



Positive Aging

AN INTERDISCIPLINARY
TEAM APPROACH FOR
HEALTH PROFESSIONALS



Saturday May 24 & Sunday May 25, 2008

**Vancouver Marriott Pinnacle Downtown Hotel
1128 West Hastings Street, Vancouver, BC**

Sponsored by



Continuing Dental Education
The University Of British Columbia
Faculty of Dentistry
www.dentistry.ubc.ca/cde



Interprofessional Continuing Education
The Team Approach to Learning
The University Of British Columbia
www.interprofessional.ubc.ca

Conference Information Online: www.dentistry.ubc.ca/positiveaging

GENERAL INFORMATION

description

The aim of this national conference is to bring together an interdisciplinary audience of health professionals and researchers to address some of the issues and challenges facing the aging population today. Hear about the most current research findings from leading experts, learn how research can be translated into practice, and discover useable resources to promote healthier, more positive living for Canada's older adult population. The importance of an interdisciplinary team approach to care giving and research will be emphasized.

The conference will provide informative lectures, discussions, workshops, poster sessions and ample networking opportunities. A highlight of this conference will be to hear from the Aging Patient.

objectives

To disseminate the most up-to-date information on health promotion and health care practices for the aging Canadian population to encourage the formation of research teams focused on aging and health issues

To provide a forum for networking and collaborating among health care professionals, educators, researchers, and other stakeholders with an interest in aging

who should attend

This interdisciplinary conference will be of interest to the following audience:

Administrators/Managers	Educators	Physicians
Caregivers	Geriatrists	Researchers
Certified Dental Assistants	Nurses	Service Providers
Dental Hygienists	Occupational Therapists	Social Workers
Dentists	Pharmacists	Students
Dietitians/Nutritionists	Physiotherapists	

And anyone who is interested in the field of geriatrics.

location and hotel information

Vancouver Marriott Pinnacle Downtown Hotel, 1128 West Hastings Street, Vancouver, BC
Outside British Columbia Phone: 1 800-207-4150. Within BC Phone: (604) 684-1128.

Please make your own reservation by calling the hotel directly. Identify yourself with the **Positive Aging conference**. Hotel tax of 10% and 5% GST must be added to all rates.

Rates: \$269 single or double occupancy. A block of rooms will be held at the conference rate until **April 25, 2008**.

Parking: At conference hotel: \$16.00 per day and \$27.00 overnight stay.

registration

You may register online or by fax using a credit card for payment, or by mail with a cheque or credit card payment. Please see registration form for further details. **Pre-registration prior to May 9, 2008 is strongly recommended** to ensure you receive all conference materials.

tuition fees

See Registration Form for more details. The tuition fee includes conference materials, refreshment breaks, two lunches, the reception, and a certificate of attendance.

Charge-by-phone/fax:

To charge by phone (Mastercard and Visa only), please call: Toll free within BC 1-877-328-7744, Other callers: (604) 822-6156; or fax your completed registration form to: (604) 822-4835.

refund and cancellation policy

Refunds will be made (less a \$50 processing fee) if written notice of withdrawal is received by May 9, 2008. No refunds will be granted for withdrawal after that date.

Interprofessional Continuing Education and Continuing Dental Education reserve the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50 administration fee will be returned.

exhibitors

Organizations interested in exhibiting at this conference are invited to contact the conference organization for more information. Exhibit space is limited. Please contact (604) 822-2627 or by email: cde@interchange.ubc.ca.

professional credits/ certificate of attendance

A Certificate of Attendance will be prepared for all participants listing hour for hour instruction. All participants attending will be given a certificate stating that the conference involves 14 hours of educational instruction. Specialized credits have been applied for from several professional organizations. Please refer to our website for updates. UBC Interprofessional Continuing Education is approved by the Canadian Psychological Association to offer continuing education for psychologists.

contact information

For questions regarding the conference program, registration or other matters, please contact (604) 822-6156, fax: (604) 822-4835 or email: cde@interchange.ubc.ca



SATURDAY, MAY 24

8:00am Registration & Exhibits Open

Welcome and Plenary

8:30am Welcome Remarks

Martha Donnelly, MD, CCFP, FRCPC; Director, Division of Community Geriatrics, Department of Family Practice, The University of British Columbia; Director, Division of Geriatric Psychiatry, Department of Psychiatry, The University of British Columbia

8:40am Findings Report From Day 1

Michael MacEntee, LDS(I), DipProsth, FRCD(C), PhD; LDS; Professor of Prosthodontics, Faculty of Dentistry, Department of Oral Health Sciences, The University of British Columbia

**9:00am Morning Keynote:
Seniors & Health: Panel Discussion**

Panel Facilitator: Martha Donnelly, MD, CCFP, FRCPC;

10:00–10:30am Refreshment Break

Exhibits Open / Poster Viewing

PLENARY TALKS

10:30–12:00 noon

**10:30am The Geriatric Oral Health Triad:
Assessment, Prevention, And Treatment**

Jane Chalmers, BDS, MS, PhD, DABSCD; Associate Professor, Preventive and Community Dentistry, The University of Iowa

**11:00am Vitamin D For Bone And Balance:
How Much Is Enough?**

Debbie Reid, MSc.RD, Osteoporosis Program, BC Women's Hospital and Health Centre

11:30am VITALiTY: Promoting Health and Independence

Janet E. McElhaney, MD, FRCPC; Professor of Medicine and Allan M. McGavin Chair in Geriatrics Research, University of British Columbia; Program Co-Director, Elder Care, Providence Health Care

12:00noon–1:30pm Lunch (provided)

Exhibits Open / Poster Session

CONCURRENT BREAKOUT SESSION A

1:30–3:00pm

A1) Sleep Disorders in the Aging Population

Jonathan Fleming, MD, FRCPC, DABSM; Co-Director, Sleep Program UBC Hospital, Associate Professor, Department of Psychiatry, The University of British Columbia

After reviewing normal sleep processes and how they change with aging, this presentation will follow Fran Jackson, a 55 year old primary school teacher until her institutionalization at the age of 85. During this thirty year period, at different stages of her life and health, Fran develops the common sleep disorders of the elderly and their manifestations and treatment will be the specific focus of this workshop.

A2) Sex, Sexuality and Aging

Stacy Elliott, MD; Director, BC Center for Sexual Medicine, Clinical Professor, Departments of Psychiatry and Urological Sciences, The University of British Columbia

Marie Carlson, RN, BSN, CRN(C); Sexual Health Clinician, Sexual Health Rehab Service, GF Strong Rehab Centre and Vancouver Sperm Retrieval Clinic; Clinical Instructor, Department of Psychiatry/Sexual Medicine, The University of British Columbia

This presentation will cover normal sexual changes expected with aging in both men and women, and what therapeutics are available to address some of the sexual dysfunctions commonly seen such as erection dysfunction. Sexual issues expected in some chronic illnesses and brain disorders will be

discussed. A user-friendly sexual framework for health care professionals will be utilized to demonstrate how to address and begin to manage common sexual issues. Resources and strategies to address sexual health issues for persons in care will also be briefly discussed.

A3) Managing Medications in the Elderly

Priti Flanagan, BSP, PharmD: Coordinator, Community Pharmacy Programs, Fraser Health Support Services Facility
Lori Blain, BScPhm, Pharmacist, ACE Unit, Fraser Health Authority (Peace Arch Hospital)

This session will provide an overview of drug therapy issues in the elderly and how to navigate them. The presenters will provide practical strategies and methods for doing comprehensive medication reviews and optimizing drug therapy will be discussed. How they approach this in their practices will also be presented, and supplemented by case studies.

A4) “And I Shall Eat Dessert Every Single Day”

Barbara Allen, RD CDE; Clinical Dietitian, Surrey Memorial Hospital Diabetes Centre
Anna Slivinski, RD; Dietitian-Nutritionist, Geriatric Outreach Program, West Community Health Centre, Vancouver BC

Join two dietitians for a session about seniors’ nutrition, with a special focus on diabetes. This session will provide a basic overview of nutritional challenges that the elderly face while living in the community. A case study of a complex frail client with multiple medical issues including diabetes will be presented from the files of an interdisciplinary Geriatric Outreach Team. Participants will be able to develop a balanced approach of applying evidence-based practice when dealing with individuals with diabetes.

3:00–3:30pm Refreshment Break

Exhibits Open / Poster Viewing

3:30–5:00pm Plenary

Developing Effective Interprofessional Teams

Marion C.E. Briggs, BScPT; Site and Operations Leader, Brock Farhni Residential Care and Honoria Conway Assisted Living Facility, Providence Health Care Clinical Assistant Professor, Department of Physical Therapy, Faculty of Medicine, The University of British Columbia.

5:00–6:00pm Wine & Cheese Reception and Poster Session

SUNDAY, MAY 25

8:00am Registration Open

8:30–10:00am Opening Remarks and Keynote Presentation

Keynote Presentation: The Healthy Aging Brain

Max Cynader, PhD, OBC, FRSC, FCAHS; Director, Brain Research Centre, The University of British Columbia

10:00–10:30am Refreshment Break

Exhibits Open / Poster Viewing

PLENARY TALKS

10:30–12:00 noon

10:30am Patient Self-Management

Patrick McGowan, PhD, University of Victoria, Centre on Aging, Victoria, BC

11:15am Motivational Interviewing for Health Professionals

Erin Dunn Wallden, PhD, RPsych.; Psychologist, St. Paul’s Hospital, Eating Disorders Program

12:00noon–1:30pm Networking Lunch (provided)

Exhibits Open / Poster Viewing

Join your colleagues for lunch to discuss similar areas of interest.

CONCURRENT BREAKOUT SESSION B

1:30–3:00pm

B1) Food and Eating: Nutritional, Social and Cultural Dimensions

Sharon Koehn, PhD; Research Associate, Centre for Healthy Aging at Providence (CHAP)
Sydney Massey, MPH, RD; Director of Nutrition Education, BC Dairy Foundation

This presentation explores the ways in which seniors communicate complex emotions as well as social relationships through the language of food. Examples are drawn from both the Food For Life (FFL) project—a community-based study of

seniors and nutritional changes triggered by life events—and Dr. Koehn's own research projects with immigrant seniors. All of the data is derived from qualitative studies. Here I show how food and dietary practices are symbolically loaded. In the FFL study, for example, the digestive problems of one woman were initiated by the departure of a friend, and resolved by the caring concern of another. Limiting one's food intake is another means by which relatively powerless women may send strong messages signalling their distress. For many seniors from minority ethnic backgrounds, food prescriptions and proscriptions reflect religious beliefs, the social order and age appropriate behaviours. Caregivers who heed these messages may thus better serve their elderly clients through understanding the existential and social crises that may underlie their nutritional shortfalls.

Research shows that when older adults eat together they benefit in many ways—nutritionally, socially and physically. Eating together benefits children too. Examine the research on eating together and ways we can promote and support eating together in this session.

B2) Increasing Safety & Wellbeing: A Police and Counseling Team's Perspective

Anna Grigoletto, Detective, Vancouver Police Department: Elder Abuse Unit

Marnie Stickley, Community Counselor—Family Services of Greater Vancouver

Detective Anna Grigoletto works in partnership with Community Counselor Marnie Stickley, together they are The Elder Abuse Unit (Vancouver Police Department & Family Services of Greater Vancouver). We follow up on a wide variety of cases that constitute Elder Abuse. We will speak about the most common types of abuse that we see in this population, how these concerns are addressed by the police and the designated agency, Vancouver Coastal Health. We will offer the audience preventative information that can be passed on to elders that they are working with.

B3) Fostering Physically Active Living in Seniors: A Team Approach for Multiple Health Benefits

Karim Khan, MD, PhD; VCHA Seniors Fall and Injury Prevention Initiative (Medical Consultant); Centre For Hip Health and Musculoskeletal Research (Investigator); Associate Professor, Department of Family Practice, The University of British Columbia

The formal part of this workshop will include an outline of several successful programs that have delivered physical activity interventions. We will also discuss increasing physical activity in everyday life. What are the target levels that seniors might aim for to obtain (i) improved health, or (ii) optimal health. In the interactive part of the workshop, participants will have the opportunity to form small groups and discuss common challenges relating to this topic. We will then share possible solutions as a large group. The aim is for the workshop to be practical, customized as much as possible and fun!

3:00–3:15pm Refreshment Break

PLENARY TALKS

3:15–4:00pm

3:15pm “I’m Still Here” A Research-Based Drama on Living with Dementia

Victoria Target Theatre Society (Target)

(Created by ACT II STUDIO, Ryerson University, Toronto, and written by Vrenia Ivonoffski with Gail Mitchell and Christine Jonas-Simpson.)

This inspirational piece weaves several real-life stories together to present a moving and ultimately hopeful look at dementia through the eyes of friends, family, caregivers, and persons in various stages of the disease. By emphasizing the importance of understanding and tuning in to the needs of the person with dementia the play diminishes the fears and stigma that often surround this subject. A transforming experience!

4:00pm Positive Aging: An Inspirational Story

Betty Jean McHugh

4:15pm Prize Draw

CONFERENCE AT-A-GLANCE

Titles of presentations may have been abbreviated for space. Please refer to the program for complete titles and description.

SATURDAY, MAY 24

8:00am	Registration & Exhibits Open
8:30	Welcome Remarks
8:40	Findings Report From Day 1
9:00	Morning Keynote: Seniors and Senior Health Panel Discussion
10:00–10:30	Refreshment Break: Exhibits Open / Poster Viewing
10:30–12noon	Plenary Talks
10:30	The Geriatric Oral Health Triad: Assessment, Prevention, and Treatment
11:00	Vitamin D For Bone And Balance: How Much Is Enough?
11:30	VITALiTY: Promoting Health And Independence
12:00noon –1:30	Lunch: Exhibits Open / Poster Session
1:30–3:00pm	Concurrent Breakout Session A
	A1) Sleep Disorders in the Aging Population
	A2) Sex, Sexuality and Aging
	A3) Managing Medications in the Elderly
	A4) “And I Shall Eat Dessert Every Single Day”
3:00–3:30	Refreshment Break: Exhibits Open / Poster Viewing
3:30–5:00	Plenary: Developing Effective Interprofessional Teams
5:00–6:00	Wine & Cheese Reception (Poster Session)

SUNDAY, MAY 25

8:00am	Registration & Exhibits Open
8:30–10:00	Keynote Presentation: The Healthy Aging Brain
10:00–10:30	Refreshment Break: Exhibits Open / Poster Viewing
10:30–12:00noon	Plenary Talks
10:30	Patient Self-Management
11:15	Motivational Interviewing for Health Professionals
12:00–1:30	Networking Lunch
1:30–3:00pm	Concurrent Breakout Session B
	B1) Food and Eating: Nutritional, Social and Cultural Dimensions
	B2) Increasing Safety & Wellbeing: A Police and Counseling Team’s Perspective
	B3) Fostering Physically Active Living in Seniors
3:00–3:15	Refreshment Break
3:15–4:15pm	Plenary Talks
3:15–4:00	“I’m Still Here” A Research-Based Drama on Living with Dementia
4:00–4:15	Closing: Positive Aging – An Inspirational Story
4:15	Prize Draw

Donna Dainius

Director, Continuing Dental Education,
The University of British Columbia

Dr. Martha Donnelly, MD, CCFP, FRCPC

Director, Division of Community Geriatrics,
Department of Family Practice, The University of
British Columbia; Director, Division of Geriatric
Psychiatry, Department of Psychiatry, The
University of British Columbia

Sarah-Jane Lusina, MSc

Regional Liaison Officer, Coastal and Fraser
Regions, BC Network for Aging Research

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Vanessa Lam, RD

Community Nutritionist, Vancouver Coastal Health

Jenn Parsons

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Dentistry, The University of British Columbia

Stacy Purewal, BSN

Community Health Nurse, Vancouver Coastal Health,
South CHC; Clinical Faculty, School of Nursing,
The University of British Columbia

Chris Wyatt, DMD, MSc, FRCD(C), DipPros

Prosthodontist and Associate Professor, Faculty
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Program Design & Layout



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Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada

Saturday and Sunday, May 24 & 25, 2008
Vancouver Marriott Pinnacle Downtown Hotel, Vancouver BC



PLEASE WRITE IN BLOCK LETTERS:
One registration form per person.
Please photocopy if more are needed.

Ms. Mrs. Miss Mr. Dr.

Last Name First Name Initials
Organization Name/Mailing Address
Mailing Address
City Prov / State Postal Code
Daytime Telephone Number / Local Fax Number
E-Mail

www.dentistry.ubc.ca/positiveaging
Affiliation/Profession:
Please indicate which Affiliation/Profession best describes you:
 Administrators / Managers Occupational Therapists
 Caregivers Pharmacists
 Certified Dental Assistants Physiotherapists
 Dental Hygienists Physicians
 Dentists Researchers
 Dietitians / Nutritionists Service Providers
 Educators Social Workers
 Geriatrists Students
 Nurses
 Other: _____

Tuition Fees:
Includes conference material, two lunches, refreshment breaks, reception, and a certificate of attendance.

	Registrants	UBC Alumni/Employees (proof of Alumni membership required)	Students/Seniors (+65 yrs) (copy of valid student ID required)
EARLY BIRD RATE (PRIOR TO MAY 9th, 2008)			
Saturday and Sunday	<input type="checkbox"/> \$395	<input type="checkbox"/> \$350	<input type="checkbox"/> \$295
Saturday only	<input type="checkbox"/> \$225	<input type="checkbox"/> \$195	<input type="checkbox"/> \$175
Sunday only	<input type="checkbox"/> \$225	<input type="checkbox"/> \$195	<input type="checkbox"/> \$175
RATE AFTER MAY 9th:			
Saturday and Sunday	<input type="checkbox"/> \$425	<input type="checkbox"/> \$380	<input type="checkbox"/> \$325
Saturday only	<input type="checkbox"/> \$240	<input type="checkbox"/> \$210	<input type="checkbox"/> \$190
Sunday only	<input type="checkbox"/> \$240	<input type="checkbox"/> \$210	<input type="checkbox"/> \$190
TOTAL PAYMENT	= _____	(All rates are quoted in \$CAD and include GST.)	

Concurrent Sessions:
Please refer to the program for session descriptions.

	1ST CHOICE	2ND CHOICE
Example:	A1	A2
Session A:	_____	_____
Session B:	_____	_____

Directory:
Would you like your name to be included in a directory that will be produced after the conference? YES NO
Please inform us of any dietary requirements:

Method of Payment: PO# Cheque

Charge by phone/fax:
Local/International: (604) 822-6156
Toll free within Canada/USA: 1-877-328-7744
Register by Fax: (604) 822-4835

Credit Card Number Expiry Date

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If your organization will be paying with a purchase order on your behalf:
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Name of Organization: _____
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Please note: A \$25 processing fee will be charged for the re-issue of lost tax receipts. PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY

Mailing Address & Payment by Cheque:
Please make your cheque payable to the University of British Columbia and send to: Interprofessional Continuing Education, The University of British Columbia, Room 105 - 2194 Health Sciences Mall, Vancouver, BC V6T 1Z3