

PETER WALL INSTITUTE FOR ADVANCED STUDIES — INTERNATIONAL RESEARCH ROUNDTABLE

Re-Imagine Aging: Adding Life to Years

May 9th – May 12th, 2016

Centre for Hip Health & Mobility

University of British Columbia



PETER WALL INSTITUTE FOR ADVANCED STUDIES – INTERNATIONAL RESEARCH ROUNDTABLE
Re-Imagine Aging: Adding Life to Years

THE ISSUE

- The proportion of older adults in the population is growing faster than any other age group. This rapid demographic shift has been classified as one of the world's most challenging, urgent and 'wicked problems' – it calls for immediate change at every level of society.

How can you re-imagine aging?

OUR APPROACH

- There is at least one thing Roundtable participants have in common: a commitment to create positive change for our aging society.
- As our academic and professional lives often charge 'full-steam ahead,' we rarely have the opportunity to come together and reflect on the *BIG* and *pervasive* concepts tethered to our work, and to critically consider what these concepts mean for our professional practices.
- In the spirit of exploration and collaboration, sessions are designed for interactive, open ended, dialogic inquiry and are centered around the various perspectives, practices and ideas that frame current understandings of 'aging'.

<http://re-imagine-aging.pwias.ubc.ca/>

PETER WALL INSTITUTE FOR ADVANCED STUDIES – INTERNATIONAL RESEARCH ROUNDTABLE
Re-Imagine Aging: Adding Life to Years

OBJECTIVES

1. Engage

- Orient to the various perspectives on aging.
- Reflect on the dominant influences that frame ways of understanding ‘aging.’
- Showcase the rich diversity of experience of roundtable participants.

2. Deconstruct

- Explore the various perspectives on aging and surface the underpinning assumptions
- Critically deconstruct the perspectives and meanings of aging
- Consider what the perspectives and practices in aging mean for the lived experience
- Discover the interaction between the various perspectives and current practices and ideas in aging

3. Synthesize

- Re-imagine aging by uncovering ways to surface more realistic, holistic and celebratory perceptions of aging
- Reflect on how the learnings impact our work moving forward

Monday May 9th

** Engage **

Location: Centre for Hip Health & Mobility

7/F, 2635 Laurel Street

604 675 2575

Date: Monday May 9th

Location: Centre for Hip Health & Mobility

4:00 pm



WELCOME RECEPTION ∞ CENTRE FOR HIP HEALTH & MOBILITY

- Come and see our extraordinary health and mobility promoting space – home to world-class, interdisciplinary groups of trainees, faculty and staff working to improve health across the life span.
- Learn more about CHHM : <http://www.hiphealth.ca/about/>

5:15 pm



SEAWALL WALKING TOUR TO GRANVILLE ISLAND

- Enjoy a 30 minute, scenic walk to one of Vancouver’s famed historic and cultural focal points.

6:00 pm



NETWORKING DINNER AT THE SANDBAR

- West Coast fare and great conversation to be had! We have booked the private dining lounge to ensure a comfortable and social setting.

Location:

1535 Johnston St. Creekhous #102, Granville Island, Vancouver, BC

<https://www.vancouverdine.com/sandbar/>

Tuesday May 10th

** Engage **

LOCATION: Peter Wall Institute for Advanced Studies, Seminar Room
University Centre, University of British Columbia
6331 Crescent Road, Vancouver

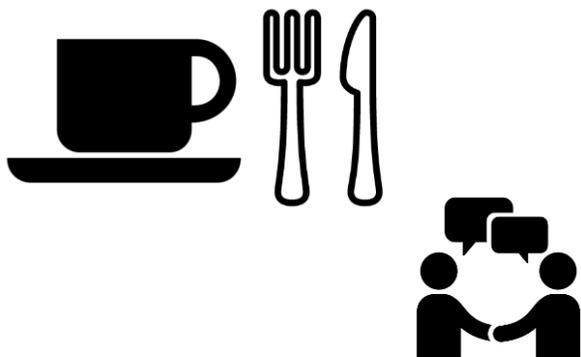
Date: Tuesday May 10th

Location: UBC, Peter Wall Institute for Advanced Studies, Seminar Room

9:00 – 9:45 am

9:45 – 10:15 am

10:15 – 12:00 pm



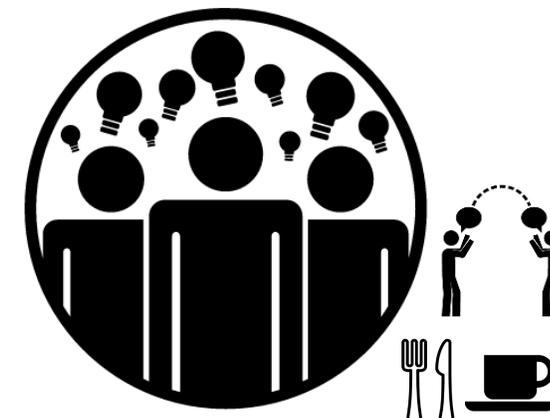
BREAKFAST RECEPTION

- Great eats, hot beverages and social time



WELCOME REMARKS

- **Dr. Gastón Gordillo**, Acting Director, PWIAS will share the vision of the Peter Wall Institute for Advanced International Research Roundtable initiative.
- **Dr. Heather McKay**, Re-Imagine Aging Roundtable host, will set tone, intention and aims of the roundtable
- **Dr. Joanie Sims-Gould**, Re-Imagine Aging Roundtable host, will set the frame, structure, process and will review program
- #reimagineaging2016



PARTICIPANT INTRODUCTIONS

- This interactive session will give everyone a chance to share a brief introduction of themselves, including the key motivations behind their work
- Full biographies will be circulated in advance and are currently on the website

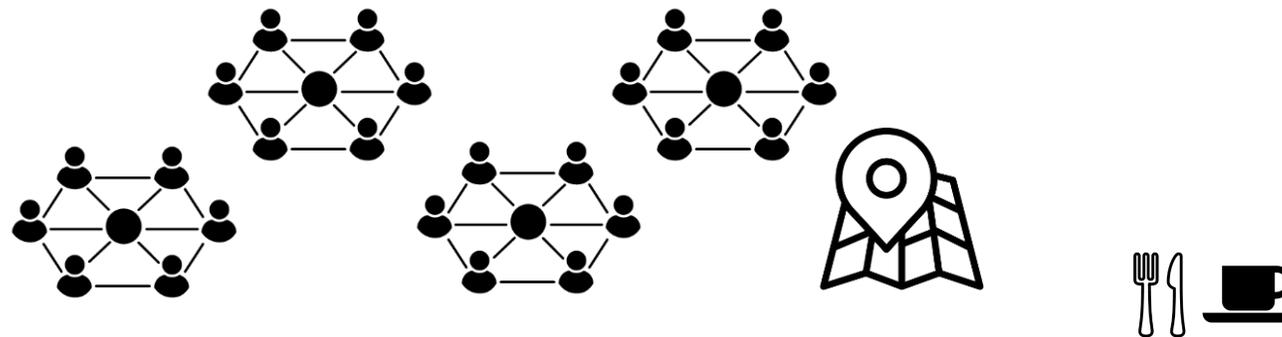
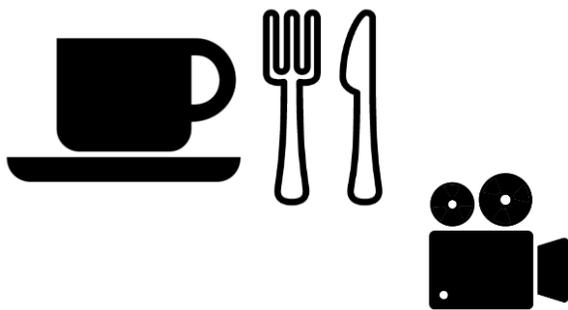
10:50 – 11:00 AM --- BREAK

Date: Tuesday May 10th

Location: UBC, Peter Wall Institute for Advanced Studies, Seminar Room

12:00 – 1:20 pm

1:20 – 3:20 pm



LUNCH BREAK

- Brief introduction of Healthy and Arts for Seniors at the Vancouver Parks Board, Claire Robson and works on display

1:00 – 1:20 [AGING IN BC VIDEO] – NAME TBD

- *To showcase the 'knowledge translation' and community engagement work at CHHM; showcase real life experiences in aging documented on video from across the province of BC*

DIALOGUE ROUNDS: MAPPING THE KEY PERSPECTIVES, PRACTICES AND IDEAS IN AGING

- Pre-determined groups of 5-6 people with similar discipline or perspective backgrounds will form an inner circle and will engage in dialogue using the question below as starting point. The remaining participants will form an outer circle and will listen and reflect on the inner circle dialogue. After each round all participants will have a chance to share thoughts and observations on the dialogue through a facilitated discussion.
- The dialogue will be graphically recorded to depict a map of the shared perspective on aging

Framing Questions:

1. Inner circle : What are the key perspectives that shape work in your field?
 - What ideas or practices are dominant in your work?
2. Outer circle: Share key observations and reflections on the dialogue
 - What surfaced for as you listened to the dialogue?
 - What parallels do you have within your own work?

2:10 – 2:20 PM -- BREAK

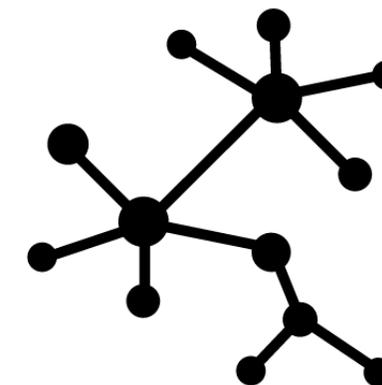
Date: Tuesday May 10th

Location: UBC, Peter Wall Institute for Advanced Studies, Seminar Room

3:20 – 3:30 pm

3:45 – 7:00 pm

7:00 – 9:00 pm



REVIEW OF PUBLIC EVENT:

WHO CARES? RE-IMAGINE A CULTURE OF CARE FOR AN AGING SOCIETY

Description: As our demographic shifts to have more seniors in society than ever before, and family dynamics evolve, how might we re-imagine our caregiving relationships? How can we build more healthy, supportive and sustainable communities of care?

A powerful evening of storytelling, intergenerational dialogue and performance to surface the burning issues, pressing challenges, beautiful joys and incalculable value of caregiving in our society.

FREE TIME IN VANCOUVER!

- See the Sights
- Get some physical activity – stretch!
- Grab some dinner
- Refer to the Guidebook for suggestions on where to go

PUBLIC EVENT:

WHO CARES? RE-IMAGINE A CULTURE OF CARE FOR AN AGING SOCIETY

Location:

BMO Goldcorp Theatre
Olympic Village, 161 W 1st Ave
Vancouver

To register:

- [Eventbrite](#)

More Information:

- [Facebook](#)
- [Gen Why Media Website](#)

Wednesday May 11th

** Deconstruct * Synthesize **

LOCATION: Peter Wall Institute for Advanced Studies, Seminar Room
University Centre, University of British Columbia
6331 Crescent Road, Vancouver

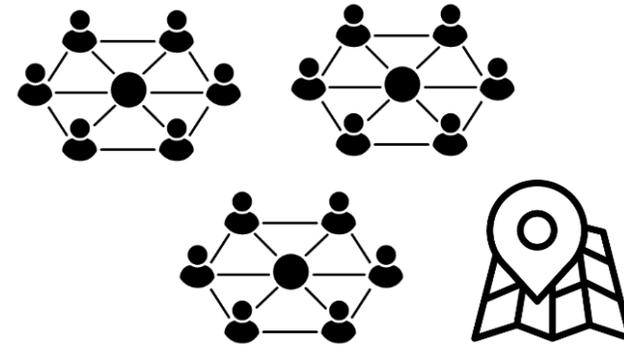
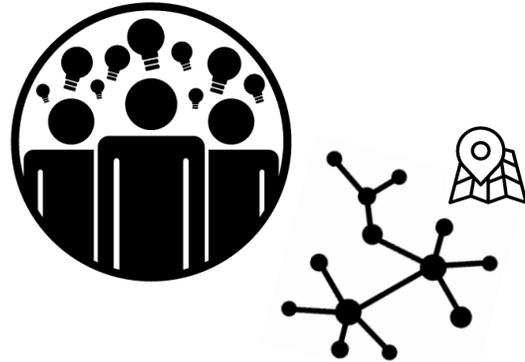
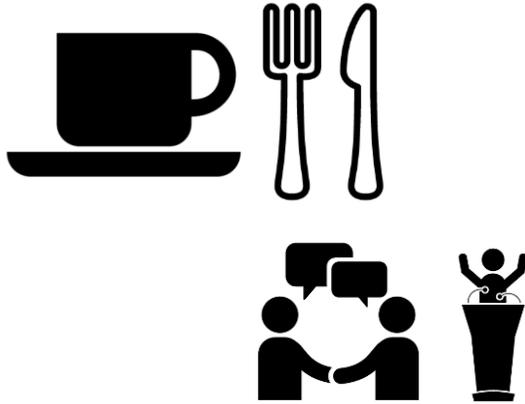
Date: Wednesday May 11th

Location: UBC, Peter Wall Institute for Advanced Studies, Conference Room

9:00 – 9:30 am

9:30 – 10:00 am

10:00 – 11:00 am



BREAKFAST RECEPTION

- Great eats, hot beverages and social time

WELCOME BACK

REFLECTIONS: WHO CARES?

Share personal reflections from the event

- What are your reactions?
- Who did you meet?
- What was unique?
- What surprised you?

DIALOGUE ROUNDS: MAPPING THE KEY PERSPECTIVES, PRACTICES AND IDEAS IN AGING ... CONTINUED...

See previous section on the 10th for the detailed description of this session

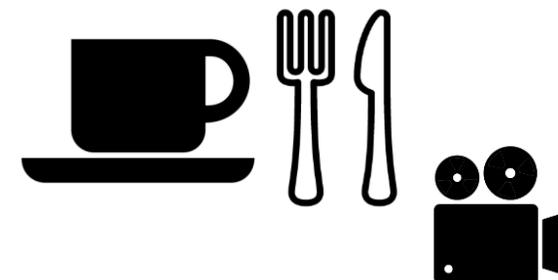
10:50 – 11:00 AM --- BREAK

Date: Wednesday May 11th

Location: UBC, Peter Wall Institute for Advanced Studies, Conference Room

11:00 – 12:30 pm

12:30 – 1:30 pm



SOCIAL INNOVATION AND IMPACT WITH VICKIE CAMMACK & AL ETMANSKI ∞ TITLE TBD

Learn about a local, grassroots, innovative initiative that meets a need, fills a gap and addresses an opportunity to ‘re-imagine aging’ and support ‘healthy’ aging in community.

Presentation will :

- Share experiences and story of Plan and as social innovators fostering communities of care and belonging
- Reflect on cultural attitudes that determine practices – at every level of society and within every institution
- Share experiences that motivated the book Impact – share thesis of book
- Reflect on models for creating change; layer contextual pieces (i.e. policy realm, system structures)

Session will:

- Provide an opportunity to think collaboratively and creatively about capacity building within the systems in which we work
- Will encourage participants to reflect on the ‘how’ and ‘where’ change is possible to better support more ‘holistic and healthy’ aging

LUNCH BREAK

1:20 – 1:30 [AGING IN BC VIDEO] – NAME TBD

- To showcase the ‘knowledge translation’ and community engagement work at CHHM; showcase real life experiences in aging documented on video from across the province of BC

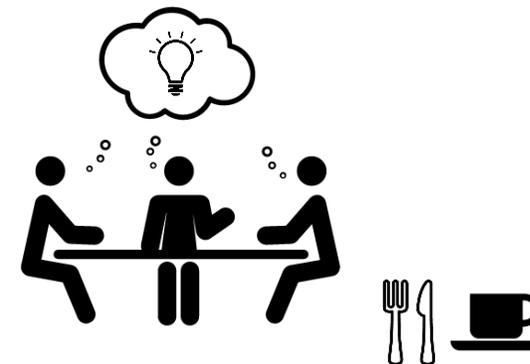
Date: Wednesday May 11th

Location: UBC, Peter Wall Institute for Advanced Studies, Conference Room

1:30 – 1:45 pm

1:45 – 2:15 pm

2:15 – 4:00 pm



SPACE FOR EXPLORATION # 1: SURFACING THE IDEAS FOR DIALOGUE

- Through facilitated discussion, identify theme groups by clustering core ideas, topics and issues highlighted by participants in previous sessions
- Self identify into thematic groups for small group discussions

CREATIVITY PRIMER – NAME TBD

- Empower participants to tap into their creative abilities and report back on their group work in artistic ways.
- Drawing, painting, sculpture, dance or musical performance are all welcomed.
- Works will be displayed and preformed at the end of the day at the 'ideas gallery'.

SPACE FOR EXPLORATION #1: DIALOGUE ON PERSPECTIVES AND PRACTICES IN AGING

Questions to Frame Discussion

- Explore ideas and practices in small groups
- Identify and deconstruct the perspectives that underpin these practices and ideas
- Apply learnings to 're-imagine aging' in this context
- Prepare to share learnings creatively

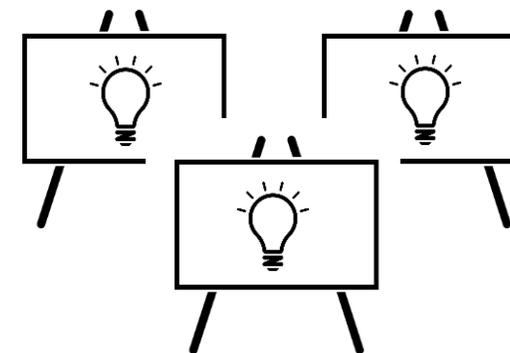
~3:00 – 3:15 PM --- BREAK, AS NEEDED; INFORMAL

Date: Wednesday May 11th

Location: UBC, Peter Wall Institute for Advanced Studies, Conference Room

4:00 – 5:00 pm

5:00 – 6:30 pm



**SOCIAL INNOVATION WITH DIANE LINES AND RESIDENTS OF THE PERFORMING ARTS LODGE
(+PLUS+) INSPIRATIONAL PERFORMANCE BY GILLIAN CAMPBELL**

Learn about a local, grassroots and innovative initiative that meets a need, fills a gap and addresses an opportunity to ‘re-imagine aging’ and support ‘healthy’ aging in community.

Presentation will:

- Describe PALs, the voids it fills in society and what it means to residents and the community
- Share personal level stories and experiences at PAL
- Reflect on the ‘how’ and ‘where’ change is possible to better support more holistic and healthy aging
- Showcase a inspirational examples of defying stereotypes and norms in aging

Session will:

- Encourage participants to reflect on the ‘how’ and ‘where’ change is possible to better support more ‘holistic and healthy’ aging
- Reflect on the ‘how’ and ‘where’ change is possible to better support more holistic and healthy aging
- Opportunity to think collaboratively and creatively.

IDEA GALLERY + WINE & CHEESE SOCIAL

- Share group learnings and discoveries in a creative way
- Relax with some refreshments and great conversation.

Thursday May 12th

** Synthesize **

LOCATION: Peter Wall Institute for Advanced Studies, Seminar Room
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6331 Crescent Road, Vancouver

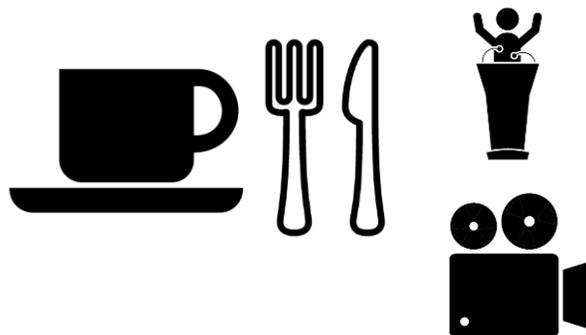
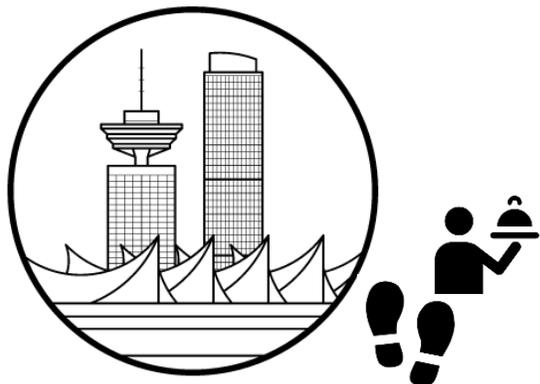
Date: Thursday May 12th

Location: UBC, Peter Wall Institute for Advanced Studies, Seminar Room

Morning – 11:30 am

11:30 – 12:45 pm

12:45 – 1:30 pm



FREE TIME IN VANCOUVER!

- See the Sights
- Get some physical activity – stretch
- Grab some breakfast
- Refer to the Guidebook for suggestions on where to go

Activity Options!

- A group walking tour of the seawall
- A group bike tour of the seawall
- Guided tour of the Museum of Anthropology

WELCOME BACK & LUNCH RECEPTION

- Reunite for a lovely lunch and to share highlights from our morning activities.

12:35 – 12:45 [AGING IN BC VIDEO] – NAME TBD

- To showcase the ‘knowledge translation’ and community engagement work at CHHM; showcase real life experiences in aging documented on video from across the province of BC

IDEA GEMS: WHAT CRYSTALIZED FOR THE GROUP?

Share learnings, visuals, and next steps from each group; gather reflections from others

Question:

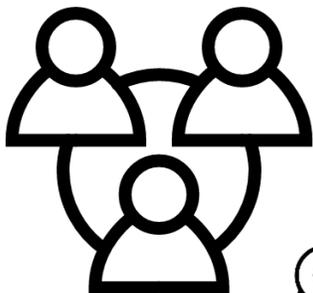
- What new possibilities emerged for your group?

Date: Thursday May 12th

Location: UBC, Peter Wall Institute for Advanced Studies, Seminar Room

1:45 – 2:45 pm

2:45 – 3:30 pm



SPACE FOR EXPLORATION #2: BE THE CHANGE ∞ RE-IMAGINE AGING

- Identify areas and actions that compel us moving forward and that allow us to truly re-imagine aging
- Self identify into thematic groups for small group discussions

Question:

- How can we build capacity for change? How can we truly realize a re-imagined, holistic and realistic view of aging through our work?

~3:00 – 3:15 PM --- BREAK, AS NEEDED; INFORMAL

IDEA GEMS: WHAT CRYSTALIZED FOR YOU ∞ FINAL REFLECTIONS

- Surface how the learnings from the roundtable impact you moving forward
- What did you want to get out of the roundtable – how close did you come to your personal aims? (envelope exercise)
- Reflect on your original offering of what aging meant to you (poster exercise)

CLOSE

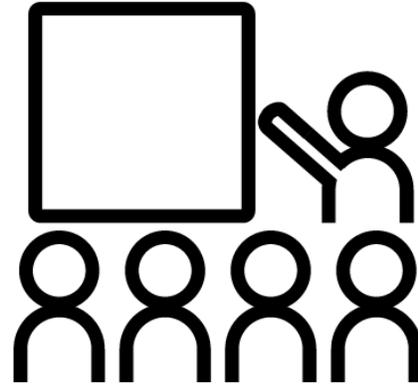
Date: Thursday May 12th

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4:00 – 5:30 pm

To register:

[Eventbrite](#)



RE-IMAGINE AGING – ADDING LIFE TO YEARS // NAME TBD

An interactive keynote presentation to showcase international aging-health research and to share learnings from PWIAS International Research Roundtable, Re-Imagine Aging: Adding Life to Years

Audience: PWIAS network, UBC faculty, students and staff, UBC Alumni

- Welcome (20 min)
 - Dr. Gastón Gordillo, Acting Director, PWIAS
 - Drs. Heather McKay and Joanie Sims-Gould, Centre for Hip Health & Mobility [bios]
- Keynote Presentations (45 min)
 - [Dr. Adrian Bauman](#), Professor, School of Public Health, University of Sydney Australia, co-Director of the WHO Collaborating Centre on Physical Activity, Nutrition and Obesity
 - [Dr. Judith Philips](#), Deputy Pro-Vice Chancellor; Professor of Gerontology, Swansea University; Director, Research Institute for Applied Social Sciences; Director, Older People and Ageing Research and Development Network, Wales
- Facilitated Discussion (20 min)