

*Welcome to the OSA's Research Rounds. We seek to both educate and inspire in this monthly compendium of research, publications, commentary and events about seniors in British Columbia and beyond. Please feel welcome to email us feedback and items to share.*

## **Research Rounds**



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## **BRITISH COLUMBIA**

### [Shaping the journey: Living with dementia](#)

**Alzheimer Society of British Columbia**

This free to attend program offers people with dementia, along with a caregiver, the opportunity to learn about living with dementia, including strategies for coping with changes and planning for the future.

### [The Lived Experience of People with Dementia](#)

**BC Medical Journal**

This article discusses historical and current attitudes towards dementia treatment and advocates for greater focus on “higher needs”, meaning social activity, sense of belonging and self-esteem.

### [The aging face of homelessness in North American cities](#)

**The Conversation**

Sarah Canham, a lecturer at Simon Fraser University, discusses the increasing number of older people who are experiencing homelessness in British Columbia, as well as causes of and potential solutions to the problem.

## CANADA

### [Filling the Cracks in Pension Coverage: Introducing Workplace Tax-Free Pension Plans](#)

**National Institute on Aging**

This white paper, prepared by the National Institute on Aging at Ryerson University, argues for the creation of Tax-Free Pension Plans, a new type of retirement savings vehicle that would operate in a fashion similar to currently available Tax-Free Savings Accounts.

### [The rewards and challenges that come with caregiving](#)

**McMaster University**

McMaster University's Optimal Aging Portal has compiled a variety of its caregiver resources. Topics include caregiver stress, advance care planning and several dementia-specific resources, such as managing challenging behaviours and the benefits of music therapy.

### [Screening for Vision Impairments in Individuals with Dementia Living in Long-Term Care: A Scoping Review](#)

**Journal of Alzheimer's Disease**

Vision impairments are common but often underdiagnosed in people with dementia living in long-term care. This article conducts a review of vision screening tests in order to determine which of these tests, if any, would be suitable for use by nurses in long-term care environments.

### [The importance of developing "age-friendly" cities](#)

**Concordia University**

Concordia University researchers are examining ways to increase inclusivity in urban areas. This article provides a high-level overview of this approach, including topics such as changes to municipal service delivery and digital literacy projects.

## INTERNATIONAL

### [Treatment of Diabetes in Older Adults: An Endocrine Society Clinical Practice Guideline](#)

**The Journal of Clinical Endocrinology & Metabolism**

This article outlines clinical practice guidelines for the treatment of diabetes in older adults. The goal is to give guidance to health care providers in treating patients with both types of diabetes with an emphasis on avoiding unnecessary adverse effects.

[Service Delivery Models to Maximize Quality of Life for Older People at the End of Life: A Rapid Review](#)

**The Milbank Quarterly**

This article analyses the results of 72 previously conducted reviews of service models aimed at optimizing quality of life for older people. The authors go on to recommend improved access to palliative care beyond the last months of life and increases to geriatric care targeted at maintaining and optimizing function.

[Managing risk for aging patients in long-term care: a narrative review of practices to support communication, documentation, and safe patient care practices](#)

**Risk Management and Healthcare Policy**

This article examines the application of basic risk management principles to long-term care settings. The issues are examined in six stages, with an emphasis on supporting individuals in making informed choices.

[The Case for Mobility Assessment in Hospitalized Older Adults: American Geriatrics Society White Paper Executive Summary](#)

**Journal of the American Geriatrics Society**

Mobility loss can have a large effect on an older adult's health, independence and quality of life, but few hospitals routinely assess mobility and intervene to improve mobility during hospital stays. This executive summary of a white paper focuses on assessing and preventing mobility loss and summarizes the recommendations made in the white paper.

[Association of Light Physical Activity Measured by Accelerometry and Incidence of Coronary Heart Disease and Cardiovascular Disease in Older Women](#)

**JAMA Network Open**

This article challenges a longstanding belief in physical activity research that moderate to vigorous physical activity is necessary to prevent cardiovascular disease in adults. The results of this study suggest that all daily life physical activity, regardless of intensity, has a role in the prevention of coronary heart disease and cardiovascular disease in older women.

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