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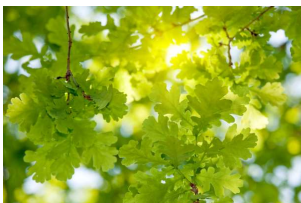
## AUGUST 2022

### IN THIS ISSUE:

- CCSMH Updates
- Partner Updates
- Resources
- Opportunities - Studies and Surveys
- Announcements
- Professional Development
- Help Us Spread Our Message

### CCSMH UPDATES

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### HIGHLIGHT #1: Social Isolation and Loneliness in Older Adults Project

Did you know?

- 48% of Canadians [reported](#) being socially isolated, lonely, or both.

- There is an [increased risk of death](#) due to loneliness (26%) and social isolation (29%). This [risk of death](#) is similar to the risk of death from smoking 15 cigarettes a day or having an alcohol use disorder.
- Social isolation among older adults is associated with an [increased chance of](#) premature death; depression; dementia; disability from chronic diseases; poor mental health; increased use of health and support services; reduced quality of life; poor general health; and an increased number of falls.
- Conversely, increased social engagement has been associated with [decreased disability and lower mortality](#)

Isolation or loneliness is impacting the lives of most Canadians either directly or within their circle of friends, family and neighbours. The past two years of the pandemic, especially the first few months of lock downs, has amplified the impact of isolation and loneliness and is referred to as the new “[Geriatric Giant](#).”

**CCSMH is very pleased to share that funding has been received for a two-year project addressing social isolation and loneliness.** We will be leading the development and promotion of Canadian clinical guidelines to support health and social service providers in a stepped approach to recognize, assess and find ways to reduce isolation and loneliness among older adults.

In addition to the guidelines, we will create a variety of tools and processes for knowledge sharing and translation to support and inspire uptake and action across health and social professional fields. We look forward to engaging the diversity of experiences, knowledge and wisdom of older adults and professionals within the health and social service fields throughout the phases of this exciting new project.

For more information contact the Project Manager, Bette Watson-Borg ([bwatsonborg@ccsmh.ca](mailto:bwatsonborg@ccsmh.ca))

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## HIGHLIGHT #2:

### Cannabis and Older Adults Project – Phase 3 Underway

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The response to our Health Canada funded eLearning modules on cannabis and older adults has been outstanding. The free, MOC and MainPro+ accredited English and French eLearning modules can be accessed through the CCSMH website at <https://ccsmh.ca/cannabis-and-older-adults-project/>.

We are in the final knowledge translation phase of the project which consists of developing a Clinician Toolkit including numerous fact sheets for physicians, nurses and other healthcare providers. Topics include how to assess appropriateness of cannabis use for patients, optimizing communication with older adults about cannabis, the scientific evidence of cannabis, and safer cannabis use. Information sheets are also being developed for older adults. The documents will be posted on the CCSMH website when complete and promoted through social media.

## HIGHLIGHT #3: CAGP-CCSMH Annual Scientific Meeting



Please join us in Montreal on October 14 and 15! Program information and registration details can be found here: <http://www.cagp.ca/2022-ASM>.

## HIGHLIGHT #4: CCSMH Publications Available for Bulk Orders



- [Depression in Older Adults: You Are Not Alone!](#) (top left)
- [Delirium Prevention and Care with Older Adults](#) (bottom left)
- [Mental Health in Long-Term Care](#) (top right)
- [Prevention of Suicide in Older Adults](#) (bottom right)

These brochures are available digitally in English, French, Punjabi, Traditional Chinese and Simplified Chinese. Just click on the title.

If you would like to place a bulk order of the French and English brochures, please visit [Caversham Booksellers](#). Some shipping and handling fees apply.

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## CCSMH QUICK HITS

### [Aging and Substance Use: Understand Your Risks](#)

English and French posters were just released by the Public Health Agency of Canada and CCSMH.

### ["How 'old age' was withdrawn as a diagnosis from ICD-11](#)

"Old age is not a disease." This article, published in *The Lancet* was co-authored by CCSMH's co-chair, Dr. Kiran Rabheru.

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## PARTNER UPDATES

### **Atlantic Seniors' Mental Health Network (ASMHN)**

A regional network of the CAGP/CCSMH, the ASMHN is established to ensure strong engagement and involvement from Atlantic Canada in the work of CCSMH and CAGP. ASMHN's goals are: 1) to support the networking of Atlantic-based clinicians and other professionals who work on issues

concerning mental health of older adults and, 2) to help ensure Atlantic representation and voice in national advocacy opportunities, events and initiatives. Please email [mbeneteau@ccsmh.ca](mailto:mbeneteau@ccsmh.ca) if you are an Atlantic resident and want to join the ASMHN.

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## HealthCareCAN

HealthCareCAN's professional development division, CHA Learning, and the Mental Health Commission of Canada (MHCC), have partnered to bring critical mental health related learning to the healthcare system across Canada through three short, interactive [courses](#) that will be provided for free to anyone working in the health system.

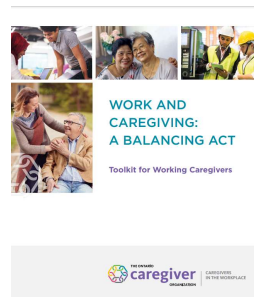
HealthCareCAN is co-leading the [Quality Mental Health Care Network](#) with the MHCC and they continue the work of creating knowledge translation tools for the Quality Mental Health Care Framework.

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## RESOURCES

In Ontario, there are four million unpaid caregivers and 69% of them are employed. Two-thirds of working caregivers have expressed concerns about managing their caregiving responsibilities when they return to the workplace ("post-COVID"), 30% are considering quitting to be able to provide better care to their family member or friend, and more than 50% wish they had more support from their employer. Given this data, the Ontario Caregiver Organization has created some resources. Visit [Caregivers in the Workplace](#) to find a toolkit for working caregivers, a guide for employers and more.

### Caregivers in the Workplace from the Ontario Caregiving Organization





## 1. Learn about tech that can help seniors living with memory issues

The latest edition of [Dementia Talks! Canada](#) looks at technology and how it can help people who live with dementia – or with other memory and thinking issues. [Now available for free on YouTube](#), this chat brings together advocate Roger Marple, caregiver Ron Beleno and occupational therapist Amel Yaddaden for a lively one-hour conversation on some of the latest developments in this field. *Dementia Talks! Canada is a new partnership between the Alzheimer Society of Canada and Brain Canada*

## 2. Turn up the volume on 2SLGBTQI+ voices in the dementia sphere

The June edition of Dementia Talks! Canada looked at the urgent issue of [2SLGBTQI+ experiences in the dementia sphere](#). Researcher Celeste Pang, who recently co-authored an Egale Canada report on this topic, joined caregiver advocate Sharon Hunter and researcher Birgit Pianosi for [a vital conversation that's now available free on YouTube](#). *Dementia Talks! Canada is a new partnership between the Alzheimer Society of Canada and Brain Canada.*

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## OPPORTUNITIES Studies and Surveys

### PARTICIPANT RECRUITMENT: Dementia-Inclusive Home and Community Care

**\*\* Deadline September 1**



Do you live with dementia? Are you an essential caregiver or home and community care provider to someone living with dementia? Want to share your thoughts? For more information and to participate in this study, visit [Dementia-Inclusive Home and Community Care](#).

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### PARTICIPANT RECRUITMENT: UBC Cannabis Survey for Older Adults **\*\* Deadline August 31**



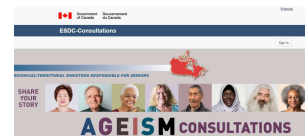


Are you aged 50+? Live in Canada? Like to do surveys? The University of British Columbia Okanagan (Aging in Place Cluster) has an information gathering survey on cannabis use in older adults for you to complete. Click [here](#) for more information and to participate.

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### **SURVEY: Consultation on Ageism**

**Federal, Provincial and Territorial Ministers Responsible for Seniors Forum**  
**\*\*Deadline September 30th**



This Forum is looking to better understand and address the negative impacts of ageism towards older adults in Canada. More information [here](#).



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### **PARTICIPANT RECRUITMENT: Stopping Insomnia Medications in Older Adults**

Are 65 years of age and older? Live independently in the community (not residing in long-term care)? Using or have used sleeping pills within the past 2 years? Get more information on the [SIMOA website](#).

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### **PARTICIPANT RECRUITMENT: Promoting Psychological Resiliency in Veterans and First-Responders in Career Transition**



Are you a man over the age of 50 who lives in Ontario and served in the military

or worked in a public safety service (e.g., police, fire, or emergency medical service)? Are you concerned about or are struggling with recent or anticipated retirement. [Click here](#) for more information or to volunteer as a participant.

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**PARTICIPANT RECRUITMENT:  
Online Peer Support: Promoting  
Social Connection, Emotional  
Health and Well-being**

Are you over the age of 60, living in Ontario and feeling lonely, socially-isolated, or stressed? [Click here](#) for more information about this study, or to become a participant.

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## ANNOUNCEMENTS

### GRANTS AND FUNDING OPPORTUNITIES - Canadian Institutes of Health Research (CIHR)

[Catalyst Grant : Analysis of CLSA Data](#)

(Analysis of Canadian Longitudinal Study in Aging (CLSA) Data (2022))

[Doctoral Research Award: Fall 2022 Priority Announcement](#) (Specific Research Areas)

[Doctoral Research Award : Canada Graduate Scholarships Doctoral Award:](#)  
2022-2023

[Doctoral Research Award : Doctoral Foreign Study Award](#) (DFSA): 2022-2023

[Project Grant: Fall 2022 Priority Announcement](#) (Specific Research Areas)

[Fellowship](#) : CIHR Fellowship

[Specific Research Areas: Fellowship](#): Fall 2022 Priority Announcement  
(Specific Research Areas)

[Project Grant](#): Fall 2022 and Spring 2023

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## PROFESSIONAL DEVELOPMENT



## **LEARNING**

- [Insomnia Interventions - On Demand, Online Course](#) Medical guidelines recommend cognitive behavioural therapy for insomnia (CBT-I) as the first-line treatment for chronic insomnia. Available through Queen's University, the course (8 modules) is geared to health care providers and available until April 24, 2024. **NOTE:** Register five (5) or more learners and save 25% - email Jenny DeBruyn at [debruynj@queensu.ca](mailto:debruynj@queensu.ca) to setup a group discount code!

## **CONFERENCES**

- **September 23-24, 2022**, online, ON  [META-PHI Conference 2022](#)
- **October 18-20, 2022**, Regina, SK,  [AGE-WELL Annual Conference](#)
- **October 20-22, 2022**, Regina, SK  Conference: [CAG2022: Closing the Research-Practice Gap: Knowledge Mobilization and Implementation Science](#)
- **October 22-25, 2022**, Chicago, Illinois, US, [American Neurological Association Annual Meeting](#)
- **November 2-6, 2022**, Indianapolis, Indiana, US, [The Gerontological Society of America Annual Scientific Meeting](#)