

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

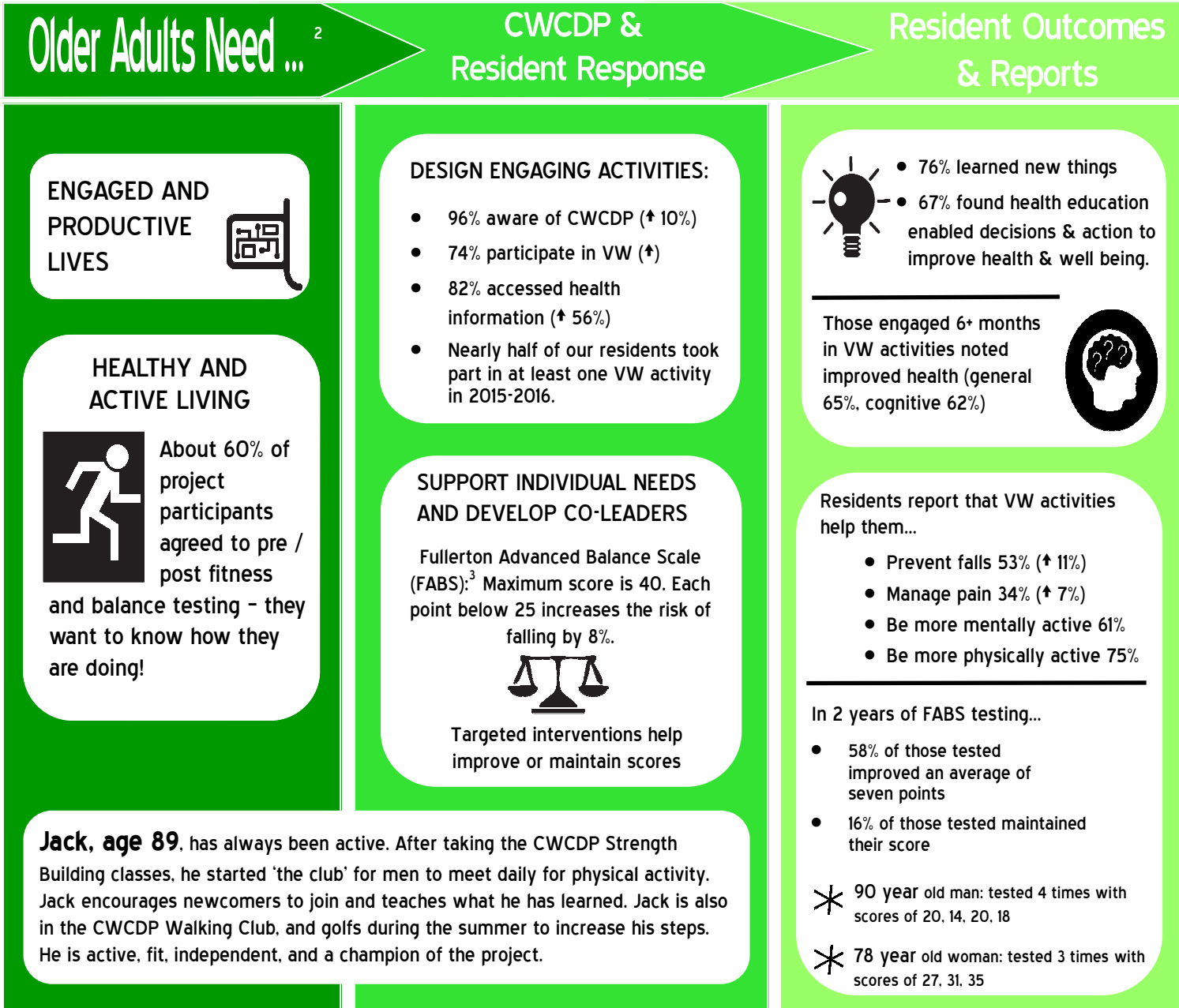
Campus of Wellness and Care Demonstration Project (CWCDP) at Shepherd's Care Kensington Village

**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.<sup>1</sup> 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.



**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.

### PARTICIPATION IN DECISIONS



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.

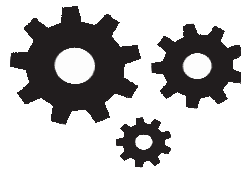
82% of residents report that their feedback is encouraged (↑ 18%)



**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."

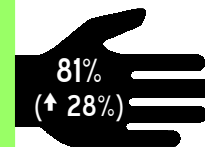
### SECURITY

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

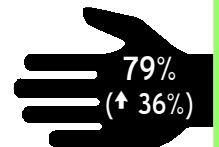


We design activities so residents get to know their neighbours and KV staff, help identify problems, and facilitate solutions.

86% of residents feel safe and secure



Feel connection to KV community



Feel connection to staff

For information on CWCDP Contact:

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<sup>1</sup> See Revera Report on Ageism: *Independence and Choice as We Age*, accessed at [www.ageismore.com/getattachment/Research/Revera-Report-on-Ageism-Independence-and-Choice-A/Independence\\_and\\_Choice\\_Report\\_2016.pdf.aspx](http://www.ageismore.com/getattachment/Research/Revera-Report-on-Ageism-Independence-and-Choice-A/Independence_and_Choice_Report_2016.pdf.aspx)

<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>3</sup> Tested n=42 using Fullerton Advanced Balance Scale: Source—[www.ncbi.nlm.nih.gov/pubmed/18976981](http://www.ncbi.nlm.nih.gov/pubmed/18976981)