

Healthy Caring

for the Aging at Canadore College



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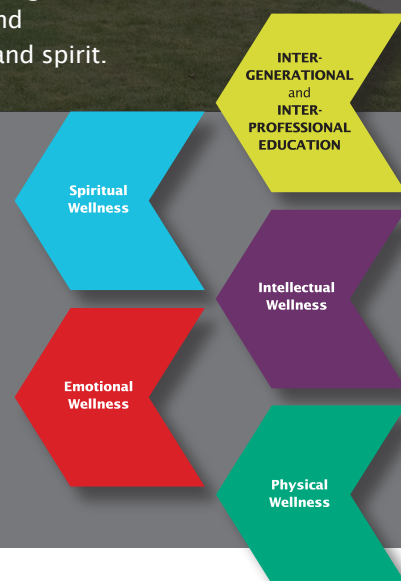
Healthy Caring

for the Aging at Canadore College

Canadore College is committed to helping each person reach their individual potential beginning in the early years through the continuum of senior living. The college supports culturally-relevant and intergenerational well-being through the lens of a holistic paradigm, addressing mind, body and spirit.

Background: The Village

The Village is the **only model of its kind in Canada**, focused on collaborative **interprofessional** education and the **integration of Indigenous, Eastern and Western healing** and wellness practices. The Village **integrates seniors' and community care** with teaching, experiential skills training and applied research all in one facility.



The 38,000 sq. ft. **Phase I** facility encompasses Canadore's Schools of Indigenous Studies, Health, Human Care and Wellness, and Sport and Recreation which offers a comprehensive suite of **student-run clinics**, including **general health, Eastern medicine, dental hygiene** and **safe mobility**. Other labs include **cognitive stimulation** and early childhood education on-site, as well as **specialized Indigenous classrooms** and **ceremonial areas**.

Phase II of The Village, the **seniors' living facility with 176 beds**, will break ground in April 2019. The complex will offer **intergenerational living** opportunities for seniors and students, provide **assisted living, respite care, transitional beds** and **affordable housing**.

Through partnership with industry, Phase II residents and the broader community will have increased access to diverse health care options, including a fully-functioning **pharmacy** on-site and a health care provider with services designed to be completely client-centric, offering **innovative** approaches to **nursing, personal care, home making, companion services, accompanied visits** and **care giver relief** to support safe and happy independent living.



Inspiring an
innovative model of
HOLISTIC CARE

Current On-campus Activities Supporting Healthy Aging

- ❖ Responsive full-time program offerings in the Schools Indigenous Studies, Health, Human Care and Wellness and Sport and Recreation to meet the needs of Canada's aging demographic
- ❖ Community outreach to service groups to deliver targeted and tailored programming to their membership
- ❖ More than 250 recreation and leisure students coordinate activities in seniors' homes throughout the region
- ❖ Regular host to Living Fit, a grass-roots seniors women's club that encourages social connection with an emphasis on physical, mental and spiritual fitness, and other seniors' leisure programming
- ❖ Provide campus facilities for regional pickle ball league
- ❖ Provide free dental hygiene care for geared-to-income citizens
- ❖ Grandmother in-residence program
- ❖ Provide part-time employment to more than 50 seniors and retirees
- ❖ Host an organized mentorship program that engages more than 30 senior volunteers
- ❖ Indigenous community gathering centre at The Village's roundhouse to allow for families to grieve and support loved-ones within our region



Lorraine Liberty-Whiteduck
Grandmother-in-residence



Grandmother in-residence
program among first
in Canada



**Collaborative
interprofessional
education**



**Innovative
multigenerational
educational community**



Providing community
services through
STUDENT-LED
clinics

Programming Supporting Seniors' Care

- ❖ Aging services management
- ❖ Medical assistant
- ❖ Social service worker – gerontology
- ❖ Mobility technologist
- ❖ Pharmacy technologist
- ❖ Cardiology technologist
- ❖ Medical laboratory technology
- ❖ Health information technology
- ❖ Mental health and addiction worker
- ❖ Indigenous wellness and addictions prevention
- ❖ Behavioural therapist
- ❖ Health care administration
- ❖ Rural and remote public health
- ❖ Indigenous pre-health sciences
- ❖ Indigenous medicine courses
- ❖ Recreational and leisure services
- ❖ Recreation therapy
- ❖ Eastern medicine courses
- ❖ PSW certifications, including supporting people in life transitions
- ❖ Community, recreational and cultural programming



Canadore College Fitness Centre

Leveraging Assets

Through The Village model, Canadore is **positively leveraging government and taxpayers' investments**. Through new build and existing infrastructure, senior residents and the broader community have access to a multitude of facilities and social activities on campus - **gymnasium, weight room, varsity games, continuing education opportunities, cafeteria and onsite student restaurant, the library** and more.

Applied Research and Innovation

Canadore is engaged in innovative applied research focused on seniors' mental health, physical mobility, emotional and spiritual well-being.

- Researching how Indigenous **cultural continuity** affects physical health, overall well-being and the likelihood of postsecondary success. The one-year project ultimately aims at creating a model of **resiliency** among Indigenous postsecondary students and their families through the **implementation of greater cultural continuity**, which is traditionally defined as maintaining intact family structures and the **engagement of Elders** to pass along traditions to subsequent generations. It can be further characterized to include **knowledge of the land and environmental stewardship, traditional medicine, spirituality, traditional foods and activities and Indigenous languages**. Canadian Institutes of Health Research (CIHR).
- Carrying out research on Indigenous **interprofessional cultural safety training model** (IICSTM), whereby participants are trained through a variety of strategies, including engaging with local Elders and Knowledge Keepers regarding **Indigenous concepts of health and wellness**. Canadian Institutes of Health Research (CIHR).
- Upcoming research projects include **measuring the outcomes of occupational therapy and physical rehabilitation in the seniors population; piloting an intergenerational mental health project** whereby residents of the seniors' facility are formally trained in mental health and first aid and become integrated members on the front line improving mental health on campus for students; and **mapping genome profiles to determine medication and wellness protocols**.



Large scale
applied

research projects
currently underway

Applied research
in **HEALTHY**
AGING



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