The 24th Annual John K. Friesen Conference

HARNESSING TECHNOLOGY FOR AGING-IN-PLACE

May 14-15, 2015
Segal Centre, SFU Vancouver Campus
515 West Hastings Street, Vancouver BC
Organizing Committee

Andrew Sixsmith – Professor and Director, SFU-GRC (Conference Chair)
Raymond G. Adams – Information Officer, SFU-GRC
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Gloria Gutman – Professor/Director Emerita, SFU-GRC and Department of Gerontology (Program Chair and Conference Manager)
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Linda Johnston – Student, Adults 55+ Program, Lifelong Learning, SFU
Rosalyn Kaplan – Director, Liberal Arts and Adults 55+ Program, Lifelong Learning, SFU
William Kearns – President, North American Chapter Internation Society for Gerontechnology
Sue Levkoff – Secretary, North American Chapter Internation Society for Gerontechnology
Welcome
The Simon Fraser University Gerontology Research Centre (GRC) and associated Gerontology Department are pleased to welcome you to the 24th John K. Friesen Conference. This year’s conference, organized and hosted in cooperation with the AGEWELL-NCE, North American Chapter of the International Society for Gerontechnology and SFU’s Lifelong Learning Adults 55+ Program, explores the range of technologies available or under development for adults 55+ looking to age in place. These include “smart” homes and cars, wearable sensors, websites, smart phone and tablet applications for use by seniors, caregivers or family living at a distance who want to stay in touch, electronic health records and more. The keynote speaker and expert panels will discuss the pros and cons of each option and the type of senior for whom it is best suited. To the extent possible consumers’ first hand reactions to current and emerging aging-in-place technologies will be presented. The objective of the conference is to provide information that will enable people aged 55+ to plan ahead and make informed choices about whether to stay put in their current home or move to alternative accommodation. As well, it will provide a forum for developers (private & non-profit) to learn what adults aged 55+ are looking for in the way of housing and supports for their later years.

Andrew Sixsmith PhD
Professor and Director, SFU Gertontology Research Centre (GRC) & President, International Society for Gerontechnology, Friesen Conference Chair

Gloria Gutman PhD
Professor/Director Emerita SFU GRC & Dept. of Gerontology, Friesen Conference Program Chair & Conference Manager

Habib Chaudhury PhD
Professor and Chair, SFU Department of Gerontology
**Conference Program**

**Day 1 - Thursday May 14**

8:00am - 9:00am  **Registration**

9:00am - 9:15am  **Welcome and Introduction**

Andrew Sixsmith, Director, SFU-GRC; Scientific Co-director, AGE-WELL NCE
William Kearns, President North American Chapter International Society for Gerontechnology
Rosalyn Kaplan, Director, Liberal Arts & Adults 55+ Program, Lifelong Learning, SFU

9:15am - 10:30am  **Setting the Stage for Discussion**

Chair: Gloria Gutman, Professor/Director Emerita SFU Gerontology
Aida Niavarani, Market Analyst, CMHC
“Congregate Housing (Assisted Living) in Canada: Findings from CMHC’s 2014 Seniors Housing Survey”
Elizabeth Tang, Knowledge Transfer Consultant, Knowledge Transfer and Outreach Division, BC Business Centre, CMHC
“Where Seniors Get Their Housing Information: Findings from CMHC Focus Groups and Other Research”
Alex Mihailidis, Department of Occupational Therapy, University of Toronto, Scientific Director, AGE-WELL NCE

10:30am - 10:45am  **Coffee Break**

10:45am - 12:00pm  **Panel 1 – Technologies for Managing Health**

Chair: Kendall Ho, Director, e-Health Strategy Office, UBC

Sue Levkoff, Director, SmartSTATE© SeniorSMART© Center of Economic Excellence, University of South Carolina
“Remote Monitoring Following Hospital Discharge and A Medication Adherence App for Older Adults”
Martha Mackay, Heart Centre, St. Paul’s Hospital
“A Virtual Heart Failure Clinic and other Recent Developments in e-Health and m-Health for Management of Chronic Conditions”
Pat Camp, Centre for Heart Lung Innovation UBC and St. Paul’s Hospital
“Remote Management and Rehabilitation of COPD Patients”
Stephen Wilcox, Design Science, Philadelphia, PA
“What If We Had a Care-pathway Navigation App?”

12:00pm - 1:00pm  **Lunch**
1:00pm - 2:15pm  **Panel 2 - Technologies in Aid of Mobility**

Chair: **Steven Robinovitch**, Professor, SFU School of Engineering Science & Canada Research Chair

**Ben Mortenson & Emma Smith**, Department of Occupational Therapy UBC and
**Jaimie Borisoff**, Canada Research Chair in Rehabilitation Engineering BCIT

“Advances in Wheeled Mobility: From Manual Wheelchairs to Intelligent Systems”

**Mark Blandford**, Deputy Seniors Advocate, Province of BC - Discussant

2:15pm - 3:30pm  **Panel 3 – Technologies for Managing Your Home and Making it/you Safer**

**Shahram Payandeh**, Experimental Robotics & Imaging Laboratory, School of Engineering Science, SFU

“Smart Living Environments and Assistive Robotics”

**William Kearns**, Department of Rehabilitation and Mental Health Counselling, University of South Florida

“Extending Smart Home Technology for Persons with Cognitive Impairment”

**Ian Mitchell**, Department of Computer Science, UBC

“The People and Planet Friendly Home: Sustainable, Affordable and Adaptive Housing”

**Emily O’Hearn**, Injury Prevention and Mobility Lab, Biomedical Physiology & Kinesiology, SFU

“No More Baggy Underpants: Will Stick-on Hip Protectors Improve Patient Compliance?”

3:30pm - 3:45pm   Coffee Break

3:45pm - 4:30 pm  **Panel 4 – Technologies for Fun, Socializing and Building Community**

Chair: **William Kearns**, President, North American Chapter International Society for Gerontechnology

**David Kaufman**, Faculty of Education, SFU

“Seniors and Electronic Gaming”

**Andrew Sixsmith**, Director, Gerontology Research Centre, SFU

“You’re Never Too Old to Rock and Roll: Developing a Simple Music Player for People with Dementia”

**Gloria Gutman**, SFU Gerontology and **Robert Beringer**, Royal Roads University

“Using a Web-based Platform to Foster Community and Advanced Care Planning Among LGBT Older Adults”

4:30 pm - 5:30pm  **Panel 5 – Technologies in Support of Caregivers**

Chair: **Barbara MacLean**, Executive Director, BC Family Caregivers’ Network

**Sue Levkoff**, Director, SmartSTATE© SeniorSMART© Center of Economic Excellence, University of South Carolina

“A Self-directed, On-line Training Program for Latino and Chinese Family Dementia Caregivers”

**Paul Sharman**, Co-founder, Claris Healthcare

“The Claris Companion, a Communication and Monitoring System for Caregivers and Seniors Living on Their Own”
Day 2 Friday, May 15

7:30am - 8:00am  Registration

8:00am - 8:15am  Welcome and Recap of Day 1

8:15am - 9:15 am  Panel 6 - The Internet: Blessing or Curse?
Chair:  Darryl Plecase, Parliamentary Secretary for Seniors to the BC Minister of Health

  Kevin Smith, BC Centre for Elder Advocacy and Support & Det/Cst. Stephen Wilson, Economic/Technical Crime Unit, Delta Police
  “Online Frauds and Scams Targetting Seniors”
  Julie Robillard, National Core for Neuroethics & Djavad Mowafaghian Centre for Brain Health, UBC
  “Online Resources and Computerized Tools for Screening and Diagnosis of Dementia: Aging, Technology and Ethics”

9:15am - 10:30am  Panel 7 – Surveillance and Monitoring
Chair:  Martha Jane Lewis, Executive Director, BC Centre for Elder Advocacy and Support

  Wendy Johnstone, BC Caregivers Network
  Micheal Vonn, BC Civil Liberties Association
  Al Jina, President, Park Place Seniors Living

10:30am - 10:45am  Coffee Break

10:45am - 12:15pm  Panel 8 – Person-Technology Fit: How Do I Decide What Technology is Right for Me/My Organization?
Chair:  Chair:  Gloria Gutman, Professor/Director Emerita SFU Gerontology

  Coreena Robertson, Fraserview Care Lodge
  Jennifer Cairns, eGurus Technology Tutors
  Rowena Rizotto, Retirement Concepts

12:15pm - 12:30pm  Wrap Up

  Andrew Sixsmith, Roz Kaplan and William Kearns
## Sponsors & Exhibitors

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<th>Sponsor</th>
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<td><strong>Retirement Concepts</strong></td>
<td>One of the largest private providers of senior housing and services in BC, taking a leadership role within the Seniors Industry in the development and implementation of innovative technologies and practices to improve Seniors Living. As a provider of seniors housing and residences to over 3500 seniors across 20 campuses within BC, Retirement Concepts has opened a collaborative Innovation Centre to bring together researchers, scientists, clinicians into an integrative lab to develop products that will rapidly bring improvements to Seniors. The overall goal for Retirement Concepts and the Innovation Centre for Healthy Aging is to become an ambassador for research and innovation in Seniors Living to ensure that every RC Campus provides the best quality of care and service, and provides leading edge technologies towards improved seniors care. <a href="http://www.retirementconcepts.com/">Details</a></td>
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| **Revera** | Revera’s vision is to “celebrate the ageless spirit of people through service and innovation.” The words of our vision have an important meaning in relation to the work that we do:  
  - celebrate: we will recognize, praise and revere each other and everyone we serve. We will celebrate people in every interaction.  
  - ageless spirit: everyone is a person first, regardless of age or capabilities. We will value each individual, and nurture their mind, body and ageless spirit.  
  - people: we are in a human business. We will have a positive, heartfelt impact on the lives of the people we touch.  
  - service: we will go above and beyond to make each person feel important and appreciated. We will anticipate needs and exceed expectations. we will serve as we want to be served.  
  - innovation: we will be bold. We will continuously improve and expand to be innovative leaders in ways big and small. [Details](http://www.reveraliving.com/long-term-care) |
| **Bria Communities** | A family of unique, individually-managed seniors’ residences that share a core set of values and systems to provide seniors with the best possible independent living experience as consistently as possible. Bria’s vision is to be the leader in creating supportive, safe home-like settings that enable residents to lead quality lives. Bria is owned and operated by Century Group, a BC-based, family-owned real estate development and property management company in business for 60 years, launching its first seniors community in 2001 and opening its fourth residence in 2015. [Details](http://briacommunities.ca/) |
Canada Mortgage and Housing Corporation (CMHC) helps Canadians meet their housing needs. As Canada’s authority on housing, we contribute to the stability of the housing market and financial system, provide support for Canadians in housing need, and help to improve the well-being of the housing sector by conducting or supporting a wide range of research aimed at improving the quality of Canadian housing. In everything we do, we are committed to helping Canadians access a wide choice of quality, affordable homes, while making vibrant, healthy communities and cities a reality across the country. More information is available at [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) or by calling 1-800-668-2642

**GOLD SPONSOR**

**BC HOUSING** develops, manages, and administers a wide range of subsidized housing options across the province. We partner with private and non-profit housing providers, other levels of government, health authorities, and community groups to increase affordable housing options for British Columbians in greatest need.

BC Housing also helps bring about improvements in the quality of residential construction in B.C. and helps strengthen consumer protection for buyers of new homes.


**EXHIBITOR**

**BCCEAS** works to prevent elder abuse and to provide assistance and support to older adults that are, or may be, abused and those whose rights have been violated. It provides the following programs that educate, support and advocate on behalf of older adults.

- Seniors Abuse & Information Line (SAIL)
- Victim Services Program
- Legal Programs
- Education and Workshops

SAIL is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention. The Victim Services Program provides information, support and referrals to people aged 50+ who are victims of abuse, family and sexual violence. The Legal Programs provide legal advice, advocacy and representation to people aged 55+ who are not able to access legal help due to income or other barriers on legal issues involving: housing, debt, government benefits, financial exploitation, guardianship/capacity, abuse/neglect, discrimination. BCCEAS also offers training and workshops to community groups on elder abuse in general, and financial abuse in particular. Topics include frauds and scams targeting older adults, and powers of attorney and joint bank accounts.

[http://bcceas.ca/](http://bcceas.ca/)
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<th>The BC CRN is a provincial non-profit society which works with agencies, service providers and others to develop a coordinated response to adult abuse, neglect and self-neglect. Further, it is mandated to do elder abuse awareness and prevention. Active in over 116 BC communities, it supports these activities with mentors, materials, education, workshops and local project grants. <a href="http://www.bccrons.ca">www.bccrons.ca</a></th>
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<td>Claris Healthcare provides Claris Companion, a state-of-the-art communications and monitoring system for caregivers and seniors living on their own. Claris Companion promotes aging-in-place by engaging seniors socially and empowering them to manage their own care, even those with MCI. The cloud-based Claris platform allows caregivers to remotely enable medication reminders, video calls, email/text messaging, ADL surveys, activity monitoring, caregiver alerts and more... <a href="http://www.clariscompanion.com/">http://www.clariscompanion.com/</a></td>
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<td>The International Association of Gerontology and Geriatrics (IAGG) is comprised of 73 national organizations in 65 countries with a combined membership 45,100. Objectives are to promote research on individual and population aging, training of highly qualified personnel, and members' interests in international affairs. IAGG organizes a World Congress every four years, auspices workshops, expert meetings and regional Congresses, and collaborates regularly with the UN's Programme in Ageing, WHO, UNDP and other international organizations. <a href="http://www.iagg.info/">http://www.iagg.info/</a></td>
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<td>The International Society for Gerontechnology (ISG) promotes design of technology and environments for independent living and social participation of older persons in good health, comfort and safety. It holds biennial international conferences, publishes the quarterly journal Gerontechnology and, like INPEA, enjoys a collaborative relationship with IAGG as a Standing Committee. <a href="http://www.gerontechnology.info">www.gerontechnology.info</a></td>
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<td>EXHIBITOR</td>
<td>Justice Institute of BC Community Care Licensing Officer Program</td>
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<td>The Advanced Specialty Certificate in Community Care Licensing is for current and future Community Care Licensing Officers (CCLOs). It covers all the knowledge and competencies that CCLOs need to do their jobs. The certificate comprises 30 credits of specialized and advanced curriculum that builds upon prior education and experience. Courses are delivered online, giving learners in BC and elsewhere a lot of flexibility. You can maintain your work and family commitments while you enroll in one or more courses per term until you complete the certificate. <a href="http://www.jibc.ca/cclo">www.jibc.ca/cclo</a></td>
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<td>Live confidently at home with Lifeline, the #1 medical alert which provides help at the push of a button, 24 hours a day. Lifeline with AutoAlert has an added layer of protection by automatically placing a call for help if a fall is detected and you can’t push your button. <a href="http://www.lifeline.ca/content/english">http://www.lifeline.ca/content/english</a></td>
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<td>The Adults 55+ Program, formerly the Seniors Program, which dates back to 1975, offers more than 100 courses a year. Weekend and evening courses are open to all adults while daytime courses are reserved for adults 55+. Courses cover a broad range of subject areas in the humanities, social sciences, sciences and arts. There are no entrance requirements, exams or required assignments. A certificate is available to adults 55+ who complete a minimum of 128 contact hours. Courses which normally meet for six sessions, are delivered by experts in their field who offer challenging materials with real engagement. The Program also offers several free events on topics of general interest. Normally held on Saturdays, these events take place at the the downtown Vancouver campus and Surrey City Centre Library. For further information visit <a href="http://www.sfu.ca/continuing-studies">www.sfu.ca/continuing-studies</a></td>
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<td>Founded in 1982 the Simon Fraser University GRC specializes in research in six areas: Aging and the Built Environment, Health and Aging, Prevention of Elder Abuse and Neglect, Changing Demography and Lifestyles, Culture and Aging, and Aging and Technology (<a href="http://www.sfu.ca/grc">www.sfu.ca/grc</a>). The associated Department of Gerontology, established in 1983, offers a post-baccalaureate Diploma in Gerontology, an undergraduate minor, as well as Master’s and PhD Degrees <a href="http://www.sfu.ca/gerontology">www.sfu.ca/gerontology</a></td>
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The John K. Friesen Conference Series
The series is designed to meet the continuing education needs of agencies and individuals responsible for planning, administering and providing services to the elderly. The series embraces two of John Friesen's lifetime interests – the education of adults and the special needs of an aging population.

John Friesen was one of Canada's leading contributors to the field of adult education. In his long career, Dr. Friesen served in university extension work in Canada and overseas and was involved in enhancing life in many different ways from community arts to credit unions. For his leadership role in adult education, Simon Fraser University awarded him an Honourary Doctor of Laws Degree in 1985.
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