



Welcome to our inaugural issue of the OSA's **Research Rounds**. We seek to both educate and inspire in this monthly compendium of recent research, publications, commentary, and events about seniors in British Columbia and beyond. [Please email us feedback and also items to share.](#) We post fresh material the last business day of each month.

Published January 31, 2019

BRITISH COLUMBIA

[Crime Stoppers/CARP launch campaign urging seniors to watch for and anonymously report elder abuse](#)

Metro Vancouver Crime Stoppers/CARP/White Rock Block Watch/Surrey RCMP

Launched January 24, 2019

Learn about this new Crime Stoppers education program aimed at helping potential victims of elder abuse to report these crimes. Multilingual *See Something, Say Something* awareness presentations will be held throughout 2019 at seniors events and organizations across the Lower Mainland. Link includes a Backgrounder detailing common forms of elder abuse, one of the most underreported crimes in society.

[Elder Abuse](#)

CBC Radio's BC Today

Podcast of January 25, 2019 episode (runs 00:50:39)

Host Michelle Eliot devotes a full episode to an exploration of elder abuse with guests Isobel Mackenzie (B.C.'s Seniors Advocate), Wanda Morris, (Chief Operating Officer of CARP, a non-partisan advocacy group for the rights of older Canadians), and Linda Annis (Executive Director of Metro Vancouver Crime Stoppers). Includes calls from listeners.

[ElderDog program helps seniors keep dogs at home](#)

Victoria chapter opening Spring 2019

Published January 20, 2019

[ElderDog Canada](#), a national non-profit dedicated to ageing people and ageing dogs, is seeking volunteers for its chapter (pawd) opening in Victoria in Spring 2019. The organization assists seniors needing help to exercise, groom and even transport their dogs to the vet, fosters dogs whose owners may have an extended hospital stay, and helps older dogs transition after the loss of their humans.

Related: [Pets, Social Participation, and Aging-in-Place: Findings from the Canadian Longitudinal Study on Aging](#)

Canadian Journal on Aging

Volume 37 (2) : 200–217 (2018)

Using baseline data from the Canadian Longitudinal Study on Aging, this study assess whether pet ownership contributes to social participation and life satisfaction for older adults. Findings indicate pets appear to be relevant to both social participation and life satisfaction for older Canadian adults and that increased attention to pets is justified as pet ownership might be expected to increase as the percentage of older adults grows.

[B.C. Seniors' Poverty Report Card](#)

Social Planning and Research Council of BC; United Way of the Lower Mainland

Released June 12, 2018

Among the key findings in this comprehensive report: B.C. has the highest seniors poverty rate in Canada, the number of seniors living in poverty has more than doubled since 2000, and single seniors are three times more likely to be poor than coupled seniors.

[Social Isolation and Loneliness Among Seniors in Vancouver: Strategies for Reduction and Prevention](#) **Funded by the City of Vancouver and Vancouver Coastal Health**

Released May 2018

A social gerontologist seeks to reduce social isolation and loneliness among seniors in Vancouver in a one-year project that also fulfills a key requirement of Vancouver's application to the World Health Organization for designation as a Global Age-Friendly City. The project includes an extensive literature review, over 200 community consultations, and recommendations for tackling social isolation and loneliness of seniors at the local level.

CANADA

[The gap between the number of children and seniors is growing](#)

Statistics Canada

Released January 25, 2019

Data from the 2016 Census, the most recent population estimates, point to the continued rapid aging of the Canadian population. As a result, the difference between the number of children and the number of seniors continues to widen. Age structure also varies considerably amongst provinces and territories.

[Staying Out of the Closet: LGBT Older Adults' Hopes and Fears in Considering End-of-Life](#)

Canadian Journal on Aging

Published January 2019

This work finds that identifying as LGBT matters during aging and end-of-life. This is especially the case regarding social connections, expectations individuals have for their care, and the unique fears of LGBT seniors in staying out of the closet and maintaining identity throughout aging and end-of-life.

https://www150.statcan.gc.ca/n1/en/daily-quotidien/190125/dq190125a-eng.pdf?st=Nv_MP0Gc

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[Has the share of health spending on seniors changed nationally?](#)

Canadian Institute for Health Information (National Health Expenditure Database)

Released 2018

A simple infographic that displays four datasets on health spending in Canada from 2006 to 2016 relative to Canadians age 65 and older.

INTERNATIONAL

[“I'm too Old for ...” looking into a self-sabotage rhetoric and its counter-narratives in an Italian setting](#)

Journal of Aging Studies

(In upcoming Volume 48, March 2019, Pages 25-32)

Posted online December 12, 2019

This paper analyzes a common social and cultural narrative that causes people see themselves as ‘too old for ...’ (TOF) many activities, and thus risk falling short of their goals or potential for self-fulfillment. Researchers examine what topics the TOF narrative influences and find the counter-narratives hinge on several ideas and dominant beliefs in three essential classifications.

[Health, illness and frailty in old age: a phenomenological exploration](#)

Journal of Aging Studies

Published December 2018 Volume 47, Pages 24-31

Exploring the clinical classification of frailty through the lived experiences of clinically frail older people, UK researchers identify a need to question the perception of frailty as something both apart from ‘normal’ aging and belonging to ‘failed’ aging. Also challenged is the construct of the third age/fourth age polarity that underpins much of the meaning accorded to old age today.

[Determinants of the quality of care relationships in long-term care – a systematic review](#)

BMC Health Services Research

Published November 28, 2018

The quality of a care relationship between a client and a care professional is seen as fundamental if high-quality care is to be delivered. This research reviews studies about the determinants of the quality of the client-professional relationship in long-term care.

[7 ways to keep your memory sharp at any age](#)

Harvard Health Publishing (Harvard Medical School)

Posted January 9, 2019

Most of the fleeting memory lapses that people experience with age reflect normal changes in the function and structure of the brain. Decades of research have produced many simple strategies to protect and sharpen our minds as we age. Here are a few techniques to try at home.

[A Little Bird Remembers](#)

Journal of General Internal Medicine (Medical Humanities)

(Scroll down to *From JGIM Web Editor's Desk* /click on Jan 15 button: Editor's Commentary)

Posted January 15, 2019

In this thought-provoking essay, a young medical student discovers that one month of caring for an elderly cancer patient teaches her more about being a physician than all her years of medical school.

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