

2021 Summer Program on Interdisciplinary Aging

Brenda Strafford Centre on Aging

Dr. David B. Hogan, Academic Lead

Dr. Ann Toohey, Manager

Dr. Chantelle Zimmer, Project Coordinator

04 May 2021



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Land Acknowledgement

We would like to acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to Métis Nation of Alberta, Region 3.



Agenda

- Overview of our summer program
- Introduction to healthy aging
- Background on aging trends in Canada
- Overview of the Centre on Aging's initiatives and activities
- Small and large group discussion

Brenda Strafford Centre on Aging Team

**Academic
Lead**



Dr. David B. Hogan

Manager



Dr. Ann Toohey

**Project
Coordinator**



Dr. Chantelle Zimmer

Summer Program

Schedule and optional readings available at: <https://obrieniph.ucalgary.ca/student-summer-program>.

Date	Session Topic
May 4	Introduction to Aging
May 18	The Study of Aging
June 1	Age-Friendly University
June 15	Equity, Diversity, Inclusion and Aging
June 29	Aging-in-Place Policy and Social Supports
July 13	Continuing Care and Health Services
July 27	COVID-19 and Aging
August 10	Student Research Presentations



Introduction to Healthy Aging

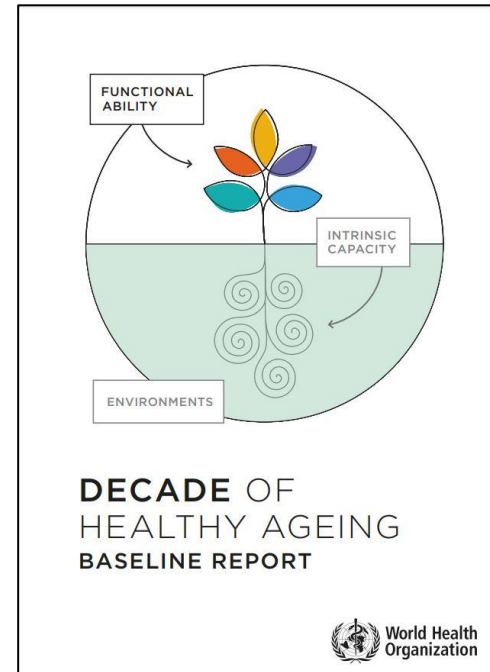
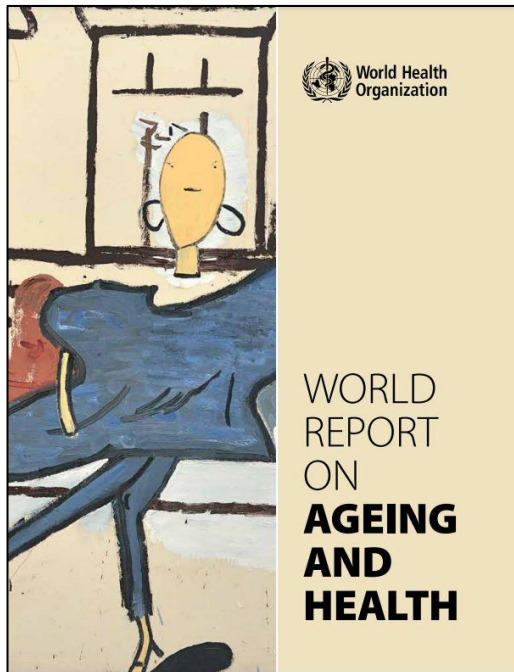
Dr. David B. Hogan



World Health
Organization

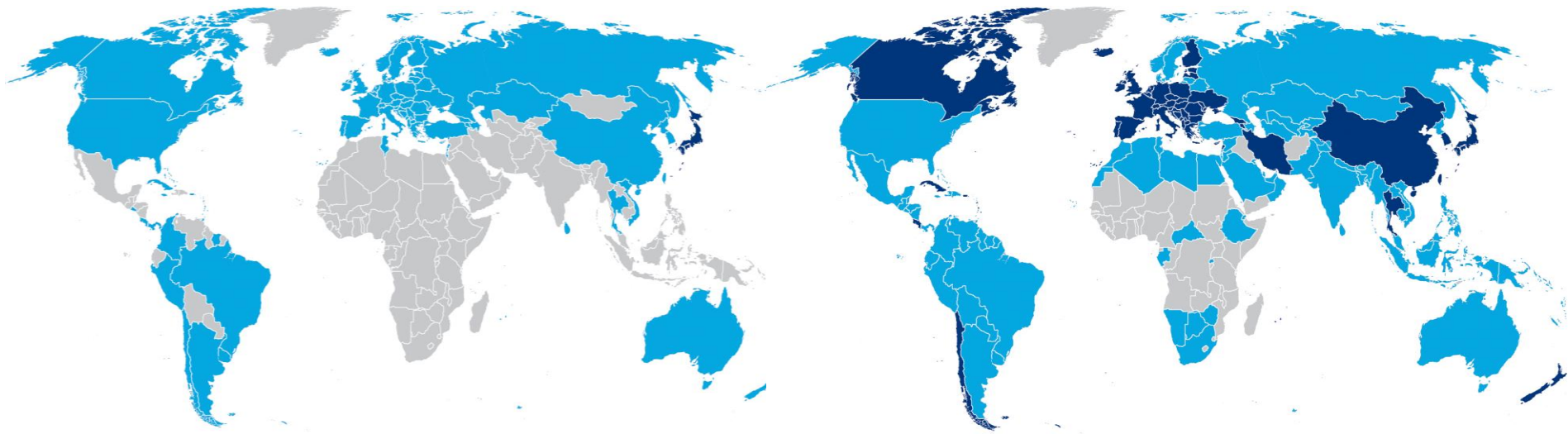
World Health Organization (WHO)

- World Report on Ageing and Health
- Decade of Healthy Ageing Baseline Report



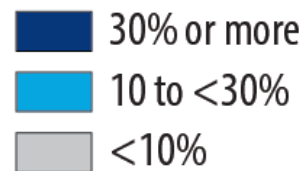
Reports available via our summer program web page

The older (60+) population will more than double from 2015-2050



2015

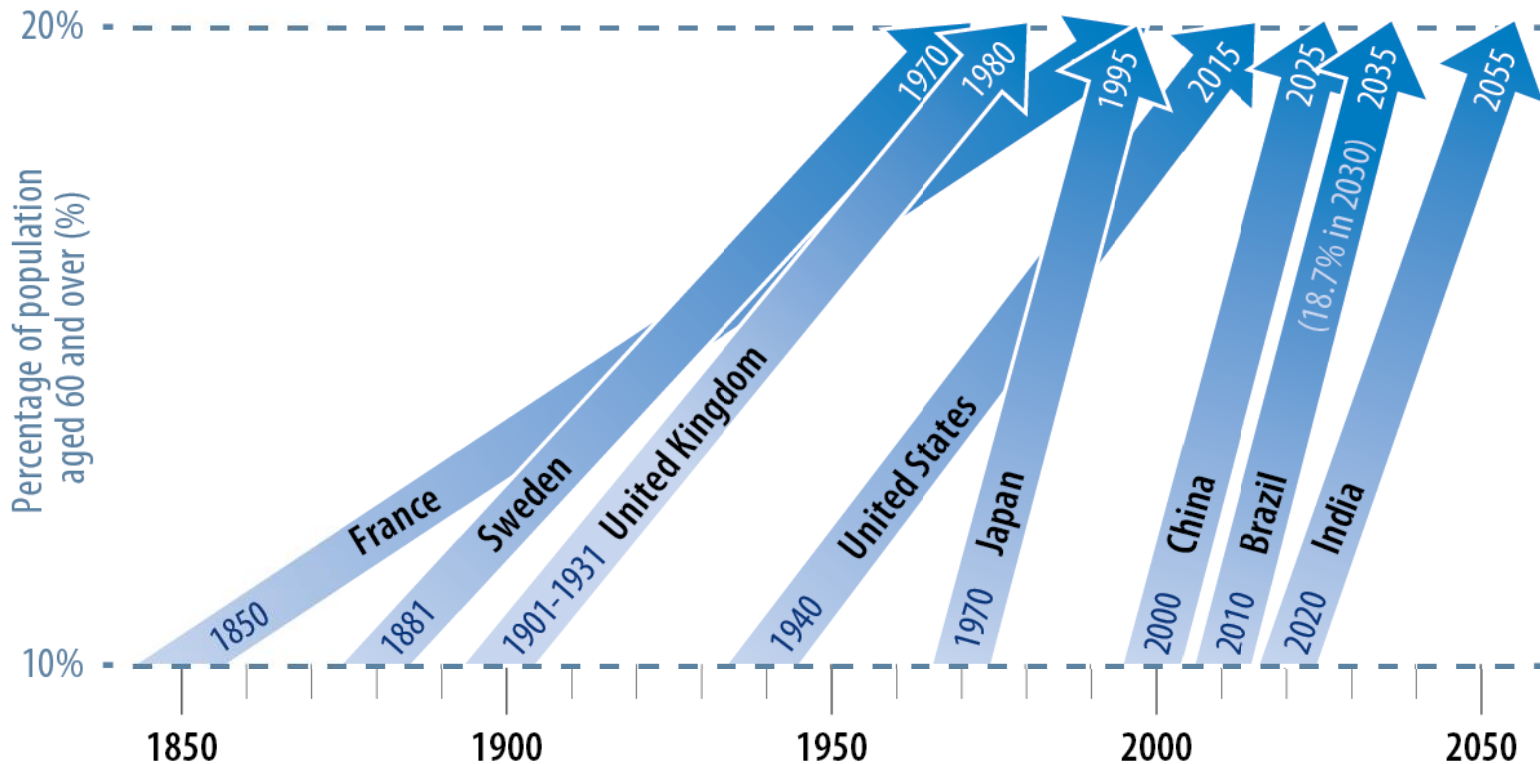
Percentage aged
60 years or older:



2050

Population aging is happening much more quickly than in the past

Time for percentage of population older than age 60 to double



People are living longer

60 years

+20 years



Healthy Aging

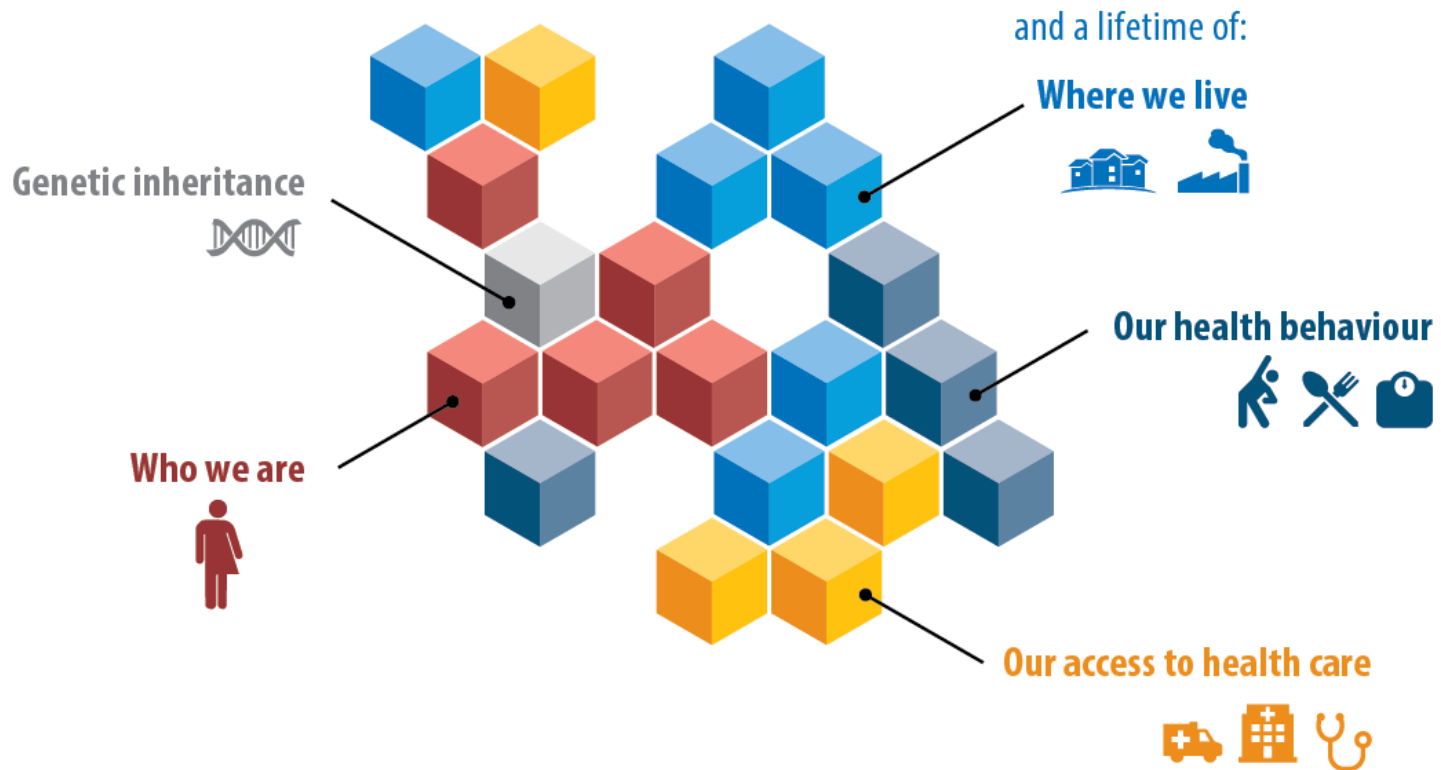
- WHO: Developing and maintaining the functional ability that enables well-being in older age
 - Meet one's basic needs
 - Ability to learn, grow, and make decisions
 - Mobility
 - Able to build and maintain relationships
 - Able to contribute

Three Components of Healthy Aging

- Developing and maintaining functional ability is the end result of:
 - Environments
 - Intrinsic capacity
 - Interaction of the two

Health in older age is not random

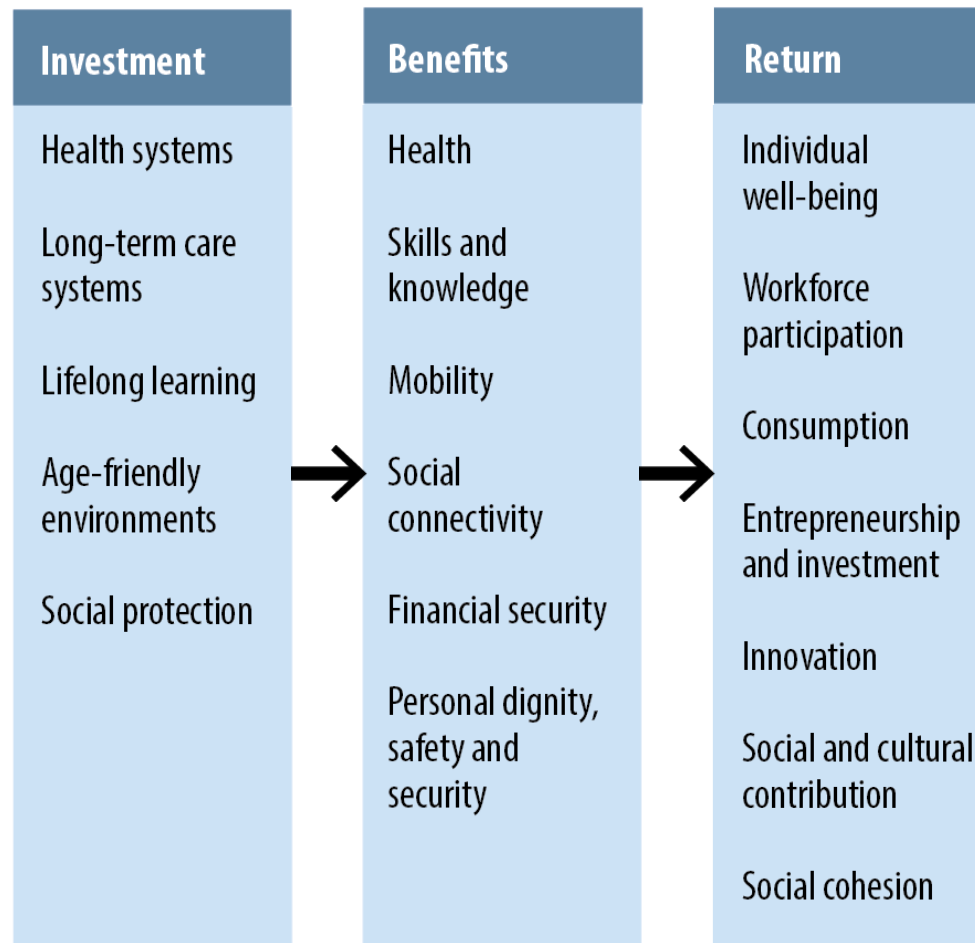
What makes us age differently?



Barriers to Healthy Aging

- Outdated and ageist stereotypes
- Inadequate policies
- Lack of accessibility
- Inadequate or absent services
- Lack of consultation and involvement

Healthy aging is an investment, not a cost



Investing in healthy aging means creating a future that gives older people (and younger generations) the opportunity to live longer and healthier lives.



Four Areas for Action

- Change the way we think, feel, and act towards age and aging
- Ensure that communities foster the abilities of older persons
- Deliver person-centred, integrated, and responsive care and primary health services
 - “We must listen to the voices of older people on what matters most to them in their daily lives.” (Olive Bryanton)
- Provide access to long-term care for older people who need it



Aging in Canada

Dr. Chantelle Zimmer

Past: Canadian Population in 1971

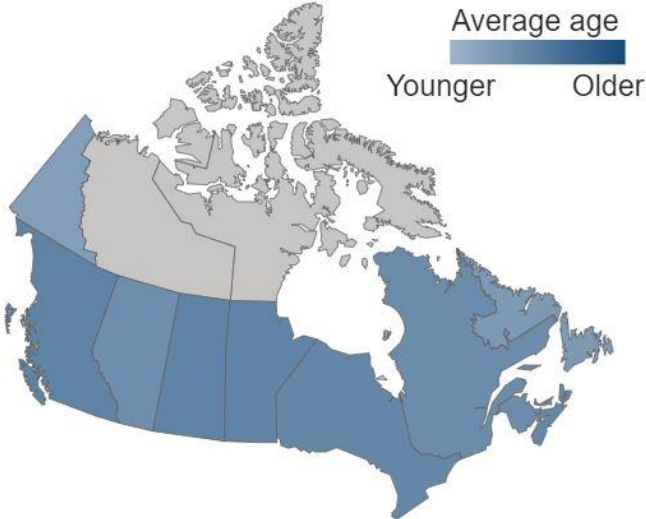
Proportion of total population

0 to 14 years
29.3%

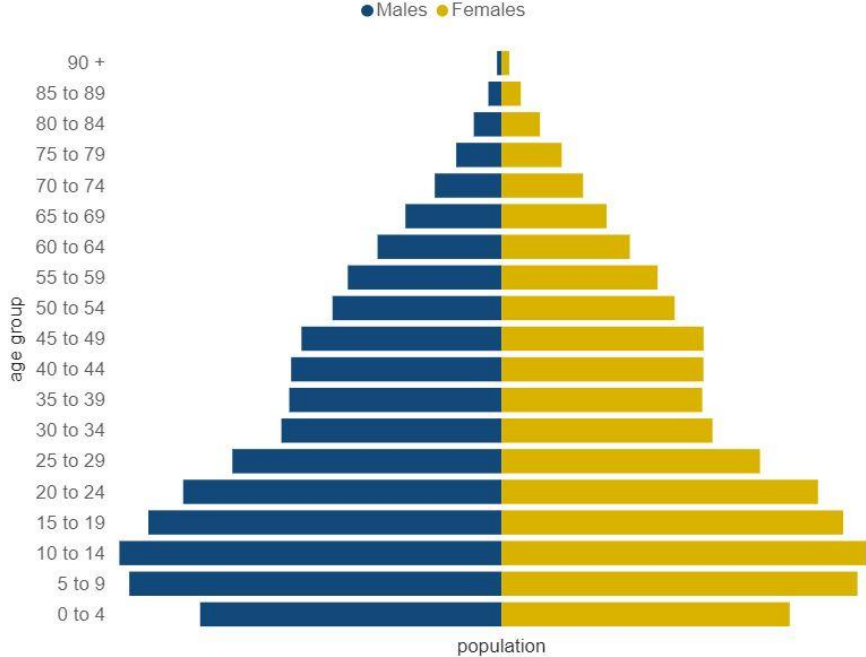
15 to 64 years
62.7%

65 years and older
8.0%

Average age, 1971, Canada



Age and sex distribution of the population, 1971, Canada

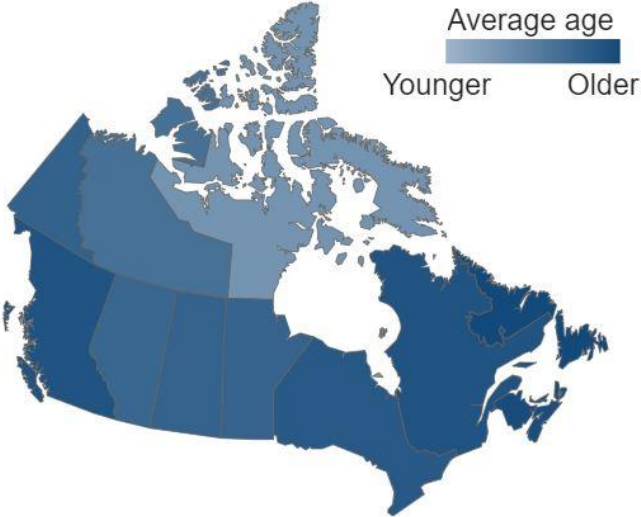


Present: Canadian Population in 2020

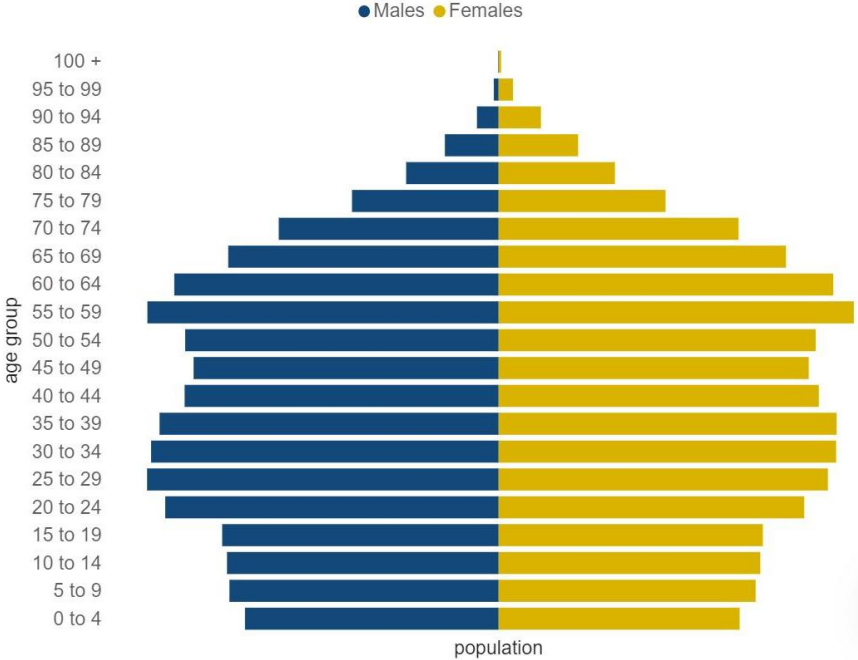
Proportion of total population

0 to 14 years	15 to 64 years	65 years and older
15.9%	66.1%	18.0%

Average age, 2020, Canada



Age and sex distribution of the population, 2020, Canada



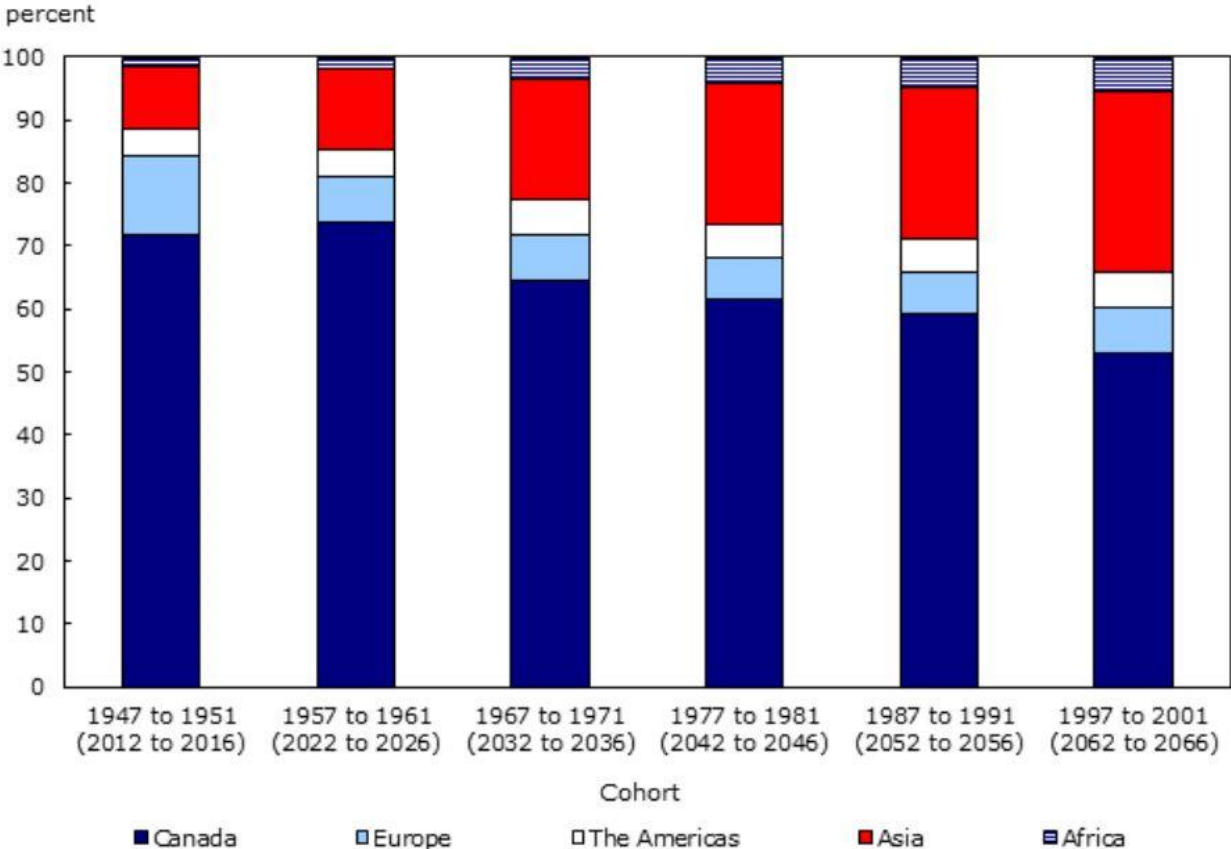
Youngest Versus Oldest Province

	Alberta	Newfoundland and Labrador
Age		
Average	38.5 years	44.8 years
0 to 14 years	18.6%	13.4%
15 to 64 years	67.6%	64.3%
65+ years	13.8%	22.3%

Note: Based on 2020 statistics

Population Growth in Canada

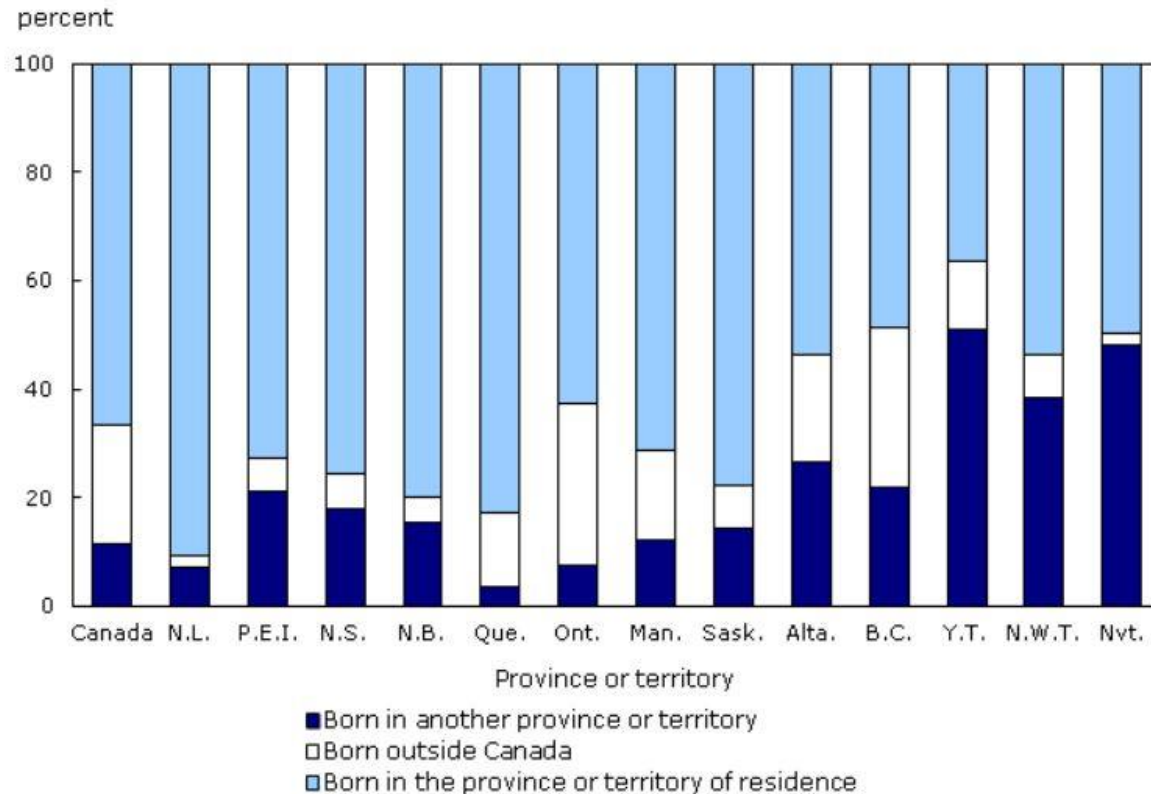
Projected distribution of various cohorts at age 65, by place of birth



Source: Statistics Canada, Demography Division, special tabulations from Demosim, reference scenario.

Changing Demographics Across Canada

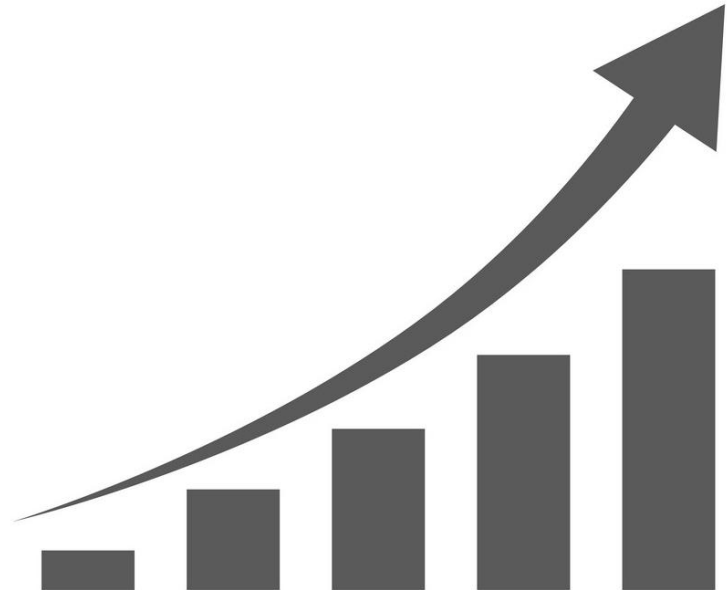
Distribution of the population of the provinces and territories by place of birth



Source: Statistics Canada, 2011 National Household Survey.

Projected Canadian Aging Population

- Proportion of older adults will grow rapidly due to aging baby-boom cohort (those born between 1946 and 1965)
 - Older adult population could reach **21-29%** by 2068
 - Number of centenarians could be **over 90,000** by 2065



Why Is This Important?

- Creates differences in the composition of our national, provincial, and territorial populations
- Has implications for public policies, programs, and services



Centre on Aging Initiatives and Activities

Dr. Ann Toohey

About the Centre on Aging

Our vision is to improve the lives of older adults.



We do this through activities aimed at fulfilling the following objectives:

- Building capacity in interdisciplinary aging-related research and education at the University of Calgary,
- Engaging in community outreach activities, and
- Informing public policy as it relates to population aging.

Examples of Centre on Aging Initiatives

Activities with implications for policy and practice.



Photo: Ashley Cornect-Benoit

- Indigenous aging in Southern Alberta
- University of Calgary's age-friendly university initiative
- A rapid review of tools for eradicating ageism
- Report on housing to support aging-in-place
- Exploring the representativeness of the CLSA at the municipal level

Enrichment Opportunities for Students

- Summer program on interdisciplinary aging
- Centre on Aging summer research assistantships
- Barrie I. Strafford Interdisciplinary Studies in Aging scholarships
- Poster presentations at public events
- Faculty-specific student-led initiatives

Promoting experiences and networks.



Learn more about us here:



<https://obrieniph.ucalgary.ca/aging>

Breakout Room Discussions

- Introduce yourself to the group
 - Name, faculty, supervisor
 - Topic of summer or graduate research project
- Discuss the following with your group:
 - What comes to mind when you think of aging or older persons?
 - Was there any information presented today that was new to you or you found surprising?
 - **Note:** *Designate one person to report on 1-3 points that came up during your discussion to the larger group*

Large Group Discussion

- What comes to mind when you think of aging or older persons?
- Was there any information presented today that was new to you or you found surprising?

Next Session: May 18

The Study of Aging



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