

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

May 9<sup>th</sup> – May 12<sup>th</sup>, 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 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'.

[www.re-imagine-aging.pwias.ubc.ca](http://www.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**

- Reflect on the dominant influences that frame our assumptions and ways of understanding ‘aging’
- Showcase the rich diversity of experience of roundtable participants

**2. Deconstruct**

- Critically deconstruct perspectives and interpretations of aging and what it means to “be old”
- Consider how dominant perspectives in aging shape lived experiences

**3. Synthesize**

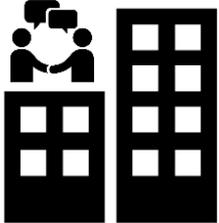
- Identify areas and actions that compel us to move forward
- Reflect on how we can re-imagine aging based on our roundtable dialogue

# Monday May 9<sup>th</sup>

*\* Engage \**

**Location:** Centre for Hip Health & Mobility  
7/F, 2635 Laurel Street  
604 675 2575

**Date:** Monday May 9<sup>th</sup>  
**Location:** Centre for Hip Health & Mobility

4:00 pm	5:15 pm	6:00 pm
		
<p><b>WELCOME RECEPTION ∞ CENTRE FOR HIP HEALTH &amp; MOBILITY</b></p> <ul style="list-style-type: none"> <li>• 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 and mobility across the life span.</li> <li>• Learn more about CHHM : <a href="http://www.hiphealth.ca">www.hiphealth.ca</a></li> </ul>	<p><b>SEAWALL WALKING TOUR TO GRANVILLE ISLAND</b></p> <ul style="list-style-type: none"> <li>• Enjoy a 30 minute, scenic walk along the seawall to one of Vancouver's famed historic and cultural focal points, Granville Island. It rains in Vancouver on occasion (☹) so dress to the weather.</li> </ul>	<p><b>NETWORKING DINNER AT THE SANDBAR</b></p> <ul style="list-style-type: none"> <li>• West Coast fare and great conversation to be had! We have booked the private dining lounge to ensure a comfortable and social setting.</li> </ul> <p><b>Location:</b> 1535 Johnston St. Creekhse #102, Granville Island, Vancouver, BC <a href="https://www.vancouverdine.com/sandbar/">https://www.vancouverdine.com/sandbar/</a></p>

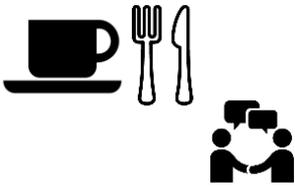
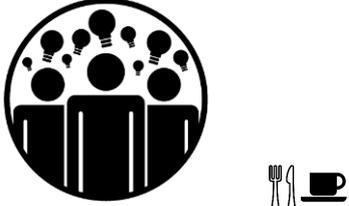
# Tuesday May 10<sup>th</sup>

**\* Engage \***

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

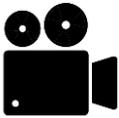
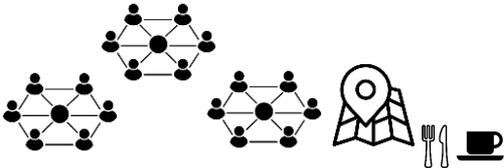
**Date:** Tuesday May 10<sup>th</sup>

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

9:00 – 9:45 am	9:45 – 10:15 am	10:15 – 11:45 pm
		
<p><b>BREAKFAST RECEPTION</b></p> <ul style="list-style-type: none"> <li>• Great eats, hot beverages and social time</li> </ul>	<p><b>WELCOME!</b></p> <ul style="list-style-type: none"> <li>• <b>Dr. Gastón Gordillo</b>, Acting Director, PWIAS will share the vision of the Peter Wall Institute for Advanced International Research Roundtable initiative.</li> <li>• <b>Dr. Heather McKay</b>, Re-Imagine Aging Roundtable host, will share the inspiration and aims of the roundtable</li> <li>• <b>Dr. Joanie Sims-Gould</b>, Re-Imagine Aging Roundtable host, will share the inspiration and aims of the roundtable, will set the frame, describe the process #reimagineaging2016</li> </ul>	<p><b>INTRODUCTIONS</b></p> <ul style="list-style-type: none"> <li>• This interactive introduction session will highlight the key motivations behind our work</li> <li>• Full biographies on the website</li> <li>• <a href="http://re-imagine-aging.pwias.ubc.ca/">http://re-imagine-aging.pwias.ubc.ca/</a></li> </ul> <p><b>10:50 – 11:00 AM --- BREAK</b></p>

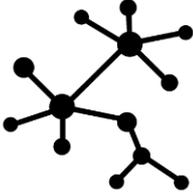
Date: Tuesday May 10<sup>th</sup>

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

11:45 – 12:15 pm	12:15 – 1:15 pm	1:15 – 3:20 pm
		
<p><b>ARTS &amp; HEALTH FOR SENIORS</b></p> <ul style="list-style-type: none"> <li>Brief introduction to an innovative program at the Vancouver Parks Board that is making a difference in the lives of older adults in community.</li> </ul> <p><b>DOCUMENTARY VIDEO VIGNETTE SERIES: EXPERIENCES OF AGING IN COMMUNITY – BEING INVOLVED IS VITAL, “JUST LIKE BREATHING.”</b></p> <ul style="list-style-type: none"> <li>To showcase an example of a CHHM’s work in knowledge translation and exchange – a cornerstone of our commitment to community engagement and research impact</li> <li>To share the stories of older adults throughout BC, and consider what we can learn from their diverse experiences</li> </ul>	<p><b>LUNCH BREAK</b></p>	<p><b>DIALOGUE ROUNDS: MAPPING THE KEY PERSPECTIVES, PRACTICES AND IDEAS IN AGING</b></p> <p><b>Aim:</b> To orient to the key perspectives, practices and ideas that frame our work</p> <p>Pre-determined groups of 5-6 people will form an inner circle and will engage in a facilitated dialogue using the question below as starting point: What are the key perspectives, practices and ideas that shape your work?</p> <p>The remaining participants will form an outer circle and will listen and reflect on the inner circle dialogue. What surfaced for as you listened to the perspectives of your colleagues? What parallels can you draw within your own work?</p> <p>After each round all participants will have a chance to share reflections on what surfaced in the dialogue</p> <p><b>2:10 – 2:30 PM --- BREAK</b></p>

Date: Tuesday May 10<sup>th</sup>

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

3:20 – 3:30 pm	3:30 – 7:00 pm	7:00 – 9:00 pm
		
<p><b>REVIEW OF PUBLIC EVENT: WHO CARES? RE-IMAGINE A CULTURE OF CARE FOR AN AGING SOCIETY</b></p> <p><b>Description:</b> 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?</p> <p>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.</p>	<p><b>FREE TIME IN VANCOUVER!</b></p> <ul style="list-style-type: none"> <li>See the Sights</li> <li>Get some physical activity – stretch!</li> <li>Grab some dinner</li> <li>Refer to the Guidebook for suggestions on where to go</li> </ul>	<p><b>PUBLIC EVENT: WHO CARES? RE-IMAGINE A CULTURE OF CARE FOR AN AGING SOCIETY</b></p> <p><b>Location:</b> BMO Goldcorp Theatre Olympic Village, 161 W 1st Ave Vancouver</p> <p><b>To register:</b></p> <ul style="list-style-type: none"> <li><a href="#">Eventbrite</a></li> </ul> <p><b>More Information:</b></p> <ul style="list-style-type: none"> <li><a href="#">Facebook</a></li> <li><a href="#">Gen Why Media Website</a></li> </ul>

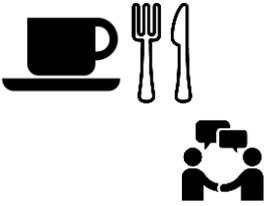
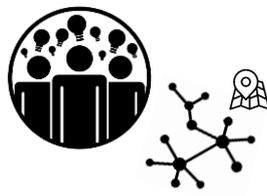
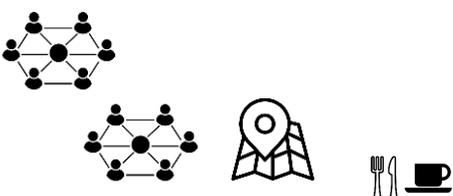
# Wednesday May 11<sup>th</sup>

*\* Deconstruct \* Synthesize \**

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

**Date:** Wednesday May 11<sup>th</sup>

**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
		
<p><b>BREAKFAST RECEPTION</b></p> <ul style="list-style-type: none"> <li>Great eats, hot beverages and social time</li> </ul> <p><b>WELCOME BACK</b></p>	<p><b>REFLECTIONS: WHO CARES?</b></p> <p>Share personal reflections from the event</p> <ul style="list-style-type: none"> <li>What are your reactions?</li> <li>Who did you meet?</li> <li>What was unique?</li> <li>What surprised you?</li> </ul>	<p><b>DIALOGUE ROUNDS ... CONTINUED...</b></p> <p><b>Aim:</b> To orient to the key perspectives, practices and ideas that frame our work</p> <p>Pre-determined groups of 5-6 people will form an inner circle and will engage in a facilitated dialogue using the question below as starting point: What are the key perspectives, practices and ideas that shape your work?</p> <p>The remaining participants will form an outer circle and will listen and reflect on the inner circle dialogue. What surfaced for as you listened to the perspectives of your colleagues? What parallels can you draw within your own work?</p> <p>After each round all participants will have a chance to share reflections on what surfaced in the dialogue</p> <p><b>11:00 – 11:15 AM --- BREAK</b></p>

**Date:** Wednesday May 11<sup>th</sup>

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

11:15 – 12:30 pm	12:30 – 1:30 pm
	
<p><b>SOCIAL INNOVATION FOR IMPACT WITH VICKIE CAMMACK &amp; AL ETMANSKI</b></p> <p><b>Presentation will :</b></p> <ul style="list-style-type: none"> <li>• Share story of PLAN, a Canadian social innovation that has impacted policy and spread internationally</li> <li>• Share learning that framed the book <i>Impact: Six Patterns to Spread Your Social Innovation</i></li> <li>• Explore deep patterns underpinning durable change (i.e. culture, policy realm, system structures)</li> <li>• Encourage participants to reflect on the 'who,' 'how' and 'where' of social change that fosters caring, inclusive communities.</li> </ul> <p><b>Break out group work</b></p>	<p><b>LUNCH BREAK</b></p> <p><b>1:20 – 1:30 DOCUMENTARY VIDEO VIGNETTE</b>  <b>SERIES: EXPERIENCES OF AGING IN COMMUNITY – BEING INVOLVED IS VITAL, “JUST LIKE BREATHING.”</b></p> <ul style="list-style-type: none"> <li>• To share the stories of older adults throughout BC and consider what we can learn from their diverse experiences</li> </ul>

**Date:** Wednesday May 11<sup>th</sup>

**Location:** UBC, Peter Wall Institute for Advanced Studies, Sage East

1:30 – 2:00 pm	2:00 – 2:30 pm	2:30 – 3:50 pm
		
<p><b>SPACE FOR EXPLORATION # 1: SURFACING THE IDEAS FOR DIALOGUE</b></p> <ul style="list-style-type: none"> <li>• Through facilitated discussion, identify theme areas by clustering core ideas, topics and issues highlighted by participants in previous sessions</li> <li>• Self identify into thematic groups for deep exploration of the themes</li> </ul>	<p><b>EXPLORING MODALITIES TO RE-IMAGINE AGING WITH JUDITH MARCUSE</b></p> <p>“Art bridges the silos that separate us as we confront today’s pressing issues. Art creates new visions and engagement, connecting the head and the heart.” – Judith Marcuse</p> <p>Social change is possible through art-making; it can help to create insight, social cohesion, political engagement...and hope. Art processes expand and deepen our capacity for change. Art is central in helping people to find new ways to see the world and in developing models that integrate and celebrate imaginative thinking, leading to mobilization and effective action.</p> <p>Learn more: <a href="http://www.icasc.ca/">http://www.icasc.ca/</a></p>	<p><b>SPACE FOR EXPLORATION #1: DIALOGUE ON PERSPECTIVES AND PRACTICES IN AGING</b></p> <p><b>Questions to Frame Discussion</b></p> <ul style="list-style-type: none"> <li>• Explore ideas and practices in small groups</li> <li>• Identify and deconstruct the perspectives that underpin these practices and ideas</li> <li>• Apply learnings to ‘re-imagine aging’ in this context</li> <li>• Prepare to share learnings creatively</li> </ul> <p><b>~3:00 – 3:15 PM --- BREAK, AS NEEDED; INFORMAL</b></p>

**Date:** Wednesday May 11<sup>th</sup>

**Location:** UBC, Peter Wall Institute for Advanced Studies, Sage East

3:50 – 4:20 pm	4:20 – 5:10 pm	5:10 – 6:30 pm
		
<p><b>IDEA GEMS: WHAT CRYSTALIZED FOR THE GROUP?</b></p> <p>Share learnings and next steps from each thematic group</p> <p><b>Question:</b></p> <ul style="list-style-type: none"> <li>• What new possibilities emerged for the group?</li> <li>• What surprised you?</li> </ul>	<p><b>SOCIAL INNOVATION: STORIES FROM THE PERFORMING ARTS LODGE (PAL) +PLUS+ INSPIRATIONAL PERFORMANCE BY GILLIAN CAMPBELL</b></p> <p>PAL Vancouver's mission is to provide veterans of Vancouver's performing arts industry with affordable housing within a vibrant and creative community setting. The negative impact of isolation on age-related illness and disease is well understood. PALs offer an innovative solution for members of the professional arts and allied industries who often can lose touch with the vibrant, dynamic collective in aging. Consistent with research on healthy aging, PAL Vancouver offers so much more than social housing—providing residents with both a safe, affordable home and a supportive dynamic environment where they can stay active and creatively engaged in the community. <a href="http://palvancouver.org/">http://palvancouver.org/</a></p> <ul style="list-style-type: none"> <li>• Hear personal level stories from a dynamic panel of PAL residents</li> <li>• Reflect on the 'how' and 'where' change is possible to re-imagine aging within the context of grassroots initiatives, community organizations and social enterprises</li> </ul>	<p><b>WINE &amp; CHEESE SOCIAL</b></p> <ul style="list-style-type: none"> <li>• Mingle and discuss learnings from the day – share creative works; relax with some refreshments and great conversation.</li> </ul>

# Thursday May 12<sup>th</sup>

*\* Synthesize \**

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

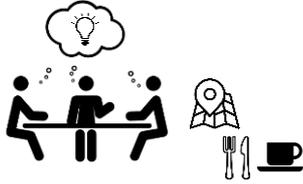
**Date:** Thursday May 12<sup>th</sup>

**Location:** UBC, Peter Wall Institute for Advanced Studies, Sage East

Morning – 11:30 am	11:30 – 12:45 pm	12:45 – 1:15 pm
		
<p><b>FREE TIME IN VANCOUVER!</b></p> <ul style="list-style-type: none"> <li>• See the Sights</li> <li>• Get some physical activity – stretch</li> <li>• Grab some breakfast</li> <li>• Refer to the Guidebook for suggestions on where to go</li> </ul> <p>Activity Options!</p> <ul style="list-style-type: none"> <li>• A group walking tour of the seawall</li> <li>• A group bike tour of the seawall</li> <li>• Guided tour of the Museum of Anthropology</li> </ul>	<p><b>WELCOME BACK &amp; LUNCH RECEPTION</b></p> <ul style="list-style-type: none"> <li>• Reunite for a lovely lunch and to share highlights from our morning activities.</li> </ul>	<p><b>SPACE FOR EXPLORATION #2: BUILD CAPACITY ↔ RE-IMAGINE AGING</b></p> <ul style="list-style-type: none"> <li>• Identify areas and actions that compel us moving forward and that allow us to truly re-imagine aging</li> <li>• Self identify into thematic groups for small group discussions</li> </ul>

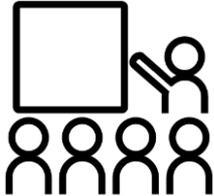
Date: Thursday May 12<sup>th</sup>

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

1:15 – 2:30 pm	2:30 – 2:45 pm	2:45 – 3:15 pm
		
<p><b>SPACE FOR EXPLORATION #2: BUILD CAPACITY ∞ RE-IMAGINE AGING</b></p> <p><b>Questions to Frame Discussion:</b></p> <ul style="list-style-type: none"> <li>• How can we build capacity for the change we are seeking?</li> <li>• How can we build capacity to truly realize a re-imagined, holistic and realistic view of aging through our work?</li> </ul> <p>~2:00 – 2:15 PM --- BREAK, AS NEEDED; INFORMAL</p>	<p><b>RE-IMAGINE AGING ∞ INTERPRETATIVE DANCE</b></p> <ul style="list-style-type: none"> <li>• An expression of the theme Re-Imagine Aging as well as the opportunities that interdisciplinary collaboration offer in creative, solutions focused change for our an aging society.</li> <li>• <a href="http://www.actionatadistance.ca/">http://www.actionatadistance.ca/</a></li> </ul>	<p><b>IDEA GEMS: WHAT CRYSTALIZED FOR YOU ∞ FINAL REFLECTIONS</b></p> <ul style="list-style-type: none"> <li>• Surface how the experience and learnings from the roundtable impact you moving forward</li> <li>• What did you want to get out of the roundtable – how close did you come to those aims?</li> </ul> <p>CLOSE</p>

Date: Thursday May 12<sup>th</sup>

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

4:00 – 5:30 pm	
	<p><b>KEYNOTE PRESENTATIONS</b></p> <p><a href="#">Dr. Adrian Bauman</a>, Professor, School of Public Health, University of Sydney Australia, co-Director of the WHO Collaborating Centre on Physical Activity, Nutrition and Obesity</p> <p><b>Re-imagine 'active aging': what would it look like?</b> A more physically active elderly population would be healthier, happier, and participate more in social and community activities. But how much activity is needed for older adults? Does "one size fit all"? New ways of thinking about 'active aging' needs a consideration of the newest epidemiological evidence on which health outcomes are improved by activity, what types of activity make for healthy seniors, and how to implement this across populations.</p> <p><a href="#">Dr. Judith Philips</a>, Dr. Judith Philips, OBE PhD FAcSS FLSW FRSA, Professor of Gerontology and Deputy Principal (Research), University of Stirling</p> <p><b>Re-imagining aging through a geographical lens</b> How spaces and places are designed, interpreted, used and experienced by older people has an impact on their quality of life, health and identity. Yet how we design environments that are inclusive of older people and ideal for aging as well as convey positive images of later life is a challenge for planners, architects and policy makers amongst others. A spatial (geographic) lens in reframing aging theoretically, conceptually and methodologically has considerable potential to support more positive images of aging to emerge.</p> <p><b>FACILITATED DISCUSSION</b></p> <p>~ 5:15 PM WINE AND CHEESE SOCIAL</p>
<p><b>RE-IMAGINE AGING – ADDING LIFE TO YEARS +PLUS+ WINE &amp; CHEESE SOCIAL</b></p> <p>An interactive keynote presentation to showcase international aging-health research and insights from Re-Imagine Aging Roundtable</p> <p><i>Open to all comers – UBC faculty, staff, students alumni, CHHM and VCHRI networks</i></p> <p><b>To register:</b> <a href="#">Eventbrite</a></p> <ul style="list-style-type: none"> <li>• <b>WELCOME</b> <ul style="list-style-type: none"> <li>• Peter Wall Institute for Advanced Studies</li> </ul> </li> <li>• <b>INTRODUCTION BY ROUNDTABLE HOSTS:</b> <ul style="list-style-type: none"> <li>• Dr. Heather McKay, Professor, Department of Orthopaedics and Family Practice, UBC; Director, Centre for Hip Health &amp; Mobility</li> <li>• Dr. Joanie Sims-Gould, Assistant Professor, Department of Family Practice, UBC; Research Scientist, Knowledge Translation, Centre for Hip Health &amp; Mobility</li> </ul> </li> </ul>	