## Campus of Wellness and Care

Demonstration

#### Briefing Note #2: ACTIVE AGING: LONGEVITY WORTH LIVING

Campus of Wellness and Care Demonstration Project (CWCDP) at Shepherd's Care Kensington Village

#### CONTEXT:

Kensington Village residents want to maintain independence. CWCDP "Village Wellness" (VW) activities enable them to do that.

Whether one is aged 20 or 77, over 96\*% of Canadians want an independent life. Research shows that **active aging** maintains resilience and quality of life, slowing health decline. CWCDP creates opportunities to support residents in active aging over the long-term (2012-2017). Activities and staff enable residents to pursue physical activities, hobbies and interests, take part in health education sessions, increase social interactions, improve relationships, and engage in leadership and decision-making.

#### Village Wellness Goal:

Enable residents to maintain and improve health and well being, in order to remain independent as long as possible.

### Older Adults Need ...

# CWCDP & Resident Response

# Resident Outcomes & Reports

# ENGAGED AND PRODUCTIVE LIVES



### HEALTHY AND ACTIVE LIVING



About 60% of project participants agreed to pre / post fitness

and balance testing - they want to know how they are doing!

#### **DESIGN ENGAGING ACTIVITIES:**

- 96% aware of CWCDP (\* 10%)
- 74% participate in VW (\*)
- 82% accessed health information (\* 56%)
- Nearly half of our residents took part in at least one VW activity in 2015-2016.

### SUPPORT INDIVIDUAL NEEDS AND DEVELOP CO-LEADERS

Fullerton Advanced Balance Scale (FABS):<sup>3</sup> Maximum score is 40. Each point below 25 increases the risk of falling by 8%.



Targeted interventions help improve or maintain scores

**Jack, age 89**, has always been active. After taking the CWCDP Strength Building classes, he started 'the club' for men to meet daily for physical activity. Jack encourages newcomers to join and teaches what he has learned. Jack is also in the CWCDP Walking Club, and golfs during the summer to increase his steps. He is active, fit, independent, and a champion of the project.



- 76% learned new things
- 67% found health education enabled decisions & action to improve health & well being.

Those engaged 6+ months in VW activities noted improved health (general 65%, cognitive 62%)



Residents report that VW activities help them...

- Prevent falls 53% (\* 11%)
- Manage pain 34% (\* 7%)
- Be more mentally active 61%
- Be more physically active 75%

#### In 2 years of FABS testing...

- 58% of those tested improved an average of seven points
- 16% of those tested maintained their score
- 90 year old man: tested 4 times with scores of 20, 14, 20, 18
- 78 year old woman: tested 3 times with scores of 27, 31, 35

EVIDENCE: This data is from three sources gathered from 2013—2016: 1. Resident Health Promotion survey (wave 1); 2. Residents General Project Survey (waves 1 & 2); and, 3. Project administrative data. Note, '\* indicates 'increase' over time.

# CWCDP & Resident Response

Resident Outcomes
<a href="Resident Outcomes">& Reports</a>

### PARTICIPATION IN DECISIONS



#### SECURITY

The average age of KV residents is 86; many move to Kensington Village seeking more security than their home provided.





CONSULT WITH RESIDENTS AND DESIGN A RANGE OF OPTIONS

The CWCDP Resident Wellness Advisory Committee guides planning & delivery.

50+ VW classes have been offered to address the range of resident needs and interests—social, physical and cognitive.



We design activities so residents get to know their neighbours and KV staff, help identify problems, and facilitate solutions.

82% of residents report that their feedback is encouraged (\* 18%)



May, age 84, has many interests. She lives on a limited income, so cost is a barrier to off-site activities. Over 2 years, May has attended over 1,000 CWCDP activities. "This place has come alive since you lot arrived. I don't know what I'll do when you're gone."

# 86% of residents feel safe and secure



KV community

Feel

Feel connection to staff

#### For information on CWCDP Contact:

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CWCDP is funded by Alberta Health - Continuing Care Innovation Grant and evaluated by Catalyst Research & Development, Inc.

<sup>&</sup>lt;sup>1</sup>See Revera Report on Ageism: *Independence and Choice as We Age*, accessed at www. ageismore.com/getattachement/Research/Revera-Report-on-Ageism-Independence-and-Choice-A/Independence and Choice Report 2016.pdf.aspx

<sup>&</sup>lt;sup>2</sup> Needs adapted from: Sinha, S.K., et al. *An Evidence-Informed National Seniors Strategy for Canada (October 2015)* and *Active Aging: A Policy Framework in Response to the Longevity Revolution*, International Longevity Centre Brazil (July 2015).

<sup>&</sup>lt;sup>3</sup> Tested n=42 using Fullerton Advanced Balance Scale: Source—www.ncbi.nlm. Nih.gov/pubmed/18976981