

News

Newsletter Issue #7 – June 2024



The *Partnering for Progress* conference, hosted by the Perley Health Centre of Excellence in Frailty-Informed Care™, on May 29th was made possible by funding from the Canadian Institutes of Health Research (CIHR). Pictured left to right: Sheila Bauer, LTC Home Administrator; Gail Fugère, resident; Annie Robitaille, Ph.D., Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™; Amanda Kutenski, student. Read the full story on page 2.

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Perley Health

Centre of Excellence
in Frailty-Informed Care™

Letter from the Director



Danielle Sinden
Director, Centre of Excellence and Research Operations

In recent months, the Centre of Excellence in Frailty-Informed Care™ (CoE) has made significant progress on an issue that has long been ignored and underappreciated: consulting with residents and families about research into long-term care (LTC). In late May, the CoE hosted *Partnering for Progress*, a day-long consultation session (see article on page 2). And earlier in the month, CoE staff, accompanied by Perley Health residents, led a consultation exercise during the Research Institute for Aging's *Walk With Me* national conference in Ottawa.

To understand the importance of this work, it's crucial to recognize that Canada's LTC homes were founded on an institutional model that envisioned residents as passive recipients of care. Since then, however, it's become clear that involving residents and families in decisions about the design and operations of homes can improve quality of life. The CoE believes that this approach should also be followed both in the design of individual research projects and in the development of a larger research agenda. Input from *Partnering for Progress* will guide the CoE's efforts to create and share appropriate guidelines.

"Nothing about us without us" is an effective and increasingly popular description of this approach. The idea is that no policy should be created or

implemented without the full and direct participation of those most likely to be affected. Disability-rights advocates adopted the idea decades ago to champion many of the changes that are now commonplace, such as wheelchair ramps, designated parking spaces and closed captioning. In the modern era, researchers across all disciplines abide by the concept, although it is now more commonly known as citizen engagement. The Canadian Institutes of Health Research (CIHR), which provided funding for *Partnering for Progress*, incorporates citizen engagement in its strategic plan.

Partnerships with organizations such as CIHR—and the ongoing support of donors—drive the success of the CoE. On behalf of the entire Perley Health community and LTC sector, thank you to our donors!

Regular readers will notice a subtle change in the format of our newsletter—one that reflects the growing impacts of the CoE's research. I hope you enjoy this issue and I encourage you to share your comments—along with your ideas for future editions—by contacting me directly.

Danielle Sinden,
Director, Centre of Excellence and Research Operations
dsinden@perleyhealth.ca

Who we are.

Established in 2019, Perley Health Centre of Excellence in Frailty-Informed Care™ (CoE) aims to set a new benchmark in seniors' care, facilitating applied research that fuels innovation in education, best practices, and knowledge translation. Our goal is to ensure Seniors and Veterans living with frailty receive the highest level of care both within our walls and beyond. The CoE is part of Perley Health, a unique and innovative community of care located on a 25-acre campus near The Ottawa Hospital. Perley Health is home to approximately 450 residents (many of them Veterans who served overseas) in long-term care, along with approximately 200 seniors in 139 independent-living apartments. Funded by donations to the Perley Health Foundation, the CoE supports Perley Health's mission of excellence in the health, safety and well-being of Seniors and Veterans.

Exceptional care, research, education and innovations at Perley Health are supported in part by the generosity of our community. To donate to the Centre of Excellence in Frailty-Informed Care™, please visit: www.PerleyHealthFoundation.ca



Delegates are all smiles following a day discussing the “nothing about us without us” concept during *The Partnering for Progress* conference to benefit long-term care. Left to right: Rebecca Wilson, facilitator; Annie Robitaille, Ph.D., Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™; Danielle Sinden, Director, Centre of Excellence and Research Operations; Linda Hunter, delegate and essential caregiver; Gail Fugère, resident; Michaela Adams, Research Associate; Jenna Henry, Administrative Assistant; Heather MacLeod, Knowledge Translation Specialist.

Partnering for Progress

Residents and their families inform LTC research

A CoE conference held on May 29th will help to ensure that the views of residents and their families better inform research into long-term care (LTC). The *Partnering for Progress* conference, held at Perley Health, attracted more than 30 residents and family members, along with LTC researchers and staff. Together, the delegates discussed the “nothing about us without us” concept and considered how it can best be applied to LTC research. Popularized in the 1970s, the concept calls on policy and decision-makers to consult meaningfully with those most likely to be impacted by policies, laws and initiatives.

“This gathering marks a significant step toward improving care and quality of life for residents in

long-term care,” said Danny Sinden, Director, Centre of Excellence and Research Operations, during her opening remarks. “Whether you are a resident, caregiver, researcher, practitioner, administrator, policy-maker or advocate, your perspective is invaluable, and your contributions today are vital to our shared mission.”

“Many people in long-term care lose their voice in various ways,” says Linda Hunter, a conference delegate and essential caregiver to her mother, a Perley Health resident. “By identifying ways to incorporate the knowledge and perspectives of residents and their families in research processes, I believe that this event can help change that trajectory.”



More than 30 residents and family members, along with LTC researchers and staff, gather to identify ways to make LTC more inclusive, credible and effective.

The delegates included several people who don't live at Perley Health, such as Devora Greenspon, a resident of Hillel Lodge, a long-term care home in west-end Ottawa. A long-time advocate for residents, Greenspon has served on the executive of the Ontario Association of Residents' Councils for more than a decade. "I participate because I see it as a way to improve long-term care," she says. "This is about improving care not only for today's residents, but also future residents."

Key Conference Takeaways

1. Engage residents, families and caregivers early in research processes via multiple methods, including resident and family councils.
2. Involve residents, families and caregivers in priority setting, literature reviews and grant applications.
3. Develop various study designs and seek feedback from residents, families and caregivers.
4. Educate study participants about their roles, offer necessary certifications and training, and acknowledge their time and contribution (e.g. payment, co-authorship credit).
5. Make research reports more accessible via diverse formats such as videos and podcasts, and involve participants in report creation.
6. Disseminate results more widely and effectively via community newspapers, presentations, webinars and visual media.

The CoE is synthesizing the ideas advanced during the event and will use them to improve future research initiatives. In addition, the CoE will share results and recommendations with all participants and across the LTC sector (other homes, resident councils, family councils, researchers). The Canadian Institutes of Health Research (CIHR) helped fund the conference.

"I have participated in more think-tank discussions in my lifetime than I can count," says Brenda Thompson, Perley Health resident. "*Partnering for Progress* was extremely well thought out and executed. I believe it was the most enjoyable day I've had since moving here a year and a half ago."



Devora Greenspon, a resident of Hillel Lodge in Ottawa, chats with Danielle Sinden, Director, Centre of Excellence and Research Operations.

Centre of Excellence Engages Community at *Walk With Me* Conference

Improving care through resident input

In early May, the CoE hosted a discussion with LTC residents and family members as part of *Walk With Me*, a national conference hosted by the Research Institute for Aging. The session was an opportunity to consult with residents about getting to know residents, an ongoing CoE research project. The project aims to identify and analyze the various methods that long-term care homes use to gather information about residents.

“Details about health conditions, medication regimes and family circumstances inform the care that LTC staff provide each resident,” says Dr. Annie Robitaille, the Commissionaires Ottawa Research Chair and leader of the project. “Yet how this information is gathered from residents and their families varies from one LTC home to another. Our research will establish an inventory of methods and practices.”

The first phase of the project involved an online survey of staff at 108 LTC homes across Canada; the CoE received 270 responses. More than half of all respondents work in nursing; the next largest group of respondents work in management. The survey featured both closed and open-ended questions—known as a mixed-methods approach—and encouraged respondents to submit observations and comments.

“Because little formal research has been done on this topic, gathering both raw data and relevant anecdotes is particularly valuable,” says Dr. Robitaille. “Homes will be able to compare their methods with those of other homes, and I expect that many will be inspired to adopt new practices.”

The session is part of the next phase of the project: gathering input from residents and families. More consultations will follow.

“Ultimately, the goal is to improve the ability of homes to gather the information needed to provide the best possible care,” says Dr. Robitaille. “We can only achieve this goal if we first consult with residents and their families.”



Dianne Leclerc (left), a Perley Health Senior Living tenant, and Danielle Sinden, Director, Centre of Excellence and Research Operations, participate in the *Walk With Me* conference.



Left to Right: Danielle Sinden, Director, Centre of Excellence and Research Operations; Annie Robitaille, Ph.D., Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™; Dianne Leclerc, tenant; Mary Boutette, Chief Operating Officer, Perley Health; Daniela Acosta, Manager, Education & Knowledge Translation, Perley Health; Gail Christy, LTC resident (seated).



Support the Centre of Excellence

There are many ways to support the Centre of Excellence in Frailty-Informed Care™ (CoE) as Perley Health aspires to double the number of Seniors and Veterans served by 2035.

Your support can take various forms:

- 1. Participation:** Embrace the opportunity to be directly involved in transforming care for Seniors and Veterans. Participate in research studies, ensuring that the voices and experiences of members of the Perley Health community inform and guide our work. We encourage residents, tenants, families, caregivers, clients, staff and volunteers to engage to help ensure our community's needs are represented.
 - **Read about our projects:**
PerleyHealth.ca/ongoing-research-projects
- 2. Education:** Expand your knowledge and understanding on a variety of topics related to aging, frailty and long-term care, by attending our monthly webinars. Subscribe, participate, and learn alongside experts for leading-edge information about frailty-informed care.
Register here: PerleyHealth.ca/collaboration
- 3. Stay Connected:** Keep informed on the latest developments of the CoE, read about the impact of our ongoing research projects in our newsletter and our social media channels.
 - **Access our newsletter and recent media coverage:** PerleyHealth.ca/newsletter
- 4. Collaborate with us:** We welcome inquiries to partner with researchers, healthcare professionals, industry, organizations and local groups to strengthen our outreach and impact.
 - **Contact us:**
centreofexcellence@perleyhealth.ca
- 5. Generosity:** Your donations to the Perley Health Foundation support innovative projects and help to transform care for Seniors and Veterans.
 - **Donate here:** PerleyHealthFoundation.ca

Every action you take, whether it's advocating for our cause, volunteering your time, or donating resources, elevates our impact. Your engagement expands awareness and will help to share best practices within our community, across Canada and around the world.

Sharing Lessons Learned

The CoE has begun to share lessons learned from a Perley Health quality-improvement project. As a result, long-term care (LTC) homes across Canada are better able to prevent and lessen the severity of pressure injuries—commonly known as bedsores.

A pressure injury is a skin wound that typically develops over a prominent bone, such as a hip, elbow or tailbone, and often worsens due to factors such as immobility, dehydration and poor nutrition. The wounds are often painful and—without proper treatment—can lead to serious and sometimes fatal infections. Pressure injuries are common among LTC residents, particularly for those who rely on wheelchairs, or have limited mobility and live with complex health conditions.

Several years ago, Perley Health launched a project to improve the tracking, prevention and treatment of pressure injuries among residents. The results have been overwhelmingly successful: the number of worsening pressure injuries has declined by 52%, while the number of infections in all types of wounds is down by 56%. The driving force behind this success is Samantha Boulerice, a Wound, Ostomy, and Continence Nurse.

“I know that pressure injuries can have devastating impacts on residents,” says Boulerice. “Many can’t find a comfortable position, so they choose to stay in their rooms and avoid activities, which can make matters worse.”

Boulerice is quick to share credit for the initiative’s success with Perley Health staff, donors and partners. The initiative began with a comprehensive analysis of how staff identify, treat and track pressure injuries, along with a review of relevant clinical guidance, including best practices published by the Registered Nurses Association of Ontario (RNAO). Perley Health has long participated in RNAO’s Best Practices Spotlight Organization program. Under the program, Boulerice completed an advanced clinical practice fellowship and mentored under Christine Murphy, Ph.D, RN.. A recognized leader in wound care, Murphy works at The Ottawa Hospital’s Limb Preservation Clinic, one of Canada’s most innovative complex-wound centres, with expertise in lower-extremity wounds, circulation and diabetes.

“I had the pleasure of mentoring Samantha and disseminating the practical skills required to prevent and manage complex wounds,” says Murphy. “It’s just so gratifying to see that this is now improving care for so many patients.”



Samantha Boulerice, Wound, Ostomy, and Continence Nurse, IPAC Specialist, Perley Health, tests the sophisticated camera that helps identify infections, purchased thanks to the support of donors to the Perley Health Foundation.

Perley Health established a quality-improvement team with representatives from across the organization—not only nurses, personal support workers and occupational therapists, but also those responsible for staff training, and ordering and stocking supply cupboards. Together, the team identified a series of effective operational actions and an overarching strategy to foster adherence. The actions focus on operations—measures that ensure staff can consistently apply clinically proven prevention and treatment protocols.

To share these lessons learned, the CoE created a tip sheet—Six Key Elements of an Effective Wound-Care Program—along with a booklet of guidelines and a web page. The CoE’s knowledge translation team is distributing and promoting these resources at a series of events, such as this spring’s conference of AdvantAge Ontario, the association of non-profit LTC homes.

“It’s fabulous to see the Perley distribute the package that they have put together from the best practice guidelines,” says Murphy. “They are helping to spread the word that credentialed wound-care providers such as Samantha are essential to providing the best care to residents.”

Donations to the Perley Health Foundation are instrumental to Perley Health’s ability to develop and share innovations in care. Thanks to donor support, for instance, Perley Health acquired a sophisticated camera that uses violet light to identify infections, launched an in-house training program and purchased mannequins for hands-on instruction.

Documenting the Benefits of Intergenerational Programming

The CoE is evaluating the benefits of a ground-breaking intergenerational program underway at Perley Health. Lessons learned from the evaluation are expected to not only improve the program at Perley Health, but also to encourage its replication at other long-term care homes.

At the core of the program are two-hour playgroup sessions held twice weekly. During each laughter-filled session, babies and pre-schoolers—accompanied by a parent or guardian—engage in structured play activities with Perley Health residents and tenants. At least one Early Childhood Educator and one Personal Support Worker are also present for each session.

“We see intergenerational care as a potential game-changer,” says Katrin Spencer, Director, Strategy, Partnership and Growth at Perley Health. “But to truly transform senior care, we need more than anecdotal evidence, we need to identify and evaluate best practices.”

The program is a collaboration with Andrew Fleck Children’s Services, an established childcare organization.

“From the moment our discussions started, we saw a common purpose,” says Kim Hiscott, Executive Director of Andrew Fleck Children’s Services. “While we serve different age groups, both organizations strive to improve health and well-being of the people we serve.”

For participant Laura Boucher, a tenant in one of Perley Health’s Senior Living apartments, the sessions are a source of immense joy. “It’s altogether good for body, mind and soul,” she says. “Playing with the toys and drawing and singing and dancing, it’s just a hub of happiness.”

“We know magic happens,” says Hiscott, “and we are excited and so thankful that Perley Health has a research focus so that we can demonstrate that this is an investment that all of us should be proud of and see continue.”

The program’s impact may reach far beyond emotional well-being. Research suggests intergenerational programs can also positively impact seniors’ physical and cognitive health, and reduce social isolation and feelings of loneliness.

“Canada’s aging population faces significant challenges, and social isolation is a key risk,” says Katrin Spencer. “Bringing different generations together like this can really help them thrive.”



Maeve and her grandmother Keitha play with Senior Living tenant Laura Boucher

A second intergenerational program underway at Perley Health involves a partnership with Christie Lake Kids, a youth development organization. The program has youth from low-income families sharing meals and participating in musical activities alongside seniors each week. The pilot project’s success has fueled optimism for its expansion.

“I believe that evidence-based intergenerational programming holds tremendous promise for all long-term care homes,” says Spencer. “These programs can combat social isolation and enrich the lives of all participants, young and old.”

The CoE expects to complete and publish its evaluation late in 2024.



Watch a video sharing the story of the intergenerational programs at Perley Health.

[View Video](#)

PerleyHealth.ca/centreofexcellence

Art Therapy Takes Centre Stage

Leading the Way in Evidence-Based Care for Seniors and Veterans



Stan Stewart, proud artist and Senior Living tenant, attends the art exhibit alongside David O'Neill, Business Lead, Senior Living.

A recent study will further Perley Health's reputation both for providing exceptional care and for developing, validating and sharing evidence-based practices that benefit the entire long-term care sector.

The study documents the impact of arts programming on the health and well-being of a group of seniors and Veterans. Perley Health residents have long participated in creative arts programs thanks to strong donor support. A donation from Support Our Troops funded a special arts program and its evaluation was conducted and funded by the CoE. For several hours a week, participants in The Veterans and Tenants Art Program created in a variety of media, such as paint, clay and wood alongside professional artists and therapists, and supportive volunteers. The program ran for six-week periods during each of the last two years.

Participant Stan Stewart, who served nine years in the Canadian Forces, wrote about the program: "Art classes provide me with a sense of achievement, increase my self-esteem and above all, they give me an opportunity to interact with other people who also suffer from dementia."

Stan's note—and the CoE evaluation—highlight the program's ability to address not only the cognitive aspects of well-being, but also the crucial

social connection often lost with age and illness. Understanding these impacts is the focus of an ongoing study by the CoE. The ultimate goal is to identify evidence-based best practices and share them with long-term care homes across Canada. In pursuit of this goal, Danielle Cruise—a CoE Research Assistant who led the evaluation of the program—presented her findings at the annual conference of the Canadian Institute for Military and Veterans Health Research (CIMVHR). At events such as the conference, the CoE shares its research findings and distributes evidence-based tip sheets, guidelines and other resources.

"The Centre of Excellence plays an essential role by expanding the evidence base needed to improve care for seniors and older Veterans," says Danielle Cruise, who is currently pursuing a PhD. "I'm delighted to be able to contribute."

"Perley puts it all together. They develop best practices, but because they're also a centre of excellence and a research centre, they're able to test them and demonstrate that they're effective."

Dr. David Pedlar, Scientific Director, Canadian Institute for Military and Veterans Health Research (CIMVHR)



Watch a video sharing the story of the art program at Perley Health.

[View Video](#)

PerleyHealth.ca/centreofexcellence

Get to Know Us

Perley Health is a unique and innovative community of care that empowers Seniors and Veterans to live life to the fullest. Home to more than 600 Seniors and Veterans living in long-term care and in independent apartments, Perley Health provides some short-stay programs along with a number of clinical, therapeutic and recreational services to residents, tenants and community members.

 **600**

individuals including more than **150+ Veterans** call Perley Health home.

Research at Perley Health

At Perley Health, we leverage our unique environment to lead and facilitate applied research aimed at driving positive outcomes for residents, tenants and clients not just within our walls but for Seniors and Veterans everywhere.

Specialized Care

- Home to the Rideau Veterans Residence, dedicated to the unique care and social needs of Veterans.
- Host to a Specialized Behavioural Support Unit, a 20-bed unit in the Gatineau Residence.
- Secure Units to care for Seniors and Veterans living with dementia.
- Home to a Convalescent Care unit in the Ottawa Residence.
- Onsite, Care Clinic at Perley Health provides audiology, physiotherapy, stuttering/cluttering therapy and massage therapy to the wider community.

- **View the Perley Health ecosystem:**
PerleyHealth.ca/about



More than a Century of Caring

In 1897, the Perley Home for Incurables opened on a site now adjacent to Library and Archives Canada. Decades later, to cope with the changing needs of Seniors and Veterans, a new project amalgamated the Perley Hospital, the Rideau Veterans Home and the Veterans Wing of the National Defence Medical Centre to construct The Perley and Rideau Veterans' Health Centre that rebranded to Perley Health in 2021.

- **Explore our history:** Vimeo.com/848796931



Top Choice

Perley Health is the top selection for long-term care in the Champlain region.

Person-Centred Care

Developed at Perley Health, SeeMe® is a comprehensive framework for developing care plans that prioritize residents' values, preferences and desired lifestyle. Residents collaborate with their family and care team to make informed decisions about treatment and intervention options.

- Find out more: PerleyHealth.ca/seeme

SeeMe®
Understanding frailty together.

Research with Us



100+ Years

14 residents in the
2024 Century Club!

Home to Centenarians

On June 5th, Perley Health hosted the 7th annual Century Club celebration, a birthday party honouring 14 residents, including nine Veterans, 100 years or older.

- **Read more:** PerleyHealth.ca/century-club-2024



Innovative Housing

An example of innovation at Perley Health is the Senior Living independent apartments. Launched more than ten years ago, the two buildings include 139 apartments catering to a wide range of needs, ranging from independent living to assisted living. The Commons, multi-unit studio apartments with shared living areas, allow residents to maintain their autonomy while helping to alleviate the pressure on long-term care.

- **Watch a video on the 10th anniversary of Senior Living:** Vimeo.com/910992693

Ozerdinc Grimes Family Therapeutic Recreation and Creative Arts Program

The program offers a range of activities providing physical, intellectual and social benefits to residents. This vibrant program is funded by Veterans Affairs Canada and donations to Perley Health Foundation.

- **Learn more:** PerleyHealth.ca/therapeutic-recreation



Affiliations



Webinar Series



Join the Conversation

Are you interested in:

- Improving the lives of older adults living with frailty?
- Staying up-to-date on the latest research and innovations in frailty-informed care?
- Connecting with a community of professionals, caregivers, and families dedicated to better senior care?

If so, then plan on joining the monthly webinar series hosted by the Perley Health Centre of Excellence in Frailty-Informed Care™!

Free and Open to All

Our monthly one-hour webinars offer a platform for meaningful discussions and knowledge sharing on a wide range of topics related to frailty. Past webinars have explored themes such as the benefits of intergenerational activities, fostering inclusive communities, and the power of music in connecting with older adults living with frailty. Whether you're a healthcare professional, caregiver, family member, researcher, or simply concerned about the well-being of older adults, these webinars provide valuable insights and foster collaboration.

A Growing Resource

Held monthly, with the exception of July and August, our webinars feature presentations from experts. All webinars are archived on our website for later viewing, ensuring you never miss a session.

PerleyHealth.ca/free-webinar-series

Now Accepting Expressions of Interest

- The Centre of Excellence seeks speakers for our upcoming monthly webinars! Do you have expertise in a field related to frailty and senior care? We'd love to hear from you.
- Submit your proposal to present on a topic of your choice that can benefit our diverse audience. We welcome submissions from researchers, clinicians, educators, and other professionals dedicated to improving the lives of older adults.
- Email us: centreofexcellence@perleyhealth.ca.

Join us and be part of the solution!

Stay informed, connect with others, and help shape the future of frailty-informed care.



View previous webinars online at:

PerleyHealth.ca/free-webinar-series

Sharing Knowledge

We strive to ensure that the sharing of knowledge is a core part of the culture at Perley Health.



“At Perley Health, we have the capacity and the quality improvement knowledge. As a larger home, we have resources to dig into some of these areas in ways that sometimes smaller homes just don’t have and I feel we have a responsibility to share. We have the tools and the infrastructure and we’re only going to solve these problems as a system, if we work together and if we share our knowledge.”

Mary Boutette, Chief Operating Officer, Perley Health

Two community members recently provided education in support of ongoing efforts to benefit residents, caregivers and the wider healthcare system.



Dr. Benoît Robert

Dr. Benoît Robert, Chief Medical Officer at Perley Health, has been actively involved in promoting palliative care education across various settings:

- At the HPCO (Hospice Palliative Care Ontario) conference (June 10, 2024): Dr. Robert co-presented on "when is early too late," emphasizing the importance of early identification of frailty to inform care decisions in long-term care settings.
- CHEO Pediatric Palliative Care Training (June 4): Dr. Robert trained facilitators on delivering palliative care specifically for the pediatric population.
- University of Ottawa Medical School Lecture (April 16): Dr. Robert introduced palliative care as an approach to managing frailty to undergraduate medical students.
- Quality Improvement in LTC Workshops (April 3 and March 16): In collaboration with Ontario Centres for Learning, Research, and Innovation in Long-Term Care (CLRI), Dr. Robert presented workshops on quality improvement approaches in long-term care settings.

Jessie Stephenson

On April 15, 2024 Jessie Stephenson, Spiritual Health Practitioner, presented a workshop at the Canadian Association for Spiritual Care’s National Conference. The annual conference’s 2024 theme was Making Space for Meaning, an exploration into the transformative nature of meaning in human experience. Jessie’s workshop, “I’ve Never Told Anyone This...: Meaning-Making Beyond Self-Forgiveness at End of Life” explored the current theory and ethics of responding to morally complex intrapersonal conflicts at life’s end, specifically those reflections that involve trauma and moral injury. Concepts such a life review, moral injury, self-forgiveness and ethics of practice at end-of-life were defined and discussed. The 45 attendees ranged from academic faculty, Psycho-Spiritual Therapists, Chaplains, Spiritual Care Practitioners, and Researchers.

For a full list of recent knowledge translation activities from the Perley Health community, please visit:
PerleyHealth.ca/centreofexcellence

Perley Health Launches Studies to Enhance Resident Care

The Centre of Excellence is thrilled to announce the launch of two exciting new projects, designed to improve the lives of long-term care residents living with dementia through innovative technologies.

Project 1: Sensor Technology for Enhanced Safety and Care

This project, funded by Ontario Bioscience Innovation Organization (OBIO), will explore the use of non-invasive sensor technology in resident rooms. The sensors will monitor sleep patterns and detect situations that could pose a risk, such as falls or responsive behaviour.

The goals:

- Enable earlier intervention by staff, improving resident safety.
- Gain insights into resident behaviour that might impact sleep or care needs.
- Evaluate how the technology supports staff workload management.
- Assess caregiver satisfaction with the technology.
- This trial will be conducted in Perley Health's Gatineau Residence in collaboration with the University of Ottawa. Esprit-ai, the industry partner and Ottawa-based company, will provide the innovative sensor technology.



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uOttawa

Project 2: AI-Powered Facial Recognition for Pain Assessment

The second project, funded by the Centre for Aging + Brain Health Innovation (CABHI) with a grant, focuses on pain assessment and management. The project will investigate the use of artificial intelligence (AI) technology developed by PainChek to assess pain in residents with dementia through facial recognition. This technology has the potential to:

- Increase staff ability to identify and manage pain, particularly when residents are not able to communicate verbally.
- Reduce resident pain levels, improving overall quality of life.
- Offer families greater peace of mind knowing residents are receiving appropriate pain management.
- The trial will take place in Perley Health's Gatineau Residence, in collaboration with the University of Ottawa.



uOttawa

These projects demonstrate Perley Health's commitment to utilizing cutting-edge technology to ensure high quality care and well-being for all residents, particularly those living with dementia. We look forward to sharing the results of these trials and the impact they have on our residents.

A Labour of Love



Namrata Bagaria, MBBS, MPH (Harvard), PhD (c)

Research Assistant, Centre of Excellence in Frailty-Informed Care™, Co-founder & CEO Seniors Junction by Healthy Skills Inc.

Re:GARDE Program is looking for adults 65 and older to participate!

Re:Garde is a novel, non-invasive, mobile Virtual Reality (VR) visual training program designed for training and maintaining visual perception and attention. In this study, individuals aged 65 and older with good visual health, will complete a series of 10-minute VR game-like sessions over six weeks, followed by interviews and surveys.

Interested in joining the project? Contact:

centreofexcellence@perleyhealth.ca

Given her unique career path and skill set, Namrata Bagaria seems likely to realize her goal of using digital technologies to improve the health and well-being of seniors living with frailty.

Bagaria trained and worked as a physician in her native India, only to discover that delivering frontline care was neither her calling nor good for her well-being. As a result, she gravitated toward public health and earned a Master’s degree from Harvard University. Along the way, Bagaria came to recognize that healthcare systems worldwide suffer from a similar problem: they tend to adopt new technologies slowly, which hinders their efforts to improve. This inspired her to chart a new path: developing, validating and implementing effective technologies for seniors living with frailty. Bagaria co-founded Seniors Junction, a social enterprise that uses technology to combat social isolation, and began a PhD in digital transformation and innovation at the University of Ottawa.

Bagaria is also Research Assistant for Re:Garde, a virtual reality (VR) program that strives to improve visual perception. The CoE, in collaboration with the Krembil Research Institute and the University of Toronto’s University Health Network are conducting a study of Re:Garde. Study participants—including a group of Perley Health tenants, residents, volunteers and caregivers—complete a series of VR sessions over a 6-week period. The project explores the potential of VR to improve self-reported vision, confidence in mobility and feelings of independence. This research is part of a larger effort to determine the potential of VR to improve the health and well-being of seniors, particularly those living with frailty. The Re:Garde study is partially funded by AGE-WELL, a Canadian network of researchers, tech companies, non-profit organizations, seniors and caregivers.



Dr. Namrata Bagaria studies the potential of VR to improve the visual health of seniors

“Perley Health is an exceptional place,” says Bagaria. “Here, they do much more than talk about technological innovation—they actually engage in it. I’ve lived and worked in four or five countries, and I’ve never seen a centre like this. They are a great research partner.”

For Bagaria, the work is—at least in part—personal. More than a decade ago, she befriended an elderly woman who later passed away. And during the pandemic, her father passed away in a hospital’s intensive care unit. Their experiences helped her recognize that she had the skills and knowledge needed to improve the health and well-being of seniors through digital technologies.

“I envision a time when treatments based on digital technologies will be prescribed for particular conditions,” she says. “To realize this vision, however, we need to develop the appropriate evidence base. This is a labour of love for me.”



Atul Jaiswal, PhD, MSW, BSc. OT

Research Lead, Centre of Excellence, Perley Health

Atul Jaiswal

Atul Jaiswal, Ph.D., is a Research Lead at Perley Health Centre of Excellence in Frailty-Informed Care™.

Atul is a trained occupational therapist as well as a rehabilitation social worker with a decade of work experience. He holds a PhD from the Faculty of Health Sciences at Queen's University. His doctoral research was dedicated to exploring strategies to improve societal participation for individuals experiencing sensory loss.

Following his PhD, Atul completed postdoctoral research positions at the University of Montreal exploring ways to improve access to healthcare for older adults with sensory loss throughout the continuum of care, including long-term care homes. Before joining Perley Health, he served as an Adjunct Assistant Professor at Queen's University, and Manager of Research Operations at the Bruyère Research Institute overseeing 52 research projects in the field of aging, health, technology and innovation.

Atul lives with his wife, Shikha, and his five year-old daughter, Ananya.



Dan McEwen, PhD

Knowledge Translation and Outreach Specialist, Centre of Excellence, Perley Health

Dan McEwen

Dan McEwen is thrilled to join the Perley Health Centre of Excellence in Frailty-Informed Care™ team as the Knowledge Translation and Outreach Specialist. He earned his PhD in Rehabilitation Sciences (2017) from the University of Ottawa before becoming the Director of Market Development for a Norwegian company (Motitech) dedicated to enhancing the quality of life for elders in LTC and retirement communities. Dan built key partnerships in the Canadian care sector to improve the physical, cognitive, and social well-being of elders. Now, he brings this passion to Perley Health!

Dan lives with his wife Candice and their two boys, Isaiah and Ethan. He enjoys golfing and all things sports.

“I love Perley Health and I'm so grateful that I work here. I think it's an oasis in Ottawa. It's one of the few places which just doesn't talk about technology but actually does what it can. I think it's world class.”

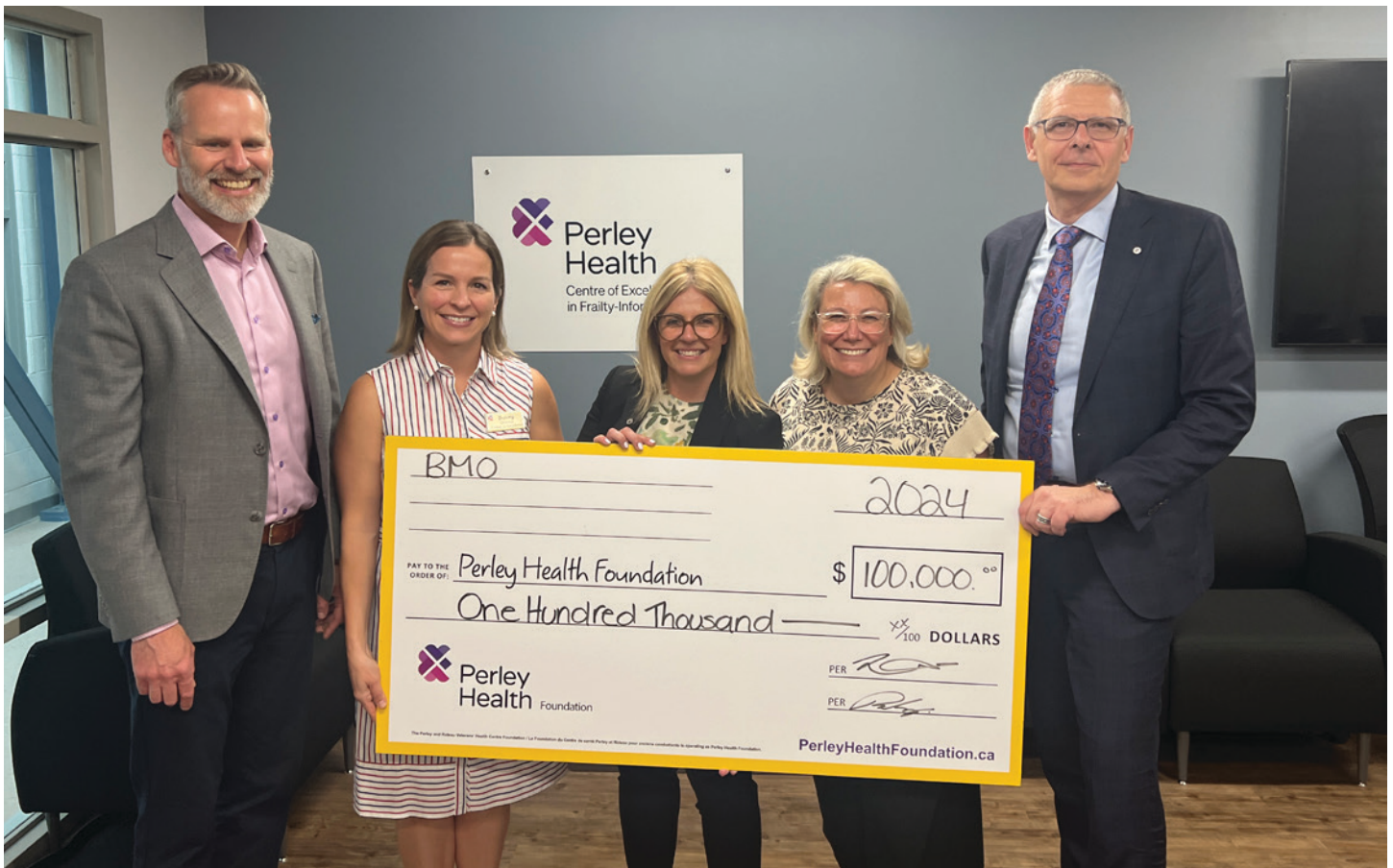
Namrata Bagaria, MBBS, MPH (Harvard), PhD (c)

Research Assistant, Centre of Excellence in Frailty-Informed Care™,
Co-founder & CEO Seniors Junction by Healthy Skills Inc.



BMO's Generosity Propels Perley Health's Mission Forward

\$100,000 Gift Advances Frailty-Informed Care



Akos Hoffer, CEO, Perley Health; Danielle Sinden, Director, Centre of Excellence and Research Operations; Teresa Pagnotta, Regional President, Personal Banking, Quebec & Eastern Ontario, BMO; Delphine Haslé, Executive Director, Perley Health Foundation; and Rick Campagna, Regional Vice President, BMO.

The Perley Health Foundation is honoured to recognize BMO for their exceptional generosity and their commitment to excellence in healthcare solutions for Seniors and Veterans. Their recent transformational gift of \$100,000 is instrumental in advancing important research initiatives at the Centre of Excellence in Frailty-Informed Care™ (CoE) at Perley Health. By supporting these initiatives, BMO is playing a crucial role in improving the quality of life for Seniors and Veterans at Perley Health and across Canada.

As a symbol of our appreciation, we are proud to name a room at Perley Health as the BMO Innovation Hub. This

newly dedicated space symbolizes BMO's commitment to improving the quality of life of Seniors and Veterans, while bolstering cutting-edge advancements in support of Perley Health's mission.

As we extend our deepest gratitude to BMO for their remarkable generosity, we applaud their desire to create lasting, positive change. Together, we are making significant strides towards advancing healthcare for Seniors and Veterans at Perley Health and beyond, so they can live their best life at any stage of the aging process.

Help Shape the Future of Care for Seniors and Veterans

Participate in a Research Project at the Centre of Excellence!

Are you interested in making a difference in the lives of older adults? The Centre of Excellence in Frailty-Informed Care™ is seeking passionate individuals to participate in a variety of innovative research projects.

We invite residents, tenants, families, care partners, and staff at Perley Health to contribute to ground-breaking initiatives that will improve care for older adults living with frailty.

Here's your chance to be part of the solution! We have several exciting projects underway, and many are actively recruiting participants. All projects strictly adhere to Perley Health's safety protocols and REB approval.

Look for further details about each project within this newsletter. We encourage you to get involved and help us build a brighter future for seniors living with frailty.

For more information or to participate please contact: centreofexcellence@perleyhealth.ca

EntourAGE - Social Inclusion of People Living with Dementia and Their Caregivers Using an Intergenerational Program

Co-Principal Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Dr. Linda Garcia, Faculty of Health Sciences, LIFE Research Institute, University of Ottawa

EntourAGE is a person-centred intergenerational volunteer program where individuals living with dementia can receive friendly one-on-one visits with high school, college and university students, called "Companions". Participants in the program enjoy engaging in social and recreational activities with their companions. The program is being implemented in four different settings, one of them being long-term care homes.



This project has received financial support from the Social Sciences and Humanities Research Council (SSHRC) and the Alzheimer's Society of Canada.

Testing Online Meaning-centred Groups (OMG) in Promoting Psychological Well-Being and Reducing Distress in Ontario Retirement Home Residents

Co-Principal Investigators: Dr. Marnin Heisel, Psychiatry, Epidemiology & Biostatistics Schulich School of Medicine & Dentistry, Western University, Lawson Health Research Institute; Danielle Sinden, Centre of Excellence in Frailty-Informed Care™, Perley Health

Adults over age 60 who live in Ontario and feel lonely, socially isolated or stressed will participate in an online peer support group that promotes social connection and emotional health and well-being, and explores meaning in life. Participants will engage in a series of eight weekly discussions of 75–90 each alongside their peers, led by two trained facilitators. For more information visit: MeaningfulGroups.com

Design and Implementation of a Nurse Mentorship Program in LTC

Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Michaela Adams, Research Associate, Centre of Excellence in Frailty-Informed Care™, Perley Health; Daniela Acosta, Manager of Education and Knowledge Translation, Perley Health; Yetunde Temi Adegbonrin, Collaborative Practice Leader, Perley Health

This study explores the experiences of newly hired nurses and their mentors following their participation in a peer mentorship program at Perley Health. To evaluate the program, newly hired nurses (mentees) and experienced nurses (mentors) complete a one-time survey at the end of the program.

Promoting Health and Well-Being with a 12-week Multi-Component Program for Older Adults Living in Long-Term Care Homes

Principal Investigator: Dr. Suey Yeung, Interdisciplinary School of Health Sciences, University of Ottawa, Centre of Excellence in Frailty-Informed Care™, Perley Health

Co-Principal Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Danielle Sinden, Centre of Excellence in Frailty-Informed Care™, Perley Health

This study explores the impact of a multi-component program on the physical function, cognitive function, nutritional status, and quality of life of LTC residents of Perley Health. Eligible residents will engage in physical exercise and brain exercise in groups (both twice a week for 12 weeks). Nutrition education will be provided on up to three occasions. Healthy snacks and/or supplements will be given as needed. Participants will also complete a 1-hour health assessment on up to three occasions. This project has received financial support from Mitacs through the Mitacs Accelerate Program, University of Ottawa, and the Perley Health Foundation.



View all current research projects online at:

PerleyHealth.ca/ongoing-research-projects

Impact Testimonials



“I have had opportunities to build my career here. I received my knowledge translation training through Perley Health. I feel heard. I feel like my ideas matter. I dream of our impact and seeing the results and outcomes of the work that we’ve been doing here to translate knowledge from our research as well as our internal knowledge and seeing that impact out in the real world.”

Daniela Acosta, RN, BScN, GNC(C) (DA)
Manager, Education & Knowledge Translation

“I know that Perley Health saved my life. I was in serious trouble when I arrived here. I had a long gash on my lower leg and two bedsores; the one on my coccyx was about the size of a grapefruit and the one of the upper part of my leg was 8 centimetres deep. Both were infected and had reached bone.”

Nicole Lafleche, Perley Health resident

More about Nicole’s story in the Perley Health Foundation’s latest Community Impact Report.

PerleyHealthFoundation.ca/stories/newsletter/



Save the date.



Supporting a Good Death in Long-Term Care A One-Day Skills Day for RNs and RPNs

- Hands-on, in-person training from clinical experts.
- Enhance your palliative and end-of-life care skill sets by learning how to:
 - Challenge the myths and assumptions of dying and associated grief.
 - Incorporate resident goals and wishes into end of life care.
 - Facilitate difficult discussions.
 - Respond to typical and atypical presentations of death and dying.
 - Complete a meaningful head-to-toe, physical assessment.
 - Manage breakthrough pain including calculating narcotic conversions.
 - Apply an end-of-life order set.
- **2 Dates:**
 - October 2nd, 2024
 - October 23rd, 2024
- **Time:** 8:00 am - 4:00 pm
- **Location:**
Perley Health
1750 Russell Rd.
Ottawa, Ontario

Registration coming soon.

For more information email:

centreofexcellence@perleyhealth.ca

Contact Information

If you are interested in participating or would like to learn more about a particular project, please contact:

Michaela Adams
Research Associate,
Centre of Excellence in Frailty-Informed Care™
Office: 613.526.7170 ext. 2425
madams@perleyhealth.ca

Thank you to Commissionaires Ottawa for their ongoing support of the Centre of Excellence in Frailty-Informed Care™.



Newsletter Contact Information

Danielle Sinden
Director, Centre of Excellence
and Research Operations
Office: 613.526.7170 ext. 2424
dsinden@perleyhealth.ca

1750 Russell Road, Ottawa ON K1G 5Z6
centreofexcellence@perleyhealth.ca

PerleyHealth.ca/centreofexcellence