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GRC NEWS

A publication of the Gerontology Research Centre at Simon Fraser University

Volume 43, Issue 2
December 2024

DIRECTOR'S MESSAGE

On behalf of the Simon Fraser University Gerontology Research Centre (GRC), I wish you Happy Holidays and a wonderful New Year. Habib Chaudhury (Associate Director), and myself are delighted to share with you the December 2024, Volume 43, Issue 2 of the GRC News. The GRC News is distributed to our expanding and wide-ranging Gerontology community, comprised of SFU students, faculty, research and support staff, and administration; community members working in the field; seniors and organizations serving older adults; government personnel; our many benefactors; and those working in the private sector to meet the diverse needs of older people. This was an exciting and highly productive year for the GRC faculty, researchers in residence, and staff. The GRC and the department had their seven-year review, resulting in our joint forthcoming Action Plan, which has already received strong endorsement from the SFU administration. With over 80 national and international collaborators with GRC personnel representing over a dozen counties, the GRC continues to be a leading centre in the field of gerontology. This issue of the GRC News spotlights several activities and news of the GRC and department, including cutting-edge research projects, with many of these conducted with community collaborators; the 20th Ellen Gee Memorial Lecture; and presentations by graduate students, post-doctoral fellows, and faculty at the Canadian Association on Gerontology (CAG) meeting in Edmonton, and the Gerontological Society of America (GSA) meetings in Seattle this fall. Indeed, the GRC members and department had a very strong presence at CAG 2024 and GSA 2024, and several graduate students were recognized for their posters and papers. Additionally, Aysan Mahmoudi Asl, our most recent post-doctoral fellow in Technology and Aging, shared between the GRC & BCIT's MAKE+ program, is interviewed about their research program in robotics and assistive technologies. We also recognize several of our benefactors in this newsletter, who we are deeply indebted for their continued support of the research, teaching and outreach activities of the GRC and Gerontology department. I also want to take this opportunity to thank Habib Chaudhury who chaired the department for over nine years, passing the torch to our new department chair, Prof. Barbara Mitchell.

As we transition into a post-pandemic stage during the most rapid increase in population aging in Canadian history, we are challenged with new issues facing older adults. Cultivating research, practice, and policy collaborations with all levels of government, senior service organizations, NGOs, and private spheres is recognized as the fundamental path forward to enhance the health and well-being of our aging population. Simon Fraser University's Gerontology Research Centre is committed to our mission of meeting these aims through research, training, and knowledge dissemination and implementation with the support of our well-established provincial, national, international, and connections.

ANDREW WISTER

DIRECTOR, GRC &

SFU DISTINGUISHED PROFESSOR

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The GRC News is a print and digital magazine designed to keep readers inspired and informed about the people, projects and passions that make our research community so extraordinary. The GRC News covers a range of issues of interest to engage readers and encourages researchers, alumni, and community partners to contribute to making each issue visually rich and engaging.

GRC News, Volume 43, Issue 2, December 2024. Director of the GRC is Andrew Wister. Layout and design by Sarah Qiu. The GRC News is published by the Gerontology Research Centre at Simon Fraser University in Vancouver, Canada.

Empowering Older Adults Through Co-Research: The COAR Project

Mei Fang, Rebecca White, and Atiya Mahmood

The Collective of Older Adult Researchers (COAR) project is grounded in a partnership between the 411 Seniors Centre Society, based in Vancouver, and researchers in Urban Studies and the Department of Gerontology at Simon Fraser University (SFU). This community-engaged initiative aims to position older adults as key contributors to research, emphasizing their active participation in addressing issues that matter to older people. By adopting a citizen science approach, COAR highlights the power of community-led inquiry, intergenerational collaboration, and capacity building to progress how research is conducted with and for older populations.

The Vision Behind COAR

COAR builds on an enduring partnership between 411 Seniors Centre and SFU that began in 2018, with a shared focus on fostering healthy and active aging in a rapidly evolving, digital-first world. Recognizing the untapped potential of older adults as researchers, the 411 Seniors Centre sought to create a "community research hub" where older adults could develop research skills and contribute meaningfully to addressing community challenges.

Funding from SFU's Community Engagement Initiative (CEI) aimed at supporting collaborations between the university and community organizations, has helped to bring the COAR project to life. The COAR project aimed to empower older adults by enhancing their knowledge and capacity to conduct research while fostering intergenerational relationships through peer-to-peer learning. By pairing older adult co-researchers with graduate students in Urban Studies and the Department of Gerontology, the COAR project also provides students with first-hand experience in conducting community-based research, deepening their understanding of the needs and contributions of older populations.

A Hands-On Approach to Co-Research

Over the course of three 2.5-hour workshops, participants—comprising older adults and graduate students—engaged in a mix of theoretical and practical activities designed to build foundational research skills. The workshops culminated in a collaborative community-based project that explored facilitators and barriers to mobility in the local neighborhood of the 411 Seniors Centre.

1. **Workshop 1: Core Research Skills**

   Participants were introduced to foundational principles and methods of community-based research. Older adults were paired with graduate student partners, forming intergenerational teams that would collaborate throughout the project.

2. **Workshop 2: Practical Research Skills**

   This workshop emphasized hands-on learning, as participants applied their knowledge to real-world data collection and analysis. Working in teams, participants explored mobility challenges and opportunities within their community.

3. **Workshop 3: Group Data Analysis and Co-Design**

   The final workshop focused on reflexive thematic analysis and the co-design of a research framework for future projects. Participants reflected on how their experiences and perspectives shaped their approach, fostering a deeper understanding of collaborative research practices.

Outcomes and Broader Impact

The COAR project achieved several critical outcomes:

- **Empowering Older Adults:** Older participants gained confidence and competence in research skills, enabling them to play an active role in shaping research agendas and outcomes.
- **Fostering Intergenerational Learning:** The pairing of older adults with graduate students created opportunities for mutual learning, bridging generational gaps and promoting shared understanding.
- **Strengthening Organizational Capacity:** 411 Seniors Centre enhanced its ability to lead and support research projects, positioning itself as a hub for community-based inquiry.

The project's success underscores the value of involving older adults not just as participants, but as equal partners in research. By centering the workshops around a community-driven project, COAR demonstrated how research can be both practical and empowering, addressing real-world issues while building capacity within the community.

A Toolkit for Future Co-Research Initiatives

To ensure the broader applicability of its approach, the COAR team is developing a toolkit that outlines the steps taken to engage older adults as co-researchers. This resource is designed to support other seniors-serving organizations and academic institutions in establishing their own co-research hubs. The toolkit provides guidance on training methodologies, partnership building, and sustaining engagement over the long term.

Looking Ahead

While the COAR project has made strides in fostering meaningful collaboration between older adults and academic researchers, there is more work to be done. Sustaining co-researcher hubs requires ongoing support, funding, and commitment from all stakeholders. The COAR team envisions a future where co-research with older adults becomes a standard practice, enriching research outcomes and amplifying the voices of older populations in shaping the policies and practices that affect their livvves.

For more information about the COAR project and its innovative approach to co-research, please visit https://411seniors.org/research-hub/.

Social Connectedness and Resilience Among Marginalized Older Adults and Caregivers: Co-Produced Intersectoral Knowledge Implemented with Community Organizations

Andrew Wister

Who is funding this study?

This study is being funded by a four-year fully funded Social Sciences and Humanities Research Council of Canada – Insight Grants.

What is the purpose of this study?

This project will foster social connections and resilience post-pandemic among four groups of older adults (65+) identified as being at high risk for social isolation: 1) in visible minorities; 2) those with symptoms of stress, anxiety and depression; 3) those with challenges completing daily tasks such as dressing, cooking, shopping, transportation, and cleaning the home; and 4) their caregivers. This dual arm study (British Columbia & Quebec) will work at the level of seniors' organizations, with 70 participating organizations thus far. Three specific objectives are to:

1. Establish a research network of advocacy groups and organizations providing services to older adults and their caregivers in British Columbia (BC) and Quebec (QC) to (a) define social isolation challenges for marginalized older adults and (b) help review academic research on the target groups.

2. Co-develop an evidence-based response to organizational needs that will serve as a platform for community deployment based on syntheses, and translation into lay language, of academic research.

3. Implement priority strategic innovations within and between organizations with common aims and contexts to test the new co-produced approaches and techniques for reducing marginalization and social isolation in the four target groups.

This research will be impacting the lives of older adults in several ways. First, we will merge academic research (high level targeted reviews of literature and data from the Canadian Longitudinal Study on Aging) based on organizational needs, and will translate research-based knowledge into plain language (French and English), practice-oriented formats in collaboration with intersectoral stakeholders interested in fostering greater social connectedness and resilience among older adults. Second, the research team will assess innovations in this area and support the sharing of successful approaches, including several discovery outcomes (e.g., using data to identify risk and resilience factors); and translational outcomes (organizational change and innovative interventions) resulting in social impact.

There will be significant direct benefits to the organizations in the form of information and data needs, key literature, and briefing reports of findings. Some specific benefits include client record reviews and refinement; grant development; volunteer recruitment, retention and recognition; sharing and leveraging resources across similar organizations; and the development and assessment of new programs addressing social isolation and loneliness.

Contact Information

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Sarah Qiu, Communications/Research Officer

20th Ellen M. Gee Memorial Lecture

Sarah Qiu

Pictured: Malcolm Cutchin and attendees.

On November 26, Malcolm Cutchin presented at the 20th Ellen M. Gee Memorial Lecture, Cutchin's presentation was titled, "Melioristic Gerontology: Using Pragmatism to Reframe the Study of Aging."

Cutchin provided an overview of key leaders in the field and expanded on the Deweyan philosophy, which emphasized the role of community, social inquiry, and habit development and transmission. The presentation highlighted the intersection of the praxis model and pragmatism in melioritstic gerontology.

Watch the recorded presentation online.

Pictured: Malcolm Cutchin.

Pictured (l-r): Andrew Wister and Malcolm Cutchin.

2024 Seniors Leadership Awardees

Sarah Qiu

In 2001, the Simon Fraser University Gerontology Research Centre (GRC) established the Seniors Leadership Award to recognize the contributions that British Columbian seniors make as volunteers in the community.

The GRC is honoured to recognize the excellent work of this year's 2024 Seniors Leadership Award recipients: Marc White and the Seniors Health and Wellness Institute.

See the full list of previous Seniors Leadership Award recipients.

Pictured (l-r): Andrew Wister, Rosalind Kellett, and Barbara Mikulec.

Pictured (l-r): Andrew Wister, Marc White, amd Varouj Guman.

DemSCAPE project featured in the Public Health Agency of Canada's 2024 dementia strategy update

Sarah Qiu

The Public Health Agency of Canada (PHAC) has recently released A Dementia Strategy for Canada: Together We Achieve – 2024 Annual Report, which featured the Dementia-Inclusive Streets and Community Access, Participation, and Engagement (DemSCAPE) project at Simon Fraser University.

The 2024 Annual Report highlights several projects funded through PHAC's Dementia Strategic Fund, Dementia Community Investment, and Enhanced Dementia Surveillance Initiative, along with initiatives led by other federal, provincial and territorial governments, and non-governmental organizations.

DemSCAPE is a multi-year project funded by PHAC and the Alzheimer Society of Canada. It is a collaboration between Simon Fraser University (SFU), the University of Northern British Columbia (UNBC), and the University of British Columbia (UBC), and is led by Habib Chaudhury, professor and chair in the Department of Gerontology at SFU.

The support of municipal partners in the City of Burnaby and the City of Richmond, along with community partners at the Alzheimer Society of B.C. and Happy Cities, has been instrumental to the project's success. The project had two components: a) generation of an evidence-base on the role of the neighbourhood environment in mobility and social participation among people living with dementia, and b) develop knowledge mobilization resources for multiple stakeholders. The team is in the process of analyzing the empirical data to generate findings to identify features and aspects the physical and social environment of the neighbourhood to support people living with dementia. The team has already developed three knowledge mobilization tools: 1) Dementia-Inclusive Planning and Design Guidelines, 2) a knowledge mobilization video, and 3) an e-training platform for the Dementia-Inclusive Planning and Design Guidelines.

Through community engagement events, on average, 84% of participants reported taking steps to make their communities more dementia-inclusive, such as offering programs for older adults and other initiatives to support people living with dementia.

The e-training platform was co-developed by Madeleine Hebert and Emma Avery from Happy Cities, Sam Pineda, Web Developer, and the DemSCAPE team. This platform is designed to equip planners and community members with the tools needed to improve the design of the built environment in ways that support the well-being of people living with dementia.

Read the full report here: https://www.canada.ca/en/public-health/services/publications/diseases-conditions/dementia-strategy-annual-report-parliament-2024.html

Dementia-Inclusive Planning and Design Guidelines E-Training Platform

People who may benefit from these modules include:

- Urban planners
- Architects and developers
- Community organizations and advocates
- People with lived experiences and care partners

Access the E-Training Platform Here

SWAN Burnaby Community Forum Recap – Urban Accessibility: Promoting Inclusive Environments

Jason Fan, Samna Sadaf Khan, Sarah Sikder, Rojan Nasiri, and Niloofar Hedayati

MAP-SWAN team, DemSCAPE, SFU Civic Innovation Lab, SFU Centre for Dialogue and Happy Cities.

On October 18th, a community forum on urban accessibility was held at the Bonsor Recreation Complex in Burnaby, BC. This event was organized by the MAP-SWAN team, Project Sidewalk, DemSCAPE, SFU Centre for Dialogue and SFU Civic Innovation Lab, in collaboration with Happy Cities.

SWAN, the "Stakeholders' Walkability/ Wheelability Audit in Neighborhoods," is a sub-project of the "Mobility, Accessibility, and Participation of People with Disabilities (MAP)" partnership, under the Navigation and Pedestrian Environment stream. MAP partners with community organizations and municipalities to address research questions focused on creating accessible communities. Within this framework, SWAN is a user-led audit tool designed to assess both objective and subjective aspects of the built environment that impact older adults, people using mobility assistive devices, those who are deaf or hard of hearing, and individuals with mild cognitive impairments, including dementia. The tool collects feedback on street features such as curb ramps, sidewalks, traffic signals, and crosswalks. The project is conducted in six municipalities of Metro Vancouver: Vancouver, Burnaby, Richmond, North Vancouver, Surrey, and New Westminster, with this forum being part of the study in Burnaby.

The community forum consisted of a morning session featuring a World Café and an afternoon experiential Pop-Up Event. The World Café, a focused discussion group, brought together community stakeholders, researchers, and people with lived experience to engage in conversations about urban accessibility. In the afternoon, the open to public Pop-Up event offered an interactive experience aimed at knowledge mobilization.

World Cafe

The session kicked off with a presentation by the organizing teams, followed by breakout discussions to get everyone actively involved. Around 40 participants were split into five groups, each bringing together people from different fields— city planners, city councilors, disability advocates, researchers, and people with lived experience. The discussions at each table were facilitated by the research team to ensure meaningful conversations about accessibility and barriers affecting the daily lives of people with mobility, sensory, and cognitive disabilities.

To help guide the conversations, participants used printed materials, photographs of city sidewalks, flip charts, and post-it notes, making it easy for everyone to contribute and share their ideas. The groups engaged in dialogue about the accessibility challenges they face, with a particular focus on improvements needed for sidewalks, curb cuts, crosswalks, and other key pedestrian infrastructure to make Burnaby's urban spaces more accessible for all.

<u>Emergent Themes</u>

The table discussions at the word café led to key focus areas, with the following points reflecting broad themes. However, the recommendations listed below are not exhaustive.

1. **Sidewalk Accessibility and Design:** While street furniture, light poles, trees, and sandwich boards are beneficial features, the participants noted they become an obstacle with limited sidewalk width. There is even more difficulty during the construction zones, which despite having alternate pedestrian plans, are not suitable for people with cognitive disability. Combining bike lanes with sidewalks also raised safety concerns.

2. **Upgrade Crosswalks and Traffic Signals:** The discussion noted features that work well in some municipalities, such as audible pedestrian signals, and emphasized the need for regional standardization. Participants also recommended extending crossing times, longer crosswalks, and addressing uneven surfaces and misaligned curb cuts to improve safety and walkability.

3. **Transit Infrastructure:** Lack of or few benches were seen as a challenge for older adults on transit stops. Thus, it was recommended to increase seating as well as improve signage for easier identification and prioritize timely repairs of malfunctioning elevators in sky train stations.

4. **Improvement in Signage:** Wayfinding and signage were important for people with cognitive disability not only at transit stops but also in the case of buildings. The participants discussed the options regarding fonts, high-contrast colors, visual and tactile cues.

5. **Accessibility of Buildings and Urban Features:** Lack of automatic or contactless push-button doors also reduces the accessibility of various buildings for people with disabilities. Furthermore, standards for bathroom design, furniture design in food courts and restaurants and high-rise housing design which promotes social interaction were of significant value to the participants.

6. **Promote Inclusion:** People with lived experience must have a greater role in design and policy decisions. To address digital inequity, we need to create more accessible options for those with limited access to smartphones or the internet

Dr. Habib Chaudhary, Professor and Chair of the Department of Gerontology at SFU, facilitating table discussions on potential solutions to the physical barriers found in the urban environment.

Dr. Atiya Mahmood, principal investigator for the MAP-SWAN project, talking about the benefits of walkable communities.

A snapshot of table discussion among community stakeholders, researchers and people with lived experience.

Experiential Pop up

The afternoon session was designed to make civic education and knowledge sharing truly meaningful through community engagement, so it was a family-friendly event open to the public. There were five interactive stations for participants to explore and connect with.

"On the Move" Video Station
This station featured the stories of individuals with diverse abilities as they navigate their communities. The attendees found it useful to understand the key barriers and possible solutions for creating more inclusive public spaces.

Photoboard Display
Here, the public viewed a visual comparison of accessible and inaccessible streetscapes through photos. The display encouraged people to think about what makes a space truly accessible and share ideas for improvement.

Interactive Game "On the Move"
This station was a popular spot where participants played a board game created by the MAP-SWAN team. The game highlighted the challenges people with disabilities face in urban environments. It was a fun and engaging way to raise awareness about daily mobility obstacles and inspire creative ideas for improving urban design.

DemSCAPE Project
At this station, participants met with researchers from the DemSCAPE project, learning how the initiative aims to identify neighborhood features that impact the mobility of people living with dementia. The project also focuses on developing tools to assess environments that are supportive of individuals with dementia.

SFU Morris J. Wosk Centre for Dialogue: Community Assemby's Accessibility Recommendations
This station discussed the Burnaby Community Assembly's recommendations for the Burnaby 2050 Official Community Plan, and how accessibility can help to create a city where everyone can thrive. Participants shared their ideas on measures the city can take to improve accessibility by 2050.

The community forum was an important event for the city of Burnaby, serving as a bridge between research, practitioners, and the community. With the experience of people living with different abilities often being marginalized, ensuring their opinions and experiences are heard is paramount. By fostering open dialogue, the forum increased visibility and understanding of accessibility challenges, while empowering participants to have a say in the decisions that affect their lives, neighborhoods, and cities.

To ensure open dialogue is maintained, the SWAN team is continuing to explore different methods of equitable knowledge mobilization. This includes the continued promotion of the On the Move game board and video to various stakeholders in cities across metro Vancouver. Furthermore, the SWAN team is collecting data from Persian speaking older adults to ensure the unique mobility challenges faced by ethnic older adults are not further marginalized.

Rojan Naseri, research assistant for the SWAN project, sharing research findings using a photo board display

SFU's Morris J. Walker's Center for Dialogue encouraged participants to think of accessibility issues within the city and suggest potential solutions.

Looking Ahead

While the community forum was able to forester collaboration and dialogue between community stakeholders and people with lived experiences, there is still more work to be done. People living with different abilities should not have to rely on these events to get their voices and concerns heard by decision makers. The SWAN team envisions a future where people living with different abilities can actively collaborate with decision makers in developing an inclusive and accessible neighborhood environment.

Gerontology graduate student Jean Paul and research assistant Nosaiba demonstrating the board game designed by the MAP-SWAN team to event attendees. The game highlights the physical barriers that older adults and persons with disabilities may face within the city, raising awareness about mobility, access and inclusion.

Niloofar Hedayati, a research assistant for the SWAN project, engages with individuals with lived experience at the pop-up event to guide them through the different stations available

Gerontology graduate students Gabriella and Aryana discuss a video set in Burnaby with an event attendee, highlighting accessibility challenges faced by individuals with lived experience.

This family friendly event featured tables where the attendees could write and hang their wish list for inclusive environments.

Boah Kim awarded the Douglas Holmes Emerging Scholar Paper Award

Sarah Qiu

Congratulations to Boah Kim, a PhD student in the Department of Gerontology at SFU, who is the recipient of the Gerontological Society of America's Douglas Holmes Award.

The Douglas Holmes Emerging Scholar Paper Award recognizes research with potential to improve quality of life and/or quality of care in long-term care and is intended to encourage and support innovative and promising research across long-term care settings.

This year, Kim's original manuscript Healthcare Navigation Difficulties Among Informal Caregivers of Older Adults: A logistic regression analysis of social capital, caregiving support and utilization factors, was selected.

An excerpt from Kim's paper:

Informal caregivers are fulfilling important navigation and support roles for their older care recipients. However, there is still little knowledge of the most significant facilitators and barriers to effective and efficient system navigation among caregivers. This paper aims to fill these knowledge gaps through investigation of the key factors (i.e., social capital/cohesion, caregiving supports, and utilization factors) affecting navigation difficulties faced by informal caregivers of older adults.

Becky White is the 2024 recipient of the Schlegel-UW RIA Scholarship

Sarah Qiu

Congratulations to Becky White the 2024 recipient of the Canadian Association on Gerontology's Schlegel-UW RIA Scholarship.

The Schlegel-UW RIA Scholarship is awarded to students in a doctoral program in gerontology, who demonstrate academic success and a dedication to practice or volunteer service with older adults. Becky was nominated by community partners in recognition of her contributions to this area.

As a doctoral student at SFU, White's research aims to understand the multifaceted role seniors centre play in supporting older adults to stay healthy, engaged, and connected in everyday life, and understand their role in promoting inclusive aging communities of the future.

COMMUNITY-ENGAGED RESEARCH

Discovering the Power of Community-Engaged Research Approaches

Caitlin Cook, Mitacs Research Intern (Summer 2024) & Mario Gregorio

Arriving in Canada as a research intern from the UK, the idea of community-engaged research or 'co-research' was relatively new to me. Traditional research methods, which I had previously been exposed to, typically limit participant engagement to data collection. Such approaches frequently serve to create a power imbalance, which community-engaged research challenges by positioning research participants as 'co-researchers' (James & Buffel, 2023; Buffel, 2018). Co-research is an umbrella term, encompassing a variety of participatory and inclusive research methods, all of which do research 'with' participants' rather than 'to' or 'about' them (James & Buffel, 2023; Fudge et al., 2007). Participants may take part in the early stages of a research project, for instance identifying key topics, planning and designing the study and recruiting people to take part in the research; ideally, they should also be involved in later stages of the research, including interpretation of findings (Jull et al., 2017).

My first experience of community-engaged research was a result of my work within the MAP-SWAN project (https://www.sfu.ca/swan-project.html). The Stakeholders' Walkability/Wheelability Audit in Neighborhoods (SWAN) project aims to improve the accessibility of neighborhoods, particularly for those with mental and physical capacity challenges or disabilities relating to vision, hearing, mobility and dementia. Using a specifically designed tool, members of the community undertake audits of their neighborhood alongside research assistants and identify barriers to accessibility. The project also uses knowledge mobilization tools to highlight issues in the neighborhoods and raise awareness of how we can make our communities more inclusive. One example is photovoice, a participatory method which involves participants taking photos in order to identify issues that are significant to them, typically accompanied by a storytelling aspect (Nykiforuk et al., 2011). Approaches such as these are recognized to be more equitable than traditional research methods, giving a voice to marginalized groups and bringing them to the forefront of enabling change in their own communities (Jull et al., 2017). Personally, this struck me as a much more empowering way of driving change. If we want to research the issues affecting a community, it makes sense to have members of those communities leading the research efforts and bringing their lived experience to the table. Whilst academics are experts in their field, they may often be far removed from the issues they are exploring in their research and have limited personal experiences of issues such as social exclusion, disability, homelessness and social isolation. I would argue that without including people who the research is intended to benefit, research risks becoming one-sided and consequently may not have the desired impact.

Through my work with the MAP-SWAN project, I met and had the pleasure of working with Mario – a co-researcher who works tirelessly to raise awareness and reduce the stigma surrounding dementia. Mario is a member of the Burnaby Accessibility Advisory Council, offering insights into neighborhood design and advising policy makers on how we can make navigating the neighborhood easier for people with capacity challenges. He shared with me that carrying out the MAP-SWAN audit gave him the satisfaction of knowing that policy makers and researchers are being given the opportunity to understand what challenges may be associated with walking around the neighborhood. He hig-

hlighted small, inexpensive changes, such as adding a few more seconds to cross the street and making fonts larger on signage, that will help to improve the navigation experience for older people in the community.

Mario shared a suggestion that really resonated with me. He believes that we should volunteer in the community to get a better idea of who we are serving as researchers, and what unique challenges they may be facing. He shared his own experiences of working at The Gathering Place Community Center in downtown Vancouver, volunteering in the kitchen and garden for 4 hours each week. This not only enabled him to see first-hand the needs of the community, but also for partnerships to grow, later helping with recruitment for a research project he was involved with.

As highlighted both within my conversation with Mario and throughout my work on the MAP-SWAN project, community-engaged research has a great deal of potential for creating meaningful impact; for example, providing guidance for policy and legislative changes at the local government level and providing concrete recommendations for infrastructure improvement, resulting in changes in programming and organizational policy for senior-serving organizations. Specifically, recommendations based on SWAN audits and interviews can help design legislation around sidewalk rehabilitation and development prioritization within a city.

Another project I have been involved with during my time at SFU is the Hey Neighbor Collective Project (HNC), which investigates how we can enhance social connectedness in multi-unit housing and help older adults to 'age in place.' To provide evidence-based policy suggestions, a variety of methods are utilized, including building audits and focus groups with residents of multi-unit housing operated by the various housing providers who partner with the collective. The importance of developing relationships with the residents has been emphasized by researchers involved in this project; in a blog post on the HNC website, my colleagues reflect on how building meaningful relationships not only facilitated the data collection process, but also allowed them to collect richer data (https://www.heyneighbourcollective.ca/2023/06/cookies-research-methods-building-audits/) . Indeed, establishing partnerships between researchers and consumers of research is a key principle of community-engaged research, albeit one of the more challenging aspects of this approach (Jull et al., 2017; Turin et al., 2021). In the early stages of the data collection, there were challenges such as lack of engagement from residents. In this situation, it was important to develop an inclusive environment and build a rapport with residents, so that they understood the project and its wider aims. According to Viswanathan et al. (2004), when this process of relationship-building is done correctly, it serves to build bridges between scientists and communities. This in turn improves the effectiveness of a research project. This was evidenced during this data collection when residents shared their guidance with HNC researchers and even helped facilitate communication by teaching them sign language.

Overall, whilst the process of establishing relationships may be time-consuming and require much groundwork, it can be argued that any research exploring community issues should strive to engage with a community-engaged approach (Turin et al., 2021). Indeed, in the examples encountered in these projects, any extra time spent developing these partnerships was outweighed by the numerous benefits, including a more effective data collection process, more meaningful data, greater potential for research impact, and more broadly, a rewarding experience for both researchers and research participants. The exposure I had to community-engaged and participatory research approaches was a significant highlight of my internship, and I hope to be able to utilize these approaches going forward with my future research endeavors.

With thanks to Mitacs and my supervisor, Dr. Atiya Mahmood. I would also like to extend special thanks to Mario Gregorio for kindly letting me interview him for this article.

If you would like to find out more about community-engaged research, SFU's Community Engaged Research Initiative has a collection of resources, including a Community Resource Handbook which you can access here: https://www.sfu.ca/ceri/resources/resources.html

To find out more about the MAP-SWAN project: https://www.sfu.ca/swan-project.html

To find out more about HNC: https://www.sfu.ca/dialogue/what-we-do/initiatives/hey-neighbour-collective.html

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Turin, T.C., Chowdhury, N., Haque, S., Rumana, N., Rahman, N. & Lasker, M.A.A. (2021). Meaningful and deep community engagement efforts for pragmatic research and beyond: engaging with an immigrant/racialised community on equitable access to care. BMJ Global Health, 6(8). https://doi.org/10.1136%2Fbmjgh-2021-006370

Viswanathan, M., Ammerman, A., Eng, E. et al. (2004) Community-Based Participatory Research: Assessing the Evidence: Summary. AHRQ Evidence Report Summaries. Rockville (MD): Agency for Healthcare Research and Quality (US); 1998-2005. 99. Available from: https://www.ncbi.nlm.nih.gov/sites/books/NBK11852/

CAITLIN COOK

Mitacs Research Intern (Summer 2024)

OUR STUDENTS POSTDOCS AND FACULTY

Student Presentations

Canham, S.L., Weldrick, R., Cartledge, A., Chapple, H., Danielsen, C., Kestle, D., & Teichman, S. "We need to be at the table": Collaboration with lived experts. Paper presentation at the 2024 Annual Meeting of the Gerontological Society of America, Seattle, WA. USA. November 13-16, 2024.

Hopper, S., Barha, C., DeMarco, M., Cosco, T., Wister, A., & Best, J. "Genetic Risk, Modifiable Factors, and Cognitive Performance in Middle- and Older-Aged Canadians" Poster presentation at The Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA. November 13-15, 2024.

Hopper, S., Stinchcombe, A., Gagnon, S., & Bedard, M. "Transitioning from Driver to Non-Driver: Understanding Correlates of Driving Cessation in the CLSA" Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

Hopper, S., Pickering, J. & Wister, A. "The Role of Seniors' Centres in Reducing Social Isolation and Loneliness: A Case Study of Port Hardy" Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

Kim, B., Wister, A., O'Dea, E., Mitchell, B., Li, L., & Kadowaki, L. "The Roles and Experiences of Informal Caregivers of Older Adults in Community and Health Care System Navigation: A Scoping Review." Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

Kim, B., Randa-Beaulieu, C., Levasseur, M., Naud, D., Jamieson, K., Gaudette, L.,...& Wister, A. "Developing Organizational Clusters to Co-produce Strategic Initiatives to Foster Social Connections and Resilience Among Marginalized Older Adults in British Columbia" Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

Kim, B., Wister, A., Mitchell, B., & Kadowaki, L. "Facilitators and Barriers in Navigating Community and Healthcare System Among Informal Caregivers of Older Adults" Poster presentation at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, Nov. 13-16, 2024.

Lee, Y., Li, L., & Kim, B. "The life stage at migration matters: A study of older immigrants' social wellbeing based on the CLSA" Poster presentation at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, Nov. 13-16, 2024.

Levasseur, M., Naud, D., Couture, L., Poulin, V., Kim, B., Randa-Beaulieu, C.,...& Wister, A. "Bridge: A research action characterizing and mapping community organizations fostering social connections in Quebec" Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

O'Dea, E., Wister, AV., Li, Lun., Canham, S., & Mitchell, B. (2024). "Exploring ethnic identity and the impact of the COVID-19 pandemic on volunteering among older adults. Paper presentation at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, November 13-16, 2024.

O'Dea, E., Wister, AV., Canham, S., Li, Lun., & Mitchell, B. (2024). "Exploring generativity among culturally diverse older adult volunteers." Poster presentation at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, November 13-16, 2024.

Seetharaman, K. & Chaudhury, H. "'I'm Really More Alert to Things Around Me Now': Exploring Changing Outdoor Mobility Constraints, Goals, and Adaptations of Older Adults Living With Dementia in Metro Vancouver, British Columbia." Paper presentation at the Canadian Association on Gerontology 53rd Annual Scientific and Educational Meeting, Edmonton, AB, October 26-28, 2024.

Teichman, S., Pearson, R., Banerjee, A., & Cook, W. Contemplative training for mindful aging: Insights from a study of participants' experiences in a mind-body training course. Paper presentation at the 2024 Annual Meeting of the Canadian Association on Gerontology, Edmonton, AB, Canada. October 24-26, 2024.

Teichman, S., Mitchell, BA., Riadi, I., Chaudhury, H., Banerjee, A., & Odom, W. Qualitative Bereavement Experiences and Support in Community-Dwelling Older Adults: A Scoping Review. Poster presentation at the 2024 Annual Meeting of the Canadian Association on Gerontology, Edmonton, AB, Canada. October 24-26, 2024.

White, R., Fang, M.L. & Sixsmith, A. The role of community organizations in promoting brain health [Oral presentation]. Gerontological Society of America, Annual Scientific Meeting, Seattle, USA, November 13–16, 2024.

White, R., Kim, B., Mahmood, A., Volker, M., & Wister, A. "From Participants to Partners: A Model for Co-Research with Older Adults" Poster presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

White, R., Volker, M., & Dragomir. G (2024). Better Connected: Opportunities for Seniors Centres to Enhance and Support Digital Health Services [Poster presentation]. Canadian Association of Gerontologists Annual Scientific and Educational Meeting, Edmonton Canada, October 23-25, 2024.

Zhang, Z., Chaudhury, H. "Understanding Activity Engagement Experience among Residents with Dementia in Long-Term Care Homes" Paper presented in the symposium entitled "Fostering Engagement: An Exploration of Innovative Dementia Environments from Four Countries," at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, Nov. 13-16, 2024.

Student Publications

Atoyebi, O., Wister, A., Mattie, J., Borisoff, J., Gutman, G., Chaudhury, H., … Hosseini, S. H. (2023). Power assist add-ons for manual wheelchairs users: A protocol for an active aging lens scoping review. Scoping Reviews. https://doi.org/10.17605/OSF.IO/96H3P.

Cosco, T., Wister, A., Riada, I., Kervin, L., Hopper, S., Best, J., Basta, N., Wolfson, C., Kirkland, S., Griffith, L., Raina, P., & the CLSA Team (15 others). (2023). Worsened ability to engage in social and physical activity during the COVID-19 pandemic and older adults' mental health: Longitudinal analysis from the Canadian Longitudinal Study on Aging (CLSA). Innovations in Aging. Vol 7 (7), igad086, https://doi.org/10.1093/geroni/igad086.

Fang, M. L., Rogowsky, R., White, R., Sixsmith, J., McKay, R., Scrutton, P., & Gratzke, M. (2024). Using creative methodology to explore LGBTQ+ love and relationship experiences across the lifespan: Developing inclusive and healthy spaces through positive intergenerational exchange. SSM-Qualitative Research in Health, 6, 100463.

Ferris, J., Kim, B., Clemens, F., Irvine, M., Hosseini, S., Smolina K., & Wister, A. (2023). A systematic review and meta-analysis of disease clustering in multimorbidity: Study protocol. Systematic Reviews. Dec 9;13(12):e076496. https://doi.org/10.1136/bmjopen-2023-076496. PMID: 38070917.

Gan, D. R., Wang, C., & O'Dea, E. (2024). Connectedness, feeling At home, and joyful Play (CAP): A place-based wellness model for cognitive health promotion in the community by the community. Cities & Health, 1-10.

Guo, J., Wister, A., Mitchell, B., & Li, S. (in press). Number of chronic conditions and death anxiety among older adults in rural China: A longitudinal study in Anhui Province. Journal of Aging and Health.

Guo, J.; Wister, A.; Wang, J.; Li, S. (2024). Early and later life-course risk and protective factors of multimorbidity resilience among older adults in rural China: A study based on Longitudinal Study of Older People in Anhui Province. Journals of Gerontology: Social Sciences. gbad196, https://doi.org/10.1093/geronb/gbad196.

Hopper, S., Wister, A., Best, J., Cosco, T. (in press). Social isolation, physical activity, and subsequent changes in cognition among middle- and older-aged adults: Results from the Canadian Longitudinal Study on Aging. Psychosomatic Medine., 86(2), 107–115. https://doi.org/10.1097/PSY.0000000000001271.

Mitchell, B.A. & Kim. B. 2024. "Amateur family genealogists researching their family history: A scoping review of motivations and psycho-social impacts. Genealogy, 8, 3. https://doi.org/10.3390/genealogy8010003.

Mitchell, B.A., & Teichman, S. 2024. "Aging parents and the ties that bind: Intergenerational relationship quality among culturally diverse Canadian families." The International Journal of Aging and Human Development. 100, 1. https://journals.sagepub.com/doi/10.1177/00914150240120?icid=int.sj-abstract.citing-articles.3.

O'Dea, E., Wister, A., & Canham, S. L. (2023). Cultural generativity in perspective: Motivations of older Jewish volunteers. Ageing & Society, 43(1), 203-221.

O'Dea, E., Wister, A., Canham, S., Mitchell, B., & Li, L. (2024). Volunteering among culturally diverse older adults before and during the COVID-19 pandemic: Longitudinal analyses of the CLSA. Canadian Journal on Aging., 1–12. https://doi.org/10.1017/S0714980824000229.

Kim, B., Wister, A., Mitchell, B., Li, L., & Kadowaki, L. (2024). Healthcare system navigation difficulties among informal caregivers of older adults: A logistic regression analysis of social capital, caregiving support and utilization factors. BMC Health Services., 24(1), 1159–14. https://doi.org/10.1186/s12913-024-11549-0.

Pickering, J., Wister, A. V., O'Dea, E., & Chaudhury, H. (2023). Social isolation and loneliness among older adults living in rural areas during the COVID-19 pandemic: a scoping review. BMC geriatrics, 23(1), 511.

Teichman, S., Mitchell, B. A., Riadi, I., Chaudhury, H., Banerjee, A., & Odom, W. (2024). Qualitative Bereavement Experiences and Support in Community-Dwelling Older Adults: A Scoping Review. OMEGA - Journal of Death and Dying, 0(0). https://doi-org.proxy.lib.sfu.ca/10.1177/00302228241308616.

Wadman, A., Palmer-Fluevog, A., Hoverman, A., Allison, S., Morgan, A., Fowler, B., Ffrench, K., & Card, K.G. (2023). Conceptualizing and Implementing Social Prescribing Programs Guidance From Our Community of Practice. The Canadian Alliance for Social Connection and Health (95 pp).

Wister, A. V., Kim. B., & Qiu, S. (2023). Fact Book on Aging in British Columbia and Canada, 8th Edition. Vancouver, B.C.: Gerontology Research Centre (101 pp).

Wister, A., Li, L., Ferris, J., Kim, B., Klasa, K., & Linkov, I. (2024). Resilience among older adults with multimorbidity using the Connor-Davidson Scale in the Canadian Longitudinal Study on Aging: Health behaviour, socio-economic, and social support predictors. BMC Public Health.

Zhang, C., Zhang, J., Xiao, S., Shi, L., Xue, Y., Zheng, X., Benli, X., Chen, Y., Li, X., Kai, Y., Liu, Y., & Zhou, G. (2023). Health-related quality of life and its association with socioeconomic status and diet diversity in Chinese older adults. Frontiers in Public Health, 10, 999178. https://doi.org/10.3389/fpubh.2022.999178.

Faculty & Postdoctoral Fellow Presentations

Atoyebi, O., Wister,A., Nattie, J., Gutman, G,M, Chaudhury, H, O'Dea, E., Hosseini, S.H., & Borisoff, J."Power assist add-ons for older adult manual wheel chair users: A scoping review." Poster presentation at the 77th Annual Meeting, Gerontological Society of America, Seattle, WA, November 13-16, 2024.

Beadle, J., Agboji, A., Wong, K., Baumbusch J., Cochrane, D., Freeman, S., Hung, L., Jenstad, L., Lee, M., Shyng, G., Tsang, C., Small, J. "Promoting effective communication for persons who are Deaf or Hard of Hearing and live in B.C. long-term care facilities: a scoping review". Oral presentation at the 53rd Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, Alberta, October 24-26, 2024.

Chaudhury, H. "Inclusive Neighborhoods to Support Outdoor Mobility and Participation of People Living with Dementia" Symposium at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

Chaudhury, H., Randa-Beaulieu, C., & Seetharaman, K. "Knowledge Mobilization to Develop Dementia-Inclusive Communities in the DemSCAPE Project" Paper presentation at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

Chaudhury, H., Seetharaman, K., Wong, J., Hung, L., Randa-Beaulieu, C., Freeman, S., & Groulx, M. "Exploring the Neighborhood Environment's Role in Outdoor Walking Experiences of People Living With Dementia" Paper presentation at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

Fang, M.L., Sixsmith, J., Buell, S., Chadwick, D., Almack, K., Vitniorgu, R., & Tai, J. "Understanding Inclusive Physical Places and Virtual Spaces: The Fortitude of Older Marginalized Communities." Paper presentation at the 77th Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA. Nov. 13-16, 2024.

Gutman, G. Stewart, H., and Karbakhsh M. "Socio-demographic characteristics of intimate partner victims: does sexual orientation make a difference?" Paper presentation at 53rd Annual Meeting Canadian Association on Gerontology Edmonton, AB, October 24-26, 2024.

Gutman, G. Stewart, H., & Karbakhsh M. "Heterosexual and sexually diverse older adults' lifetime experience of intimate partner violence: Findings from the Canadian Longitudinal Study on Aging (CLSA)." Poster presentation at the 77th Annual Meeting of the Gerontologcical Society of America, Seattle, WA, November 13-16, 2024.

Low, G., Gutman, G., Gao, Z., Franca, A.B., von Humboldt, S, Vitorino, L.M., Wilson, D.M. & Allana, H. "Perspectives old older Canadians on pandemic-related anxiety and its management." Paper presentation at the 53rd Annual Meeting Canadian Association on Gerontology, Edmonton, AB, Oct 24-26, 2024.

Low, G., Franca, A.B., Gao, Z., Gutman, G., von Humboldt, S., Allana, H., & Wilson, D.M. "Unveiling connections between older Canadians' anxiety symptoms and coping strategies during COVID-10." Paper presentation at the 53rd Annual Meeting Canadian Association on Gerontology, Edmonton, AB, Oct 24-26, 2024.

Low, G., von Humboldt, S., Gutman, G., Allana, H. & Naz, A., Vestani, M., Wilson, D.M. & Gao, Z. "Isolation remedy messages: Ideas and insights from older people across Canada." Paper presentation at the 53rd Annual Meeting Canadian Association on Gerontology, Edmonton, AB, Oct 24-26, 2024.

Low, G., Wilson, D., Gutman, G., Gao, Z., Franca, A., Vitorino, L., van Humboldt, S., Allana, H. & Kolskog, M. "'Cooking up calm': A palatable mental health resource from and for older Canadians." Paper presentation at the 53rd Annual Meeting Canadian Association on Gerontology, Edmonton, AB, Oct 24-26, 2024.

Mahmood, A., Fan, J., Nanjiba, N., Husseini, S. & Canham, S. "Amplifying Voices: Digital Storytelling to Explore Aging in the Right Place with Housing Precarious Older Adults." Paper presented at the 77th Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA. Nov. 13- 16, 2024.

Mahmood, A., Hedayati, N., Nasiri, R., Husseini, S. & Pandsheno, S. "Older Adults with Disabilities as Coresearchers in Community Engaged Research on Mobility and Access." Paper presented at the 77th Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA. Nov. 13- 16, 2024.

Mitchell, B.A. & A. Ozer, A. "It's all relative: Mid/later life amateur family historians finding 'long lost family' using DNA home-based kits." Paper presentation at the 53rd Annual Scientific and Education Meeting on Gerontology, Edmonton, AB, October 26, 2024.

Oswald, F. & Chaudhury, H. "Place and Aging With Dementia: New Assessments for Person-Environment Processes" Symposium at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

Pauly, T. "The interplay of social interaction, positive affect, and subjective age in older adults". Paper presentation at the GSA Annual Conference in Seattle, US, November 13-16, 2024.

Pauly, T. "The interplay of social interaction, positive affect, and subjective age in older adults". Paper presentation at the CAG Annual Conference in Edmonton, Canada, October 24-26, 2024.

Randa-Beaulieu, C., Chaudhury, H., Seetharaman, K., Hung, L., Wong, J., & Ren, L. "Knowledge Mobilization to Create Dementia-Inclusive Neighborhoods: An Educational and Awareness-Raising Video" Paper presentation at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

Seetharaman, K. & Chaudhury, H. "Engaging With Municipal Planners With a Dementia-Inclusive Planning and Design Guide" Paper presentation at the Gerontological Society of America, Annual Scientific Meeting, Seattle, WA., November 13-16, 2024.

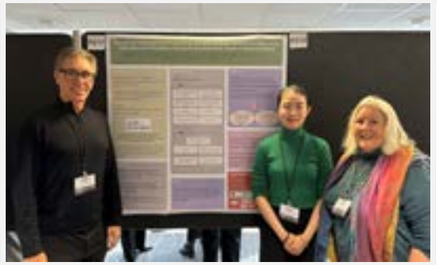
Weldrick, R., Canham, S., Mahmood, A., Patille, R. & Gurung, S. "Social integration in temporary supportive housing: Perspectives of older persons experiencing homelessness." Paper presented at the 77th Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA. Nov. 13- 16, 2024.

Wister, A. "Social Isolation Among Marginalized Older Adults: Applying a Unified Model of Resilience" Paper presented in the symposium (co-chaired) entitled "Resilience and Social Connection Among Marginalized Older Adults: Challenges and Opportunities," at the Gerontological Society of America, 77th Annual Scientific Meeting, Seattle, WA, Nov. 13-16, 2024.

PRESENTING RESEARCH

SFU Gerontology at CAG & GSA 2024

Pictured: Gloria Gutman presenting at CAG.



Pictured (l-r): Andrew Wister, Boah Kim, and Leslie Gaudette at CAG.

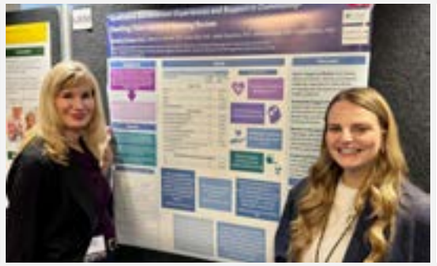
Pictured: Shreemouna Gurung presenting at CAG.

Pictured: Becky White at CAG.

Pictured: Samantha Teichman at CAG.

Pictured: Eireann O’Dea at GSA.

Pictured: Barbara Mitchell at CAG.



Pictured (l-r): Barbara Mitchell and Samantha Teichman at CAG.

Pictured: Kishore Seetharaman at GSA.

Introducing Aysan Mahmoudi: Postdoctoral Fellow in Assistive Technology

We welcome Aysan Mahmoudi to the Gerontology Research Centre! As a postdoctoral fellow with the GRC and BCIT MAKE+, Mahmoudi will apply her background in occupational therapy to projects related to assistive technology and devices.

1. Tell us about yourself.

My name is Aysan Mahmoudi, and my background is in Occupational Therapy, with several years of clinical work experience. I completed my Bachelor's and Master's at the Iran University of Medical Sciences. I then pursued my PhD, which focused on the use of social robots to enhance the social health of individuals with dementia. Upon defending my thesis, I joined a company developing devices and technologies for individuals with physical problems, assuming the roles of project coordinator and researcher. I have recently started my postdoctoral research at the GRC SFU and BCIT Applied Research Centre.

2. What research are you currently working on?

I will be involved in a number of research and development projects, with a particular focus on the assistive technologies and devices, power wheelchairs, and assistive robotics. I am keen to ensure that the user experience of assistive technologies is optimised in order to contribute to their potential efficiency and sustainability over the long term.

3. How do you hope to apply your research?

Innovative assistive technologies are emerging. I hope my research, help researchers and developers at the primary stages of development, tailor their work to a more user-centered approach in design.

4. What brought you to the GRC and the BCIT MAKE+ team?

I was greatly encouraged to apply for this position by the existing research lines in both the GRC and BCIT MAKE+. It is indeed a privilege to have the possibility of working with both teams and to be involved in multiple projects.

5. What inspired you to study aging/gerontology?

My interest was first sparked during my Master's program when I began working on my thesis, which focused on older adults with Parkinson's disease. Additionally, my clinical work with older adults living with neurodegenerative diseases and brain injuries further developed my passion for working with this population.

6. What interests do you have outside of your research?

I just love staying active! Bouldering and hiking are my absolute favourites – there's nothing like a good climb or a long walk in nature to refresh and recharge. I'm also really passionate about Latin dance.

7. What are your goals for your time in this role?

I'm keen to brush up on my skills by learning new research methods, as I believe there is always room to learn beyond what I learned during my PhD. Additionally, I'm excited to establish meaningful academic and industrial connections and collaborate on impactful projects. Finally, I'm looking forward to coming up with an idea for a big, interesting project!

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THANK YOU FOR YOUR SUPPORT

The Gerontology Research Centre is supported in part by the generosity of our donors. Without you, we could not conduct research into some of the most pressing issues in aging. We thank you for your support.

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