or cognitive disabilities who are unable to use conventional public transit without assistance. The majority of users, approximately 78%, are 65 or older. Last year 2.37 million rides were provided, with 51% of these in the Lower Mainland.

The Office of the Seniors Advocate's survey asked a range of questions about the service including what people think of the application process, the availability of rides, the cost of the service, as well as overall satisfaction levels. The questions for the survey were developed through a consultation process that included users of HandyDART, service funders as well as front-line staff. Highlights from the survey include:

- Almost 80% of HandyDART clients are able to book a roundtrip always or most of the time
- 26% said they were rarely or never able to get a ride when placed on standby
- 28% of riders whose annual income is less than \$10,000 said they would use HandyDART more often if it cost less
- 38% are somewhat or not at all familiar with no-show or cancellation policies – only 75% of BC Transit clients and 69% of Translink clients agree they know how to provide feedback around services
- 60% of clients report they always reach appointment on time - less than 50% report they are always picked up within the 30-minute window

The full HandyDART survey report can be viewed at www.seniorsadvocatebc.ca/.

The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors' services and publicly reporting on systemic issues affecting seniors. The Office also provides information and referral: toll-free 1.877.952.3181 or by visiting: www.seniorsadvocatebc.ca/.

DONATIONS

Mental illness is not a normal consequence of aging. All seniors have the right and deserve to receive services and care that promotes their mental health and responds to their mental illness needs. You can help promote seniors' mental health by donating to the Canadian Coalition for Seniors' Mental Health.

We would like to thank you for any donation you can make today to support our work. Your donation will help to fund important educational and advocacy projects in the areas of seniors' mental health, including delirium; depression; suicide prevention; mental health issues in long-term care; and best practices.

DONATE NOW!