SmART Aging Project

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Acknowledgements
Background

- Rural and remote communities
- Aging population
- Impact of social isolation
- Technology
- Participating in community-engaged arts
SmART Aging Project: Supports

Collaboration

Funding

Centre for Aging and Brain Health Innovations (CABHI): Spark Initiative
SmART Aging Project: Goals

- Supporting healthy aging through arts & technology
- Improving quality of life
- Community based arts program
- Virtual attendance
SmART Aging Project: Processes

- Participant Recruitment: CHNs and Family Physicians
- Artist Recruitment
- Resources
- Technology
<table>
<thead>
<tr>
<th><strong>SmART Aging Project: Participant Criteria</strong></th>
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<tr>
<td>65 years or older</td>
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<tr>
<td>Community Dwelling or Personal Care Home</td>
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<tr>
<td>Isolated – Socially and/or Geographically</td>
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<td>Mild to Moderate Frailty (CFS 4-6)</td>
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<tr>
<td>Moderate Cognitive decline (GDS 3-5)</td>
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Frailty Score

Mild to Moderate Frailty: Clinical Frailty Scale (CFS) 4 - 6

(use CFS to guide decision making in identifying clients with mild to moderate frailty)

4 - Vulnerable - While not dependent on others for daily help, often symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day.

5 - Mildly Frail - These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.

6 - Moderately Frail - People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.
Mild to Moderate Cognitive Decline: Global Deterioration Scale (GDS) 3 – 5

(use GDS to guide decision making in identifying clients with mild to moderate cognitive decline)

• **Stage 3: Mild cognitive decline**
  - Has difficulty travelling to new locations.
  - Has difficulty handling problems at work.

• **Stage 4: Moderate cognitive decline**
  - Has difficulty with complex tasks (finances, shopping, planning dinner for guests).

• **Stage 5: Moderately severe cognitive decline**
  - Needs help to choose clothing.
  - Needs prompting to bathe.
Timeline

Artist Recruitment: Nov/Dec 2019
Updated: August 2020

Participant Recruitment:
Dec 2019: ongoing

Session Schedule:
March to November 2020
Adjusted: Sept 2020 to Jan 2021
Session Information

- Local Artists – variety of forms/methods of delivery
- 8 independent sessions – Artistic sessions (Meaningful, Develop new skills, Creative)
- Approximately 2 hours per session
- Attend virtually
In-person Artist & Participants (original plan)

Location: Gros Morne Summer Music’s The Convent
110 Humber Road, Corner Brook

(behind IMHM School)

Transportation support
Virtual Participants

MAY USE OWN DEVICE OR WH DEVICE

TELEHEALTH SCHEDULING PROCESS

LINK WILL BE SENT OUT FOR EACH SESSION

ON-SITE FACILITATOR

INFORMAL SUPPORT SYSTEMS ENCOURAGED TO ASSIST
SmART Aging Project: Evaluation

1. What was the experience of participants in the smART Aging program?
2. Did the smART Aging program improve participants quality of life?
3. Did the smART Aging program improve participants access to healthy aging at home?
4. Was the smART Aging program delivered as intended?
5. How can the smART Aging program be improved for future delivery?
Evaluation Tools

- Surveys
- Focus Groups
- Interviews
- Program Statistics
Current Status

First session: September 25
- Candice Pike: “Dances with words”
- expressive dance
- Dry-run week before

Next session: October 30

Types of sessions:
- Dance
- Descriptive Art: pencil and paper expression
- Music
- Storytelling
Future Sessions

Painting Your Past
(Josh Connors)

Postcards from the Past
(Lori Deeley)

Lost & Found #1
(Ian Locke)

Reminiscing Part 1
(Louise Gauthier)

Reminiscing Part 2
(Louise Gauthier)

Lost & Found
(Ian Locke)

Age Is But A Number
(Jerry Etienne)
Potential Implications

- Other virtual initiatives for older adults
- Other home-based initiatives for other program areas
- Expanded outreach of other Arts-based programs in the region
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