Outline

• Who am I?
• Who are we?
• What are we doing?
• Where are we going?
Faculty of Applied Health Sciences

• Leader in developing strategies to:
  – Prevent disease and injury
  – Protect and promote healthy living
  – Optimize physical ability
  – Improve well-being throughout the lifespan

• Legacy of innovation, excellence and impact
Faculty of Applied Health Sciences

• Internationally renowned expertise in:
  – Public and population health studies
  – Gerontology
  – Kinesiology
  – Recreation
• Multi-disciplinary approaches
• Translation of research-to-practice-to-policy
Faculty of Applied Health Sciences

• Departments
  – School of Public Health and Health Systems
  – Kinesiology
  – Recreation and Leisure Studies

• Research Groups and Centres
  – Canadian Index of Wellbeing
  – Centre of Research Expertise for the Prevention of Musculoskeletal Disorders
  – interRAI Canada
  – Murray Alzheimer Research and Education Program
  – Propel Centre for Population Health Impact
  – RBC Retirement Research Centre at the University of Waterloo
  – Schlegel –UW Research Institute for Aging (RIA)
  – School of Anatomy

• Students
  – Undergraduate: 1,670; Graduate: 434
  – Faculty: 127

WATERLOO
APPLIED HEALTH SCIENCES
Faculty of Applied Health Sciences

- National & International leader in *Health, Wellbeing & Aging*:
  - Schlegel –UW Research Institute for Aging
  - School of Public Health & Health Systems
  - Murray Alzheimer Research & Education Program
  - Canadian Index of Wellbeing (CIW)
  - RBC Retirement Research Centre
Aging, Health and Well-being

The collaborative PhD Program in Aging, Health and Well-being provides students registered in any department/school in the Faculty of Applied Health Sciences with an interdisciplinary platform upon which to develop a broad understanding of issues related to the health and well-being of our aging population. The program affords the opportunity to cross departmental boundaries to access courses and resources including dissertation committee members who can add different perspectives to penetrating research problems.

The program prepares doctoral students for careers in academic institutions as well as in the private sector and related non-university settings such as hospitals, research and policy institutes.
Aging, Health and Well-being

Examples of Thesis Titles:

• Integrating Supportive Housing in the Continuum of Care in Ontario

• Heart Failure among Older Home Care Clients: An Examination of Client Needs, Medication Use and Outcomes

• Relationship between Quality of Life and Selected Resident and Facility Characteristics in Long Term Care Facilities in Canada

• Living with Hope in the Midst of Change: The Meaning of Leisure within the Context of Dementia

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Schlegel-University of Waterloo Research Institute for Aging

Schlegel Research Chairs

Neuroscience and Aging
Geriatric Medicine
Geriatric Pharmacotherapy
Vascular Aging & Brain Health
Enhanced Seniors Care (Conestoga)
Nutrition & Aging (New)
Dr. Hughson's research is investigating the links between cardiovascular aging and changes in brain blood flow. Evidence is showing that important lifestyle factors such as regular exercise and appropriate nutrition can help to keep blood vessels from stiffening. What is not known yet is how effectively this will assist in maintaining higher brain blood flow with aging. Another problem under investigation is the dizziness that can occur because brain blood flow decreases in many older people when they get up from lying bed or sitting in a chair. It might be unexpected but these down to Earth problems of aging have parallels in astronauts on the International Space Station and Dr. Hughson is using what he learns from studying astronauts to help with the aging research and to inspire seniors to exercise.
An MD with specialist credentials in Internal Medicine and Geriatric Medicine, Dr. Heckman focuses on chronic disease, aging, frailty, and gerontology. Current research focus includes:

• management of heart failure in long term care and other frail seniors
• primary care management of dementia
• home care safety
• vascular aging
Dr. Keller focuses on the determinants of food intake, especially psychosocial factors, understanding eating behaviour, and demonstrating the importance of nutrition to health and quality of life of older adults. Several projects are underway investigating diet resilience in older adults, factors related to poor appetite, and food enhancement in long term care. An additional area of research – Nutrition and Dementia – is focused on the psychosocial aspects of mealtimes for older adults living with dementia.
11 Schlegel Villages provide “living research environments” in which innovations are developed, tested and applied.
Centre for Excellence in Teaching and Research for Seniors

Partners to build research centre for seniors at the University of Waterloo

WATERLOO, Ont. (Monday, Aug. 29, 2011) - An ambitious partnership involving the Ontario government, postsecondary sector and Schlegel Villages will develop a centre of excellence for research, training and innovation in senior health care and wellness at the University of Waterloo. The goal is to help Canada better prepare for an aging population.

The development on Waterloo’s north campus will be built in three phases, starting with a 192-bed long-term care home owned and managed by Schlegel Villages. It will include a specialized building where faculty, staff and students from the University of Waterloo, Conestoga College and the Schlegel-University of Waterloo Research Institute for Aging (RIA) will work and learn with residents and staff from the adjacent long-term home.
• **Mission** is to advance learning, knowledge, practice and capacity in the fields of public health and health systems through strategic partnerships and excellence in teaching, research, and service.
• **Vision:**
  – Improve human resource capacity for public health & health systems nationally and internationally
  – Improve opportunities for health professionals
  – Improve foundation of evidence and access to inform health system design, intervention and evaluation
  – Generate innovative tools, programs, policies and surveillance systems
  – Understand & respond to health challenges related to aging
• Chronic Disease Prevention & Management
• Health Care System Integration, Management & Informatics
• Health and Aging
• Food and Water Security & Governance
• Health and the Built Environment
• Health Inequity, Poverty & Aboriginal Health
• International, not-for-profit network of ~60 researchers and health/social service professionals

• Comprehensive assessment of strengths, preferences, and needs of vulnerable populations

• Multinational collaborative research to develop, implement and evaluate comprehensive assessment instruments and their related applications
North America
- Canada
- US
- Mexico

Europe
- Iceland, Norway, Sweden, Denmark, Finland, Netherlands, France, Germany, Switzerland, UK, Italy, Spain, Czech Republic, Poland, Estonia, Belgium, Lithuania, Portugal, Austria, Russia

Central/South America
- Brazil, Chile
- Belize, Peru

Africa
- Ghana

Middle East
- Israel, Lebanon

Pacific Rim
- Japan, China, Taiwan, Hong Kong, South Korea, India, Australia, New Zealand, Singapore
Family of Instruments

- Home Care
- Complex Continuing Care Hospitals, Nursing Homes
- Acute Care
- Mental Health
- Intellectual Disability
- Palliative Care
- Post-Acute Care-Rehabilitation
- Community Health Assessment
- Subjective Quality of Life

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An innovative program that adopts a partnership approach and integrated research and educational activities in an effort to improve dementia care practices in Canada and beyond to ultimately improve the quality of life of those experiencing dementia.
• B.E.N.E.F.I.T. Mission
  – Build individual capacity
  – Enable the development of supportive dementia communities
  – Nurture strong relationships/partnerships
  – Enhance quality of life
  – Facilitate and conduct social critical research
  – Identify and create innovative approaches & solutions
  – Transform images and understandings of dementia and dementia care
Current Projects:

**Dementia Diagnosis Resource Kit**
- to facilitate sustainable long term care culture change reflective of a relationship-centred/partnership to enhance the care experience for persons living with dementia, their family care partners and staff.

**Partnerships in Dementia Care Alliance**
- to work with persons with dementia, family members and a range of professionals in the development of a “kit” to be provided to persons with dementia and their family partners in care upon diagnosis
Current Projects:

By Us for Us Guides

• series of guides created by a group of talented persons with dementia and/or partners in care. The guides are designed to equip persons with dementia with the necessary tools to enhance their wellbeing and manage daily challenges.

A Changing Melody

• DVD is a compilation of speakers from 2005 forum (including persons living with dementia, family partners in care discussing topics related to the theme “Taking Control of Our Lives.”
A national initiative supported by an independent, non-partisan group of national and international leaders, researchers, organizations and grassroots citizens who are developing a new way of measuring wellbeing in Canada.
• CIW Network is based at the University of Waterloo within the Faculty of Applied Health Sciences

• Global pioneer in developing a holistic and integrated approach to measuring wellbeing.

• CIW tracks wellbeing in an effort to offer clear, effective and regular information on the quality of life of Canadians.

• Promotes a dialogue on how improvement can happen through progressive policies, responsive to needs and values of Canadians.
The CIW adopts a much broader view of progress adding activities that are beneficial and subtracting activities that are harmful to our society.

It gives a more realistic picture of our wellbeing balancing gains in some areas against losses in others.

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<th>Domains of Wellbeing</th>
<th>The CIW adopts a much broader view of progress adding activities that are beneficial and subtracting activities that are harmful to our society.</th>
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Brings together two very different worlds to deliver expertise and assistance Canadians approaching retirement require.

Our goal is to inform, engage and empower people to learn, understand, and prepare for physical, psychological and financial health and well-being in retirement.

RBC provides annual funding for Undergraduate Research Fellowships that allows students to work with supervisors focused on aging research.
Where are we going?

• **Goal**: Become the “go to” university in Canada for Aging, Health and Wellbeing

• Internationalization
  - Teaching
  - Research
  - Service

• Expand the research-policy-practice focus

• Train the next generation of trans-disciplinary health researchers

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Thank you

Susan. J. Elliott
Dean, Faculty of Applied Health Sciences
University of Waterloo
Waterloo, Ontario Canada
elliotts@uwaterloo.ca