

PHOTOVOICE



OA-INVOKE
Older Adults' Active Involvement in Ageing
& Technology Research and Development
AGE-WELL



Canada's technology and aging network



AGE-WELL'S 3RD ANNUAL CONFERENCE

**BENEFITING CANADA:
TECHNOLOGIES, SERVICES, AND POLICIES FOR HEALTHY AGING
OCTOBER 17-19, 2017**

REFLECTIONS OF OA-INVOKE PARTICIPANTS

BESSIE HARRIS

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JANET FOWLER

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IAN GOLDMAN

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BESSIE HARRIS - HALIFAX

1. Here I am with Izabela about to land in Winnipeg. A new adventure with some doubts, excitement and anticipation about what I am doing here and what the AGE-WELL Conference will be like in terms of content, pace, older adult participation and acceptance by researchers and other stakeholders. What will the OA-INVOLVE team be like?

2. We arrived at our hotel and the bed looked inviting after a long day but we were off to the Fairmont to register, meet the team, go to dinner at Hermanos and attend the Drinks and Demos Session. My first experience of the mad men cab drivers in Winnipeg was a bit much but we managed to make it to the Fairmont. Met the team, except for Judith, and here we are off to dinner.

A great group of people and a wonderful welcome marked a promising beginning. Fun at dinner but the Drinks and Demos were too much for me and, with regret, I left early with tomorrow beckoning.

3. One of the highlights was the Opening Keynote Speech with Michael Tamby, President and CEO of KOBO. He was a dynamic speaker and certainly had a handle on the users of KOBO. I was impressed and tempted to get a KOBO. At the end of the session, Susan even managed to get Alex Mihailidis and Andrew Sixsmith to come and meet us. That was quite a feat on her part. The opening session made me aware of the young researchers etc. present but there were a number of older researchers and stakeholders present as well.



BESSIE'S
Story Continued



Stakeholder Advisory Committee Meeting



4. The invitation to this meeting came at the last minute and none of the OA-INVOLVE team knew what it was all about. Ian, Janet and myself went to the meeting not quite sure of what was to come. For me the meeting was the one major disappointment of the Conference. The co-chairs were unable to keep the meeting focused because of the need of the young caregivers who wanted to express their needs and thoughts regarding their personal experiences and expectations of AGE-WELL. The meeting did not get beyond trying to find a name for the group. The concept of a Stakeholder Advisory Committee is a good one, but it needs some rethinking.

5. Lunch 'n Learn From Principle to Action: Older Adults as Experts was a one of the sessions I found the most enjoyable. We each got a chance to express our thoughts about AGE-WELL and OA-INVOLVE. Although there was not enough time for all the presentations, including ours, which were part of the session, some valid points were made and questions raised. Hopefully, in future conferences AGE-WELL will allow more time for OA-INVOLVE and presentation by older adults followed by a discussion period.

6. There were many other mentionable moments but here is one of the more humorous ones, which I appeared to think was

funny. After partnering with Romeo to examine the usefulness of a fire alarm which we inadvertently managed to immediately set off; I decided to try another gadget, a blood pressure machine that looked like a giant watch. Romeo, being helpful, decided to examine it more closely to see how it worked. A moment of fun in a serious learning experience to test the ease of assembly, readability, clarity of instructions, ease of use and true usefulness for older persons of the many gadgets on the market.

Knowledge mobilization was another great session but, again, there was a lack of time for discussion of the many ways in which knowledge can be disseminated to the target population.



A few final reflections

I am not in the least technically adept. AGE-WELL had a Conference app, which Tanya helped me download – no paper program. I found it a bit awkward to use. The ability to use and understand technology and be comfortable doing so is, I think, assumed by AGE-WELL but for me it has been another major learning experience both with AGE-WELL and OA-INVOLVE. ZOOM, GO TO MEETING, PHOTOVOICE were alien to me but things I had to learn about in preparation for the Conference. When involving older adults as research partners the readiness of the older adults to use technology effortlessly is something for AGE-WELL to consider.

The Conference was very fast paced, and time got in the way of completing sessions and allowing for discussion. There were older adult research partners at the Conference but not many. Their time for making a contribution as presenters and in discussion was limited. This is an area that AGE-WELL and OA-INVOLVE might examine in relation to future conferences.



Was the Conference worthwhile?

Indeed, it was. It provided a great overview and a better understanding of the breath and depth of AGE-WELL and the place of OA-INVOLVE within the overall umbrella. As well, it provided an opportunity to meet and learn about the work of researchers, stakeholders and partners. Within the parameters of AGE-WELL it also brought to light what a great team we have in OA-INVOLVE.



JANET FOWLER - GUELPH

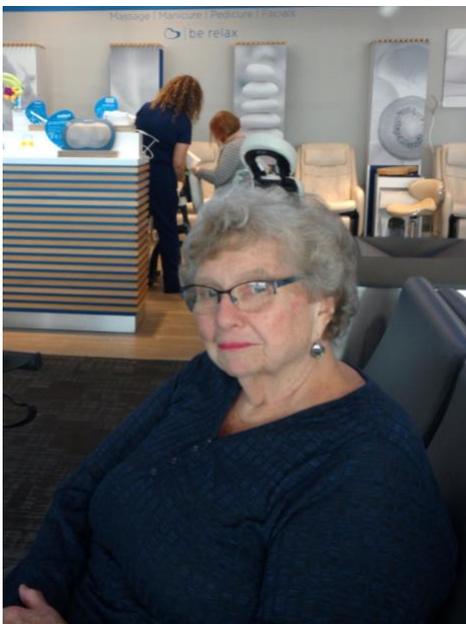
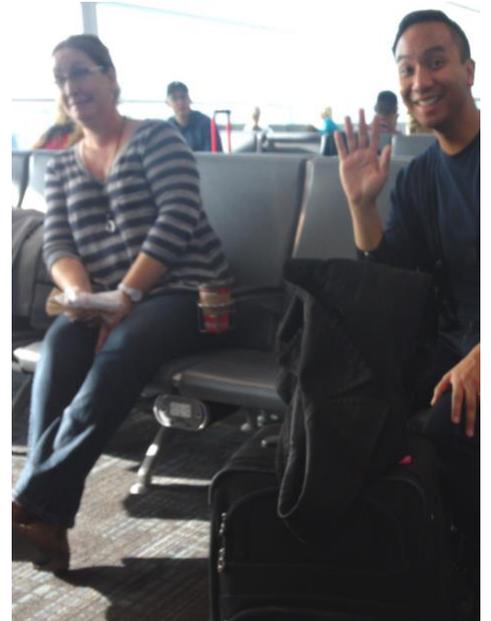
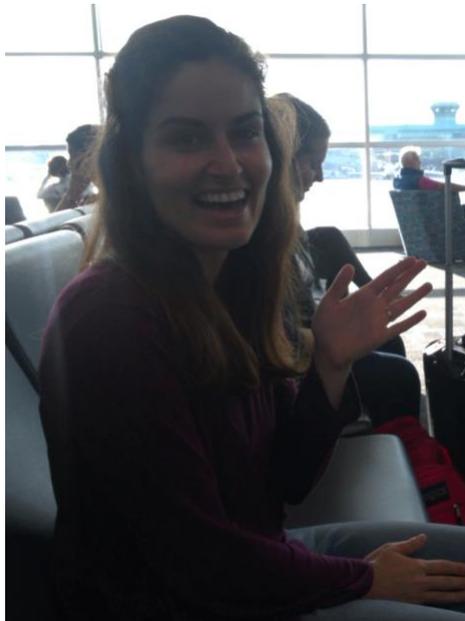
This is the story I want to tell about my involvement with the AGE-WELL Annual Conference, in Winnipeg, October 17-19, 2017.

I want to start by thanking everyone who made my attendance possible, never imagining when I joined OA-NVOLVE in November of last year, that I would have the privilege of attending this conference.

First, we had to get there! It began in Toronto, waiting for our Westjet flight Romeo, Oriana and I got acquainted. Our travel went smoothly, thanks to all the arrangements Izabela made.

We registered at The Fairmont, then walked to The Forks, about 25 minutes away... the way an OA walks with a walker...where we got to know some of our colleagues over lunch.

DAY 1



JANET'S ... Story Continued

1. On return, moved into my luxurious bedroom...where I spent very little time!
2. The view from my room Portage Avenue...many memories from my youth when I lived in Winnipeg.
3. A quick check-in at the Conference Registration Desk...efficiently handled by these young ladies
4. Then off to Hermanos Restaurant, which specializes in South American cuisine. Bessie and Izabela were particularly hungry, having no time to grab a bite between their two flights from Halifax. Special thanks go to Oriana, who researched restaurant options prior to the trip, and booked our preferences. Our Wednesday meal at the Old Spagetti Factory, which followed our memorable visit to the Canadian Museum of Human Rights, was likewise enjoyable.





The five -minute walk to Hermanos included some interesting sculptures along the way.



As always, people love to chat whenever there is good food, and we got to know each other better. Here are the lucky ones who ate here: Pia, Romeo, Oriana, Janet, Bessie, Izabela and Ian.

Drinks & Demos



5 I visited this researcher, who patiently explained it to me with his delightful French accent.



6. This fellow, whom I afterwards called “Games Guy”, explained to me a series of free computer games that would

keep my brain stimulated. His project addressed connecting socially through digital games. Solitaire Quiz and Tic Tac Quiz were AGE-WELL supported and aim to encourage social connectedness and help reduce loneliness in older adults. Also in design is a multi-user escape room,



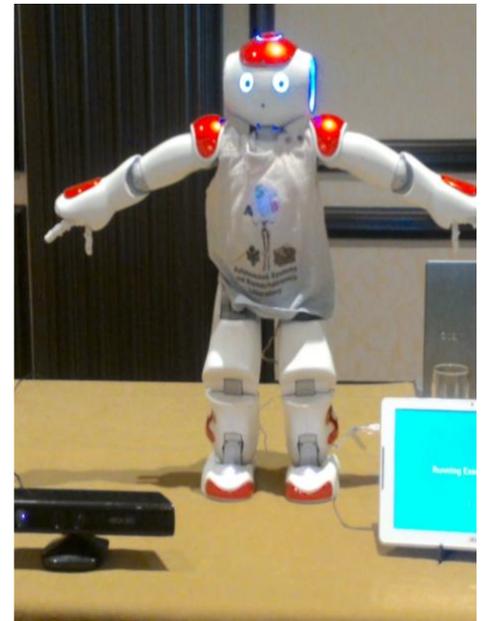
intended for group play. Check it out at jeuxserieux.ca/sq

7. Well, you can't do Drinks and Demos without food! After all it has been two hours since we had a meal! Oriana arranges her plate of treats.

Drinks & Demos

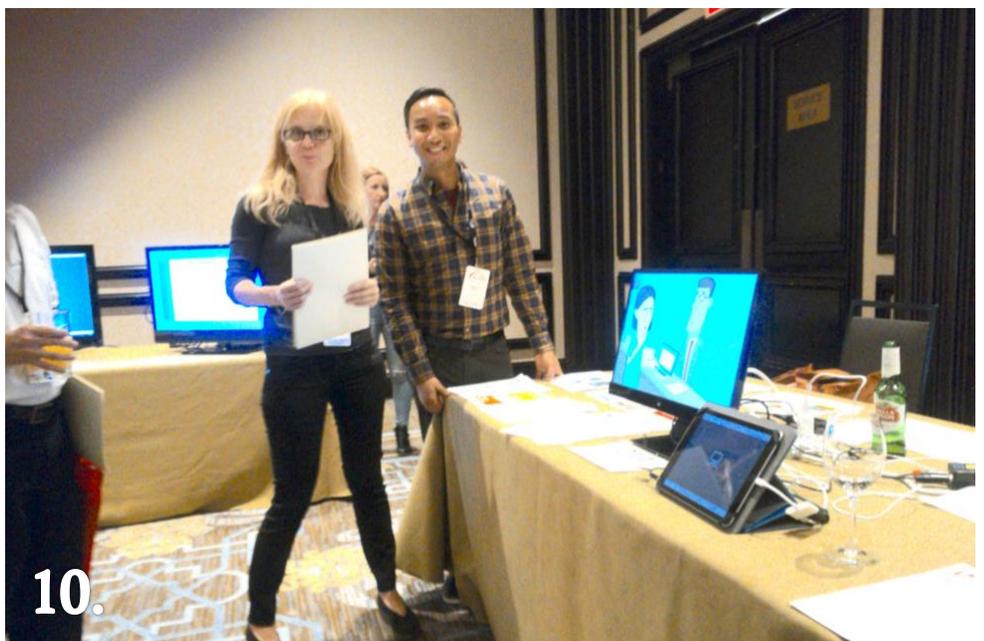
8. A great evening to explore so many displays of new technology and research findings. Life in a wheelchair is difficult. This gentleman explained a device, easily installed on wheelchairs, that he feels has totally changed his ability to navigate. AGE-WELL supported the start-up for this Braze Mobility Inc. anti-collision system for wheelchairs. Braze's add-on system uses sensors to detect obstacles and provide feedback to the driver, transforming a regular wheelchair into a "smart wheelchair".

9. Oh yes, the robots! They are to revolutionize our lives! This little guy, named "Tangy" is a socially assistive robot. Here he shows how he guides a person through a series of exercises. Developed at the Autonomous Systems and Biomechatronics Lab at the University of Toronto, he is part of their research to assist humans in stressful tasks, or when a shortage of qualified personnel exists. I wonder if the time will come when my wellbeing depends upon the guidance of a robot!



NOW LOOK WHOM I'VE FOUND!

10. Izabela and Romeo at the W1.3 demo table... playing our video meant to aid in encouraging recruitment of Older Adults in research. I recall our national videoconference meeting when we first discussed possible scenarios and scripts, and then later had the opportunity to view the proposed video and to suggest script changes..., which we did,...and here is the result!





**JANET'S STORY CONTINUED
LUNCH & LEARN AND MORE**

11. Wednesday morning, after too few hour of rest...back to the Main Conference Room for the keynote speaker and Scientific Talks. Ian and Romeo confer over breakfast, while Bessie heads out for another cup of coffee. I follow.

12. Izabela listens intently to the Keynote speaker, Michael Tamblyn, talk about the Kobo – or is she preparing for another session?

13. Susan Kirkland presents our WP 1.3 project to conference attenders. Izabela, Judith and Ian share a table.

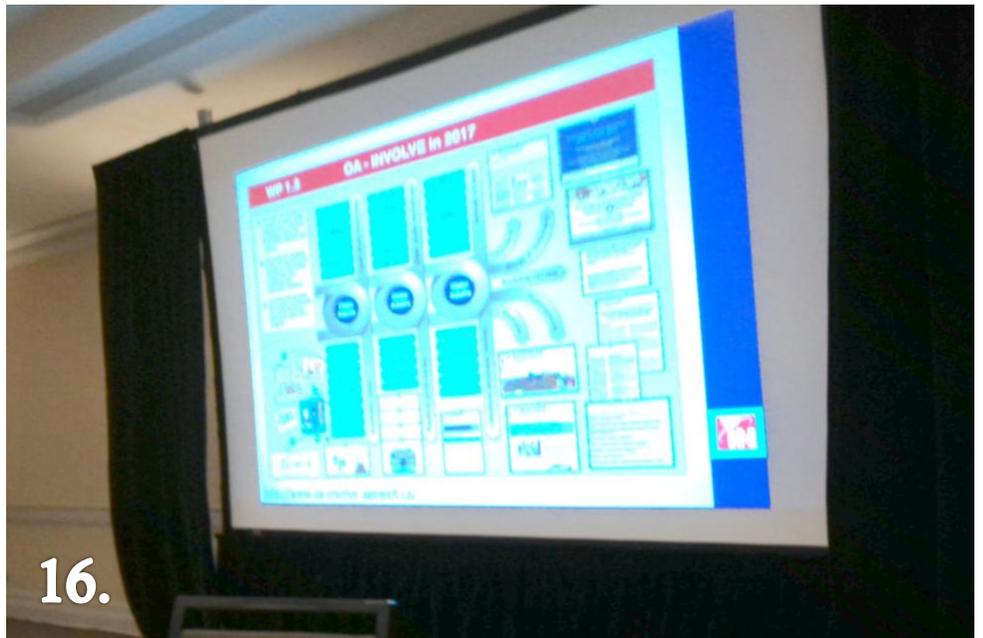
14. Wednesday's Lunch & Learn. Izabela and Oriana are both puzzled and amused by the confusing and tiny instructions. I have often wondered why manufacturers include material that can neither be read or understood. Bessie is laughing at Romeo's intense scrutiny of a large watch.

15. Our Turn! Romeo introduces our WP1.3 project. Bessie and Ian present their views on OA Involvement, and what it has meant to them



Lunch & Learn

16. Our explanatory handout sheet is impressive. Now...if only we could grasp it all!



17. Our project: From Principle to Action: Older Adults as Experts. Drawn by Tracy Levasseur, Decisionwork.ca



Community Stakeholders' Meeting

18. Ian, Bessie and I next attended the Stakeholders Meeting, intended for Older Adults and Caregivers. There was some debate over both the name and intended purpose for this group. We ended with the promise of further follow up. Participants included the two young women recently featured in the film "Much Too Young" which recounted each of their journeys caring for a mother with Early Onset Alzheimer's disease. There is a deep need in our society for more assistance to the millions of unpaid caregivers, estimated to compose 25% of our population and number over 8 million.





IAN GOLDMAN - TORONTO

1. Smooth prep. & journey from Toronto...

Travel arrangements well organized by OA-INVOLVE team. Detailed schedule helped me navigate a very full timetable. Well coordinated work sessions over 3 weeks had helped the Older Adult Research Partner Group (OARPG) prepare our team presentation. Travel arrangements were well organized by the OA-INVOLVE team. They provided a detailed schedule which helped me navigate a very full Conference timetable.

2. ... And a happy landing in Winnipeg

Stimulating to visit a new city & to meet and work/play with OARPG members.

3. Three tools to help connect & capture learnings

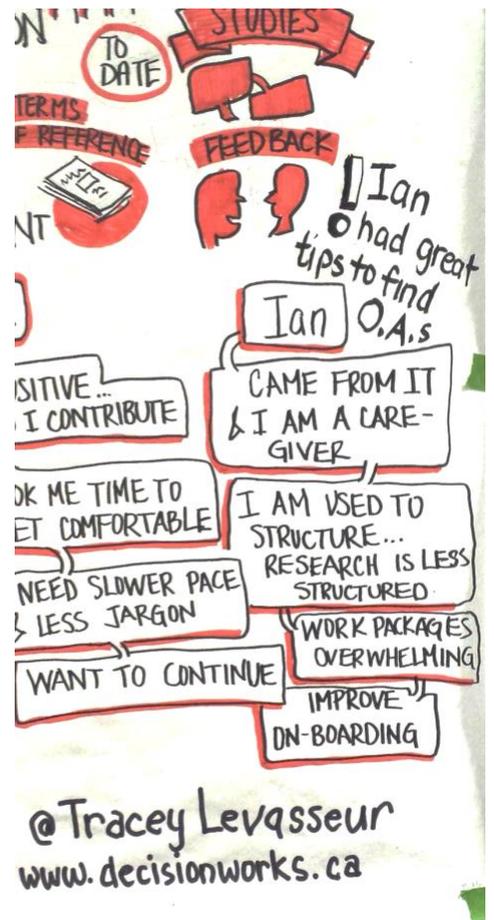
* AGE-WELL App for tablets & smartphones: Attendee profiles for connecting, posting photos and comments

* Graphic recording: Cartoon style capture to illustrate key points presented

* Photovoice: Sharing our experiences through photo and reflection

4. Putting heads together

Brainstorming the WP 2.3 CARE-RATE project in a coffee chat with project Co-Lead Dr. Jen Boger: a tool to support caregivers using a new type of artificial intelligence. One of several opportunities to make new connections and build existing ones.



Ian's story continued

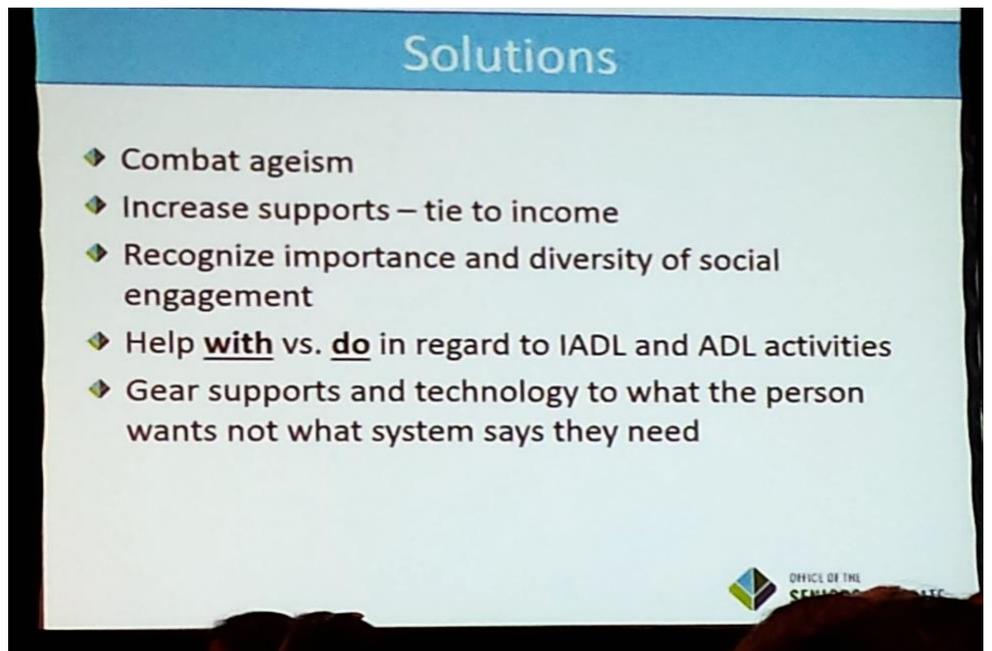
5. Thank you for the opportunity to:

- Better understand the AGEWELL network and organization
- Begin work with Pan-Canada representatives on a Community Stakeholder Agreement
- See and connect with projects and their people first hand



6. Summary of Closing Keynote

Principles for achieving “fit for purpose” solutions summarized by Seniors Advocate to B.C. Government



7. Sharing our findings back in our community

The OA-INVOLVE interim findings, tools and Conference presentations have been posted on its website <http://www.oa-involve-agewell.ca/>

OLDER ADULTS' ENGAGEMENT

Technology projects | Barriers & Facilitators | Solutions & Tips

AGE-WELL

A federally-founded Network of Centre of Excellence (NCE), dedicated to creation of technology and services that to help older Canadians maintain their independence, health and quality of life. This pan-Canadian network encompasses researchers from 29 universities, government and over 110 industry and non-profit partners united by the vision of harnessing the potential of emerging and advanced technologies to promote healthy aging.

OA-INVOLVE

A core AGE-WELL project studying the practices and experiences of older adults' engagement in technology projects, aiming to develop guidelines for participatory research and development (R&D) of

Engaging older adults in AGE-WELL technology projects

It is recognized that involving older adults in the development of technologies intended for their use creates societal, economic and research benefits; however, currently there is limited guidance on the practical aspects of planning and working with older adults in developing technologies. Successful participatory approaches rely on developing strong professional relationships with community members, but may be resource-intensive and often require adaptations of research methods. Moreover, funding models do not always support early older adults' engagement in early phases of the R&D process. Implementation of participatory approaches requires a shift from traditional researcher-centred thinking towards a more dynamic, multi-directional, and egalitarian process.

Practical tips for engaging the older adults throughout the research process

Recruitment & Timeline

- Use a variety of methods for recruitment to ensure that a diverse group will represent varied preferences of older adults, recognizing that each older adult is unique and cannot represent all older adults.