



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

University
of Regina



During a very busy month, our SPHERU faculty published an environmental scan, an op-ed, and conducted an information session with participants in Wolseley, SK.

Healthy Aging in Place

- Home Care Scan

SPHERU's Shanthi Johnson, Tom McIntosh, Bonnie Jeffery, Nuelle Novik, and Juanita Bacsu, published their environmental scan of "Home Care in Canada."

The environmental scan reviews what national and provincial responses exist to provide home care support for older adults, aged 65 and older.

"Although there is a growing need for home care services in Canada, many programs are implemented in isolation often by local health authorities or regional health



As part of the Healthy Aging in Place -- Study 3, participants spoke with SPHERU researchers during the Coffee and Conversation session in Wolsley on October 4. Photo by Sharienne Caffet

boards," the report says.

The scan can be found on the SPHERU website.

Opioids Op-Ed

SPHERU's Dr. Tom McIntosh and Dr. Gabriela Novotna submitted their opinion editorial on the opioids addiction crisis in Canada.

The piece was picked up by iPolitics, Evidence Network, and the Winnipeg Free Press.

Coffee and Conversation

As part of Study 3 for the Healthy Aging in Place project, the SPHERU team (including Bonnie Jeffery, Tom McIntosh, Nuelle Novik, and Sharienne Caffet) travelled to Wolseley to speak with participants during a Coffee and Conversation session on Oct. 4.

The purpose of the session was to find out the needs and challenges of

rural older adults involving navigation, technology, and increasing awareness of available programs and resources in the community.

Speaking in September

Dr. Johnson had a visiting scholar from India – Dr. Varalalkshmi Manchana from the Faculty of Medical Sciences, University of Hyderabad in India. Dr. Manchana was at the University of Regina for three weeks from Sept. 2-22.

Dr. Johnson also gave a talk via Skype to Sri Venkateswara (SV) University. The talk was entitled, "Back to the basics: Three Rs for promoting functional health in aging." The talk was part of the International Conference on Contemporary Trends in Health Psychology in September.

